

Remain strong and healthy – here’s how!



Have lots of nutritional and medicinal plants in your garden as here in Uganda. Then you will have good, healthy food and medicine at hand!

Staying healthy is even more important than knowing how to treat infections!

With a strong immune system, the chances of malaria, cholera, typhoid and other diseases are much reduced.

“Lifestyle” diseases are also affecting more and more people, especially in Africa. They include cancer, high blood pressure, heart problems and diabetes. They are caused by physical inactivity, unhealthy diet, tobacco and other drug use, chemicals and too much alcohol.

This means they are preventable!

The suggestions below are also very important if you are HIV positive or if there are epidemics of flu or coronaviruses.

Nutrition: Eat plenty fruit and green leafy vegetables; they contain vitamins and minerals. For protein, eat beans, moringa, grain amaranth, eggs, fish and a little meat. Drink water, different herbal teas and fruit juices. Avoid all commercial fizzy drinks. In your garden, use no artificial pesticides and avoid food from plants on which pesticides have been used.

Keep physically fit: Walk, cycle or do some physical work in the garden every day. Avoid polluted water and air. Relax, sleep long and avoid stress.

Hygiene: Wash your hands with soap and running water after using the toilet, before preparing food and before eating. Wash the whole body every day.

In your garden include:

1. ***Allium sativum* (garlic):** Chop garlic cloves into small pieces and stir into the food.
2. ***Aloe vera*:** Regularly take a tablespoonful of gel.
3. ***Artemisia annua*, *Cymbopogon citratus* (lemon grass) and *Hibiscus sabdariffa* (roselle):** Drink regularly as tea.
4. ***Citrus limon* (lemon):** Drink the juice of one lemon in warm water at the start of the day.
5. Add ***Moringa oleifera*** leaf powder to your food and eat **grain amaranth** as porridge.
6. **Many traditional leafy vegetables:** These withstand drought and are nutritious, for example African spinach, okra, jute, cowpea, black night shade, amaranth, sweet potatoes and pumpkin.



Grain amaranth