

Discover Newsletter for colleagues in Africa

August 2021

Coping with COVID



Many in Africa are suffering – from COVID and hunger.

In my February newsletter I described the symptoms of COVID, how to remain safe and herbal treatments used by some Discover partners. In this newsletter, let me repeat some ways to beat the corona virus. In my next newsletter I will give some tips about avoiding hunger.

Prevention

- Wash your hands very frequently - with soap and running water.
- Eat a healthy diet to strengthen your immune system, with fruits and green vegetables. Our kitchen gardens are life savers! Moringa and grain amaranth are particularly valuable.
- Eric Kihuluka says, “For my immunity, I take porridge with different cereals like maize, oats, rice, millet, and sorghum”.
- Wear a facemask when mixing with others.
- Avoid crowds and do not go close to others.

Suggestions for treating the symptoms of COVID:

- “Don’t be afraid - fear can kill you!” – a quote from a partner of Discover.
- Drink tea of *Artemisia annua*. *Artemisia afra* may be just as good. Treatment with *Artemisia annua* is now being studied at a major research institute in Germany. In Zimbabwe, Joachem Nyamande and his colleagues have developed the “Makomo Natural Tonic Solution”, a tincture which is based on artemisia and other local herbs. This helped my own son Peter, who lives in Zimbabwe, to recover from COVID.
- Rehema Namyalo says that tea of *Stachytarpheta jamaicensis* (rat tail or blue vervain) is very effective.
- Many recommend ginger tincture or tea (while you sip your tea, inhale the steam coming out of your cup), lemon, garlic, lemon grass and *Warburgia ugandensis*.
- In Uganda scientists have developed a treatment, sold under the name of COVIDEX, which contains *Warburgia ugandensis*, *Zanthoxylum gillettii* and lemon grass.
- Eric Kihuluka also recommends turmeric as a decongestant, and cloves. He has developed a medicine that he is distributing locally that includes these plus *Warburgia ugandensis* and *Zanthoxylum gillettii*.
- Frequent steaming (inhalation) with eucalyptus or ginger.

I wish Joachem in Zimbabwe and Eric in Uganda success as they apply for national registration, so that their medicines can be distributed throughout their countries.

My best wishes to you all and my admiration for your devoted work in your communities.

Keith Lindsey