

# anamed international e.V.

Newsletter from Hans-Martin Hirt, Schafweide 77, 71364 Winnenden.

Tel. 07195-910225; Email: [anamedhmh@yahoo.de](mailto:anamedhmh@yahoo.de)

Homepage: [www.anamed.org](http://www.anamed.org) (literature: [www.anamed-edition.com](http://www.anamed-edition.com)).

Management Board: Hans-Martin Hirt, Ilse Bullinger, Katharina Madrid, Werner Schuster

Donation account:

anamed international e.V.,

IBAN: DE12 6025 0010 0007 2190 69

Kreissparkasse Waiblingen

BIC: SOLADES1WBN



Winnenden, Advent 2019 and New Year 2020

## "Today a Saviour has been born "

Dear friends, members and donors,

There are about one million Massai living in Tanzania and Kenya. To survive as an independent population group is a daily struggle: To defend their traditions; their healing methods; their grazing land; and to find enough to eat, to fight diseases and to maintain wells for their livestock. A real Massai is never without at least one stick as a weapon! That is why a Massai will not picture the Christmas crib in any romanticised, idyllic way, but rather be aware of the urgent need for the baby Jesus to be protected - that is why they always depict Joseph carrying a spear! Christmas for the Massai, as I have come to know it, means: to be able to rest for a single day, and to carry a stick or spear only symbolically.

Whoever visits our updated homepage, [www.anamed.org](http://www.anamed.org), will read 25 pages about a completely different fight: A fight not with weapons, but with arguments! Many of these arguments have been judged to be too emotional. Therefore, my question: Can you imagine Christmas without emotions?

Mince pies, concerts, bright children's eyes and Christmas trees - what would happen if we just forgot all these, and just settled for sending seasons greetings? There was a couple who were expecting a baby before they got married, but that's nothing unusual is it? The ruler, Herod, wanted to carry out a census, and for this the couple had to travel far by donkey to the Joseph's place of birth. All the hotels were either overcrowded or too expensive. That's nothing unusual either. After the birth of Jesus, they had to flee to Egypt, because Herod had ordered that all little children be killed, for fear of competition. The rich would certainly have had no problem, but poor people like Mary and Joseph had to flee.

If Mary and Joseph had not fled, Jesus would not have lived; there would be no Christmas, no Easter and no Pentecost today. Would that have mattered?

*Quite unemotional:* In the 10 minutes during which you are reading this newsletter, 6 children - if we only count children – will have died of malaria. Is that worth a shrug of the shoulders, thinking: "Well, it helps to control the population increase", or "It is better that the children die of malaria than that they starve to death later". Or even, "Africans are used to children dying. They don't put an obituary in the paper like we do. And these people are poor anyway, otherwise they could have bought medicine."

*Completely free of emotion:* In Tanzania, a street child, 7 years old, as small as a 4 year old, has had malaria for 3 days with 40 degrees fever and is dying. The German nurse who was helping on the spot gave up, because all modern malaria drugs were not effective. I took him to my place, mixed several grams of artemisia powder with twice as much sugar - and after an hour of persuasion and lots of lemonade and playful encouragement, the child took it. The next day I wanted to see my patient, but they said, "Sorry, that's not possible, he's playing football!". His fever had completely gone.

Five of the six children mentioned above would have also survived in these 10 minutes in the same way, if their carers had had access to medicinal plants such as *Artemisia annua*. A plant which, if we had our way, their parents could have and would have grown themselves. But neither the pharmaceutical industry, nor the Ministry of Health, nor any customs officer would have earned anything from imported malaria drugs.

*Quite unemotional:* When I visited the central hospital in the provincial capital Kindu/Congo 20 years ago, I was shown a one-year-old child, sick with malaria. He was lying naked on the dirty floor so that his high fever would reduce on the cold concrete. On top of the bamboo bed, a tube led some blood from the vein of his skinny mother directly into the body of her son, as a last possible hopeless chance to save the child, because there were no medicines in the whole clinic. She still had to pay the money for the hospital. I did not have any Artemisia tea at that time, I did not know about it then.

Today I might have none again, or only in secret, because the WHO refuses to regard *Artemisia annua* as a medicine and the EU no longer wants to regard it as food. It seems that my experiences and those of many others are worth nothing! I rather think that some EU and WHO representatives prefer to meet in upmarket hotels in African capitals, venture no further than 100 metres out of the front door and allow themselves to be convinced by brilliant presentations created by pharmaceutical companies to honour super-rich donors. In their opinion, there is no need for medicinal plants to treat malaria, it is as simple as that. Today no university or tropical institute in Europe would dare to become emotional and out of compassion to research recipes from anamed as a means helping people to help themselves! Industry sticks together! A lawyer told me that any university that did do research into the use of herbal artemisia would be severely sanctioned!

Christmas lives from positive emotions! But on Christmas Eve there are very many sad people.

They may feel that they were not given enough presents. I would like to GIVE my experiences to such people, experience in many poverty-stricken areas of the world, and ask them: "Have you had malaria in the last month? Do you have lice right now? Have you ever been unable to sleep at night because you are covered in fleas? Must you pay 40% of your earnings to extortion gangs to protect you from your neighbour who is from a different tribe? Have you already thanked God today because you did not have to carry water a long distance from the spring? Are you afraid of the landmines in the forest that have been thrown

there? Must you fear for your job just because you have been seen in church? Have you ever suffered a serious illness that could be easily cured with an unattainable 10 Euro? Which young person must work for years before he can even buy a bicycle? Should you sleep under a mosquito net but cannot afford it? Were you ever so poor that you could only buy used underwear? Did you ever have to kill a bird with a catapult so that you at least had a roast at Christmas? Were you ever not able to see a doctor because the doctor is too expensive? Did you ever have to take a bath in your neighbours' sewage, or brush your teeth with water from puddles? Do you eat bones from the butcher without cooking them because there is no wood to make fire to cook them? Do you go to bed when it gets dark because there is no electricity for your lights?

I have experienced so many of these things so often. Please, go out into the street on Christmas Eve, and sing hallelujah and lift a sign saying, "Jesus is born". If you are too shy for that, write "free hugs" on your sign!

And so now this is my encouragement to you all: CELEBRATE CHRISTMAS! Because today the Saviour has been born! The most beautiful gift is not the usual new electronic stuff, with cobalt and coltan from the Congo. The most beautiful gift is time! For everyone! Anamed has made so many gifts of time possible! Two years ago, a woman wrote this to me: "It is now October and I have very serious cancer. I have only one wish left, that is, to celebrate Christmas with my grandchildren, but my doctor has given me only two weeks to live!" Just recently, two years later, this patient sent me a nice letter saying, "Hello, I'm just having another Artemisia treatment".

Not all feedback we receive is positive, because nobody lives for ever. But the many small and big successes of YOUR work, of YOUR prayers, of your help and donations, make every day a Christmas Day for me. Even the Massai put away their spears and sing! I would like to share this joy with you all!

And so, I wish you a blessed New Year. Our lives are like running on an ellipse with two focal points: Negative and positive. If I let the negative dominate me, I end up in a vicious circle. If I let myself be dominated by the positive, I easily go blind and don't want to see any more misery. That is why the Advent season lies between november, when we are commemorating the dead, and december, when we are celebrating the birth of Jesus. At Christmas we enjoy the maximum closeness to the positive! Then also the New Year 2020 will be a fulfilling mix full of happiness and compassion, full of joy and mercy, full of satisfaction and commitment!

Best wishes, on behalf of all anamed collaborators all over the world,

Yours,

Hans-Martin