

Natural Medicine in the Tropics IV

AIDS and Natural Medicine

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A resource book for carers of AIDS patients

anamed

anamed order number 115

AIDS and Natural Medicine

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The colour poster (*anamed* order no. 403) shows the plants described in this book.

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Thanks to Bindanda Tsofi of Kinshasa for the cartoon illustrations. Picture on the cover: Dr. Hans-Martin Hirt, Pharmacist, and Dr. Peter Feleshi, medical adviser for AIDS by the government of Tanzania.

Introduction

When elephants fight, the grass suffers.

This is an African proverb and it describes the situation of AIDS patients today in developing countries.

- **The World Trade Organisation** fights for intellectual property rights.
- The **governments of rich countries** bully poor countries into observing internationally agreed patent rules, whilst they themselves duck and dive in their own best interests. They also spend more in fighting human ‘terrorists’ than microbial ‘terrorists’ such as HIV and malaria plasmodia which kill millions every year.
- The **pharmaceutical companies** have profit as their first priority and protect their patents rights beyond the internationally agreed rules.
- Some **governments of poor countries** invest more in weapons to fight human enemies than in local and national health facilities, and medicines that fight microbes such as HIV.
- The **World Health Organisation** campaigns for justice but has no power.
- **Health Ministries** in poor countries accuse the pharmaceutical companies of charging unaffordable prices.

What a tangle! And little happens! The world with all its technical know-how has failed the millions of people in sub Saharan Africa who suffer AIDS. The health of ill people who are also poor is of secondary importance in our world to profits, and to patent rights which protect profits.

The consequence is that AIDS continues to become more widespread in Africa, and millions of people suffer. Millions of children have become orphans, economically active people have died and are dying, and some of the world's poorest countries are caught in a seemingly unstoppable downward spiral.

The grass suffers when elephants fight. Maybe the only possibility is that the grass grows thorns as a protection so that the elephants go somewhere else to fight.

anamed encourages people to become less dependent upon what has been described as the "global suicide economy", and to seek to establish a "locally-rooted living economy".¹ In the field of health, *anamed* encourages grass roots communities to build on the knowledge that they already have. Locally trained *anamed* facilitators train groups in how to improve their nutrition and how to make many medicines themselves, in order to be more independent in meeting their health needs.

anamed also encourages communities to develop the confidence to demand the right for the best treatment for themselves and for everyone in this world.

This booklet describes how "Natural Medicine", i.e. the practical use of plants that grow or can be grown in tropical countries, can offer supportive treatment to AIDS patients, and enable many to lead full and fulfilling lives.

¹ See "Living Economies" by David C. Korten in Resurgence No 215 or at www.pcdf.org.

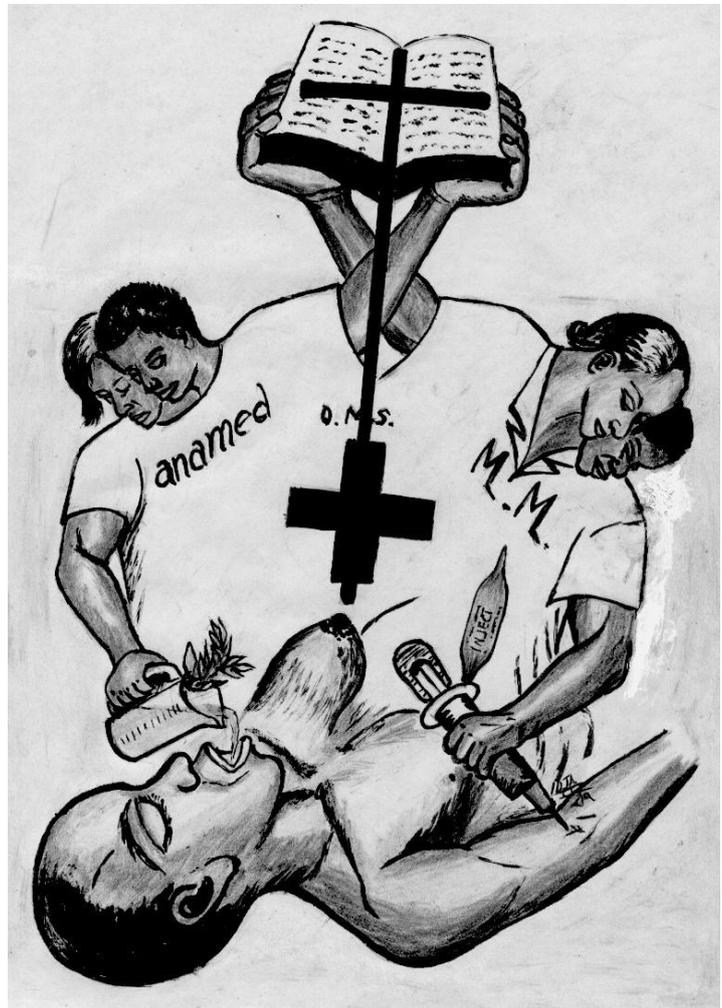
WE DO NOT CLAIM THAT NATURAL MEDICINE CAN CURE AIDS!

Many AIDS patients have already vastly improved their lives by using locally available plants, and by making medicines which cost very little. In this way they are not dependent on the generosity of outside bodies or organisations. The best weapon against AIDS is prevention. That must always be the first priority, but many other books have been devoted to that subject. In this booklet we have brought together the experiences of many people, and present many ideas as to how the immune system may be strengthened and how AIDS related diseases may be treated with locally available resources.

The first edition of this booklet was appreciated more than we had expected as a self-help resource to hospitals, clinics, NGOs, community groups and individual carers. We welcome the fact that the Ministry of Health of some governments have started to produce guidelines for herbal treatment for the home-based care of AIDS patients, e.g. Malawi in 1998². Unfortunately, however, such publications are seldom revised and reprinted once the limited stocks (and finances) run out. We are pleased, therefore, to acknowledge the help of people from all over the world who have shared their experiences with us to enable us to produce this second edition.

We believe that this booklet is unique in providing such detailed information about recipes and dosages for Natural Medicines. We would greatly value your continued feedback on its contents.

anamed is available to run training seminars in Natural Medicine for those communities that wish to become a little less dependent on the “elephants” described above. If you are interested, please visit our web-site www.anamed-edition.com and attend our seminars.



Natural Medicine, as defined by *anamed*, is much more than medicine from plants:

- It is based on the Bible.
- Herbalists work together with doctors and nurses.
- Relevant recommendations of the WHO are, at last, put into practice.

² “Home-based care herbal treatment guideline”, National AIDS Control Programme, Ministry of Health, Lilongwe, Malawi, May 1998.

Chapter 1: AIDS: Hope out of despair

The extent of the problem

The estimates of those affected by AIDS made by UNAIDS and the World Health Organisation have become lower because of improved methodology and better availability of data. Nonetheless, the figures are still awful³:

- The number of people living with HIV/AIDS globally rose from 29 million in 2001 to 33.2 million in 2007, due to new infections, people living longer with HIV and general population growth.
- Annual deaths increased from 1.7 million in 2001 to 2.1 million in 2007, but have declined in the last couple of years, due in part to a scale up in the use of ARVs (and, where anamed is active, to Natural Medicines).
- New HIV infections are thought to have peaked in the late 1990s, and declined between 2001 and 2007 from 3.2 million to 2.5 million. Even so, in 2007 there were more than 6,800 new HIV infections every day.
- Most people with HIV are unaware that they are affected.

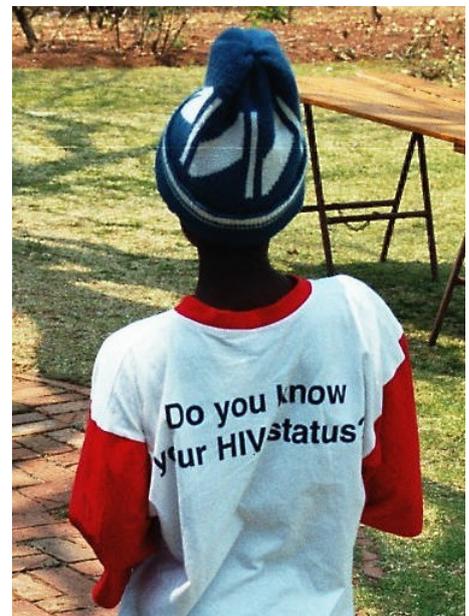
In Sub-Saharan Africa:

- HIV is the number one cause of death.
- there are two thirds of all people living with HIV/AIDS, i.e. 22.5 million people, but sub-Saharan Africa has only about 11% of the world population.
- there are most of the world's children with HIV/AIDS (88%).
- in 2007 there are an estimated 11.4 million orphans.

Life expectancy in the affected countries is dramatically reduced. In Botswana, for example, a country particularly hard hit by AIDS, life expectancy at birth fell from 65 years in 1990-1995 to less than 40 years in 2000-2005. This is a figure about 28 years lower than it would have been without AIDS⁴.

Although sub-Saharan Africa is the region worst affected, the situation is serious also in Eastern Europe and all of Asia, where the rates of increase are very high.

These are the official figures, based on estimates extrapolated from surveys, sometimes in countries where very few reliable HIV tests are conducted. In Africa



Sophia is HIV positive and a member of one of very many organisations in Africa that encourage their members to „live positively with AIDS“.

³ HIV/AIDS Policy Fact Sheet, November 2007, produced by the Henry Kaiser Family Foundation, See <http://www.kff.org/hivaids/upload/3030-103.pdf>

⁴ “[The Impact of AIDS](#)”, United Nations, 2004

also, very few post-mortem examinations are conducted, so that the exact cause of death is seldom known. It is possible, therefore, that many so-called victims of AIDS are actually victims of poverty, or other diseases such as malnutrition or tuberculosis. Through under nourishment they suffer weight loss and, on account of their weakened immune system, suffer the same symptoms as do AIDS patients. Such cases are also serious, and all the Natural Medicine recommended in this book is just as relevant for them.

The effects on families and communities

The effects of AIDS are all too well-known in the communities affected:

- Active family members and carers die, i.e. the people who would normally provide food and income for the family and bring up the children. Then the women, who always carry the lion's share of the work, have extra burdens.
- Many families take in orphans - a very positive but demanding aspect of traditional African family life is the unquestioned readiness to take in other family members who are in need.
- As a result of having fewer people able to work, and more mouths to feed, the risk of under-nourishment, particularly for the children, increases greatly.
- When payment for health treatment and medicines is required, an animal often has to be sold, thus reducing still further the family's resources.
- Because of the premature deaths of both educated people and elderly people, the traditional knowledge and skills of agriculture, craftwork and medicine are not passed on to the next generation and are lost.
- Increasing poverty, and the need for orphaned children to work instead of going to school, means the next generation is not being educated.

Thus there is a devastating cycle. HIV causes poverty, food insecurity, malnutrition, a reduced labour force and a loss of knowledge. These in turn make survivors more vulnerable to HIV/AIDS infection themselves.

The effect on countries

The economies of villages and towns, and therefore entire regions and countries as a whole, are severely affected when employees become weakened with AIDS. Agriculture, industry and the services all suffer as they become unable to do strenuous work, and also take time off because of various infections, to care for other family members or to bury the dead.

Further, national budgets and health services are stretched to the limit as they strive to combat the epidemic with preventive measures and treatment.

Responses to AIDS

- a) **Rural community organisations and local NGOs.** Many make an excellent response with a minimum of resources. Examples are presented in Chapter 8.
- b) **Churches.** For a long time, many ignored the problem. Many preachers declared that AIDS was the due reward for sin. Similarly traditional priests considered

AIDS to be the result of breaking a taboo. In spite of the official policy of the Catholic Church, however, many of its health care workers distribute condoms.

The recognition that God's love is for all, and that Jesus' ministry was particularly orientated to the outcasts of society, thankfully, leads many churches to work energetically on behalf of AIDS patients. Most *anamed* seminars concerning AIDS are actively organised by churches and missions.

- c) **International aid organisations.** The British development agency, Action Aid, is outstanding in its work with poor communities in many countries. It offers resources to help people to solve their problems themselves. For example, in 1987 "The AIDS Support Organisation (TASO)" was founded in Uganda to provide practical support HIV/AIDS patients and their families, and by the late 1990s TASO had developed centres throughout the country providing counselling, HIV/AIDS education, medical and material assistance.
- d) **Governments.** The story of tackling AIDS in Uganda is one of the best. Even in the early days of AIDS, the Ugandan government recognised the scale of the crisis that was facing them, appealed for international aid and organised a comprehensive programme. This included health education, public awareness using radio and television, peer counselling and medical support. They welcomed and worked alongside international bodies such as Action Aid.
Tragically, many other governments have ignored or even denied the problem.
- e) **Availability of pharmaceuticals.** In 2006 it was widely reported that only one-fifth of HIV-positive people in low- and middle-income countries have access to antiretroviral drugs despite a more than tripling in the number of people receiving the drugs between 2003 and 2005⁵. In July 2007, Médecins Sans Frontières (MSF) reported that generic fixed-dose combinations (FDCs) of antiretrovirals have at last been made also for children, at a cost of less than \$100US per year. Although in theory many of these drugs are available free of charge, in practice they often do not reach the patients. Because of logistic problems they sit in the store until the expiry date has been passed or their availability depends on bribes.
- f) **The World Health Organisation (WHO).** The "three by five initiative" aims to get three million people in the developing world on AIDS drugs by 2005. Few believe that this is possible.
- g) **The "Use a condom" campaign.** A brilliant idea, if only enough condoms were available in enough different sizes, at an affordable price, to be stored out of the sunshine, and then if only men could be persuaded to use them!
- h) **Protection for women.** In many developing countries, where the rate of new infections is greatest amongst women, women are not allowed to say no to sex. Research is being conducted into a microbicidal gel which women can apply before or after sex to kill the virus, but this is not likely to be available for several years. Other methods which are both effective and available now are female condoms, which prevent the virus reaching the cervix.

⁵ See for example: www.globalhealthreporting.org/article.asp?DR_ID=39096

- i) **Funding from international sources.** Total global spending on AIDS has increased from USD 1.2 billion in 2000 to an estimated 6 billion in 2004. The Global Fund to Fight AIDS, Tuberculosis and Malaria is facing a budget shortfall of USD 1.6 billion to meet the anticipated need in the third round of grants in October 2004. Launched in January 2002, the Global Fund has disbursed USD 1.5 billion in grants to 160 programs in 85 countries in its first and second round of grants. The United States makes more funds available for AIDS than any other country, but prefers to use it independently, and is therefore criticised as supporting its own drug companies.
- j) **International campaigns.** The international campaign to make the anti-retroviral drugs produced by the pharmaceutical countries affordable for people in Africa and Asia has had considerable success, particularly in South Africa. But, sadly, that fact remains that, even if the price were to be reduced by 90%, they would still be out of reach of the majority of people in many rural areas.

Given all these factors, coupled with the reality that most AIDS victims already suffer poverty and other poverty related diseases, *anamed* believes that Natural Medicine is a vital resource. Natural Medicine enables local people not only to become strong again, but also to become proud. Why? Because they develop greater self-reliance by using resources that are locally available and save a lot of money!

Medicinal plants and AIDS: *anamed* is not alone in the belief that medicinal plants are very important. Many universities throughout world are conducting research into the use of medicinal plants in HIV/AIDS treatment.^{6,7,8} The Cornell Medical College, New York, states “In all, plants and herbs offer excellent prospects in the search for potential treatment for HIV”⁹ Within Africa organisations such as PROMETRA, which is active in several countries, and THETA in Uganda, train and resource traditional healers to treat HIV positive people.



Sarife Awiti is HIV positive. She takes ARV drugs and takes care with her diet. She eats moringa leaf powder every day, and, when it is available, drinks artemisia tea every day. She was very sick with AIDS, but today is very healthy and strong.

⁶ Awuor et al (1993), “Traditional medicines and herbs for treatment of HIV related ailments in Kenya” Int. Conf. AIDS, June 6-11.

⁷ Burford et al (2000), “Traditional medicine and HIV/AIDS in Africa”, Journal of Alternative and Complementary Medicine, vol. 6 (5) pp 457-471.

⁸ Martin and Edzard (2003), “Antiviral agents from plants and herbs: a systematic review”, Antiviral therapy, vol. 8 (2) pp 77-90.

⁹ Chang and Kong (1996), “Meta-survey of plant and herb material as a treatment for HIV” Int. Conf. on AIDS, Canada, July7-12, vol. 11 (1), p 22.

Chapter 2: What is AIDS?

In brief, AIDS stands for Acquired Immune Deficiency Syndrome. It is caused by a virus called HIV or Human Immunodeficiency Virus. By killing or impairing white blood cells, called lymphocytes, HIV causes the immune system to be weakened, and the body is then less able to fight infections and certain cancers.

In general, people are said to have AIDS when either

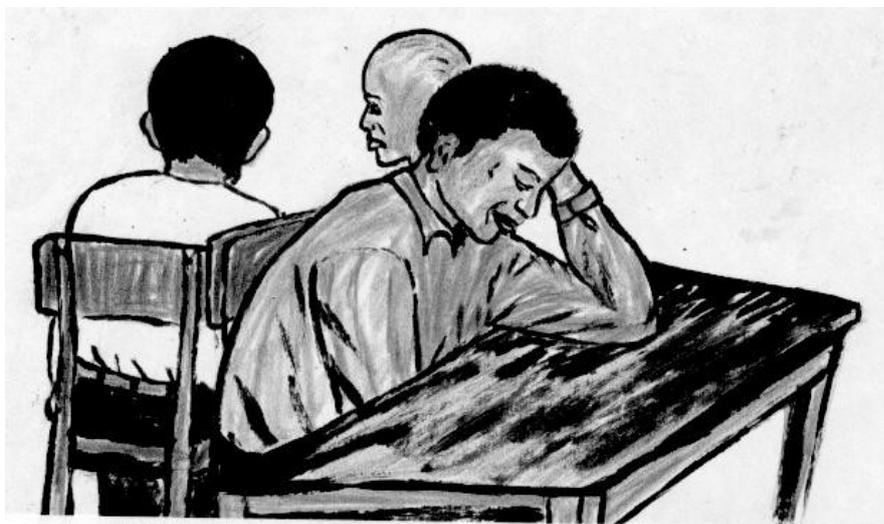
- a) their immune system has, because of HIV, become very weak, or
- b) their HIV-related immune deficiency is so severe that various life-threatening, opportunistic infections and/or cancers occur. ("Opportunistic infections" are so called because they take advantage of the "opportunity" provided by the weakened immune system).

Once infected with HIV, it takes an average of 5-8 years for a person to develop AIDS. One can be infected with HIV but look and feel well for many years, as the immune system continues to fight the virus. However, even though the person may look and feel well, he or she can still spread the virus to others. It is only later, when the immune system is weak and unable to defend the body, that signs and symptoms of AIDS appear.

People who have chronic illnesses like TB, or who suffer from poor health, or who are undernourished, will develop AIDS more quickly because their immune system is already weak.

General recognition of AIDS

The signs of AIDS are different in different people. For a long time it may be unclear whether or not a person has AIDS. The symptoms are those of other common illnesses, but, in general, they are more severe and last longer.



AIDS patients often feel tired

Some common signs are:

- gradual weight loss.
- long-term diarrhoea.
- long-term fever, which may come and go.
- a long-term bad cough and other infections of the lungs.
- skin rashes.
- eye infections.
- a perpetual feeling of tiredness.

Diagnosis of AIDS without laboratory facilities

Many doctors have their own criteria for an AIDS diagnosis. They all include the presence of numerous opportunistic infections. In the absence of proper laboratory facilities for AIDS tests, the WHO has proposed the following guide:

WHO Clinical Case Definition of AIDS in Adults

Where no HIV test is available, a person is diagnosed as having AIDS if s/he exhibits at least two of the following major criteria in combination with at least one minor criterion. The patient must not have any other known cause of immune-depression, such as cancer or severe malnutrition.

The presence of generalised Kaposi's sarcoma or cryptococcal meningitis alone is sufficient for the diagnosis of AIDS.

Major criteria

Weight loss > 10%

Chronic diarrhoea > 1 month

Chronic fever > 1 month (intermittent or constant)

Minor criteria

Persistent cough > 1 month

Generalised itchy dermatitis

Recurrent herpes zoster

Oropharyngeal candidiasis

Chronic progressive and disseminated herpes simplex virus infection

Generalised lymphadenopathy

Diagnosis of AIDS with laboratory facilities

Only a laboratory test can confirm with certainty whether or not a person has AIDS. The criterion is a count of 200 CD4+ T-cells or less per microlitre in the presence of HIV infection. Persons aged 5 and older with normally functioning immune systems usually have CD4+ T-cell counts in the range from 800 - 1,300 cells per microlitre.

What are CD4+ CELLS?

The HIV attacks lymphocytes, a particular sort of white blood cells, that have a receptor protein, called CD4, in their outer membrane. Cells with CD4 receptors are called CD4+ cells or helper T lymphocytes. T lymphocytes play a very important role in the immune system, because they help to protect the body against viral infections and can detect and destroy some cancer cells.

When the HIV is present, the HIV enters the T lymphocytes, and the genetic material of the virus joins with that of the lymphocyte. The virus reproduces itself within the cell and eventually destroys the cell. It also releases new virus particles which then attack other lymphocytes.

What is a retrovirus?

HIV is a retrovirus. A retrovirus is a type of virus that stores genetic information as ribonucleic acid (RNA) rather than as deoxyribonucleic acid (DNA). When the virus

enters a host cell, it releases its RNA and an enzyme, and then makes DNA using the viral RNA as a pattern. The viral DNA is then incorporated into the host cell DNA.

Each time a host cell divides, it also makes a new copy of the integrated viral DNA along with its own genes. The viral DNA can take over the functions of the cell, causing the cell to produce new virus particles. These new viruses are released from the infected cell to invade other cells.

The chronology of AIDS related diseases

Phase 1: The body is infected with HIV and the virus reproduces rapidly, until antibodies are produced – a process called ‘seroconversion’. At seroconversion, many people become ill with such symptoms as fever, malaise, nausea, rashes and ulcers around the mouth, anus and genitals.

During this entire period, this person is able to infect someone else, although the HIV test only becomes positive after seroconversion.

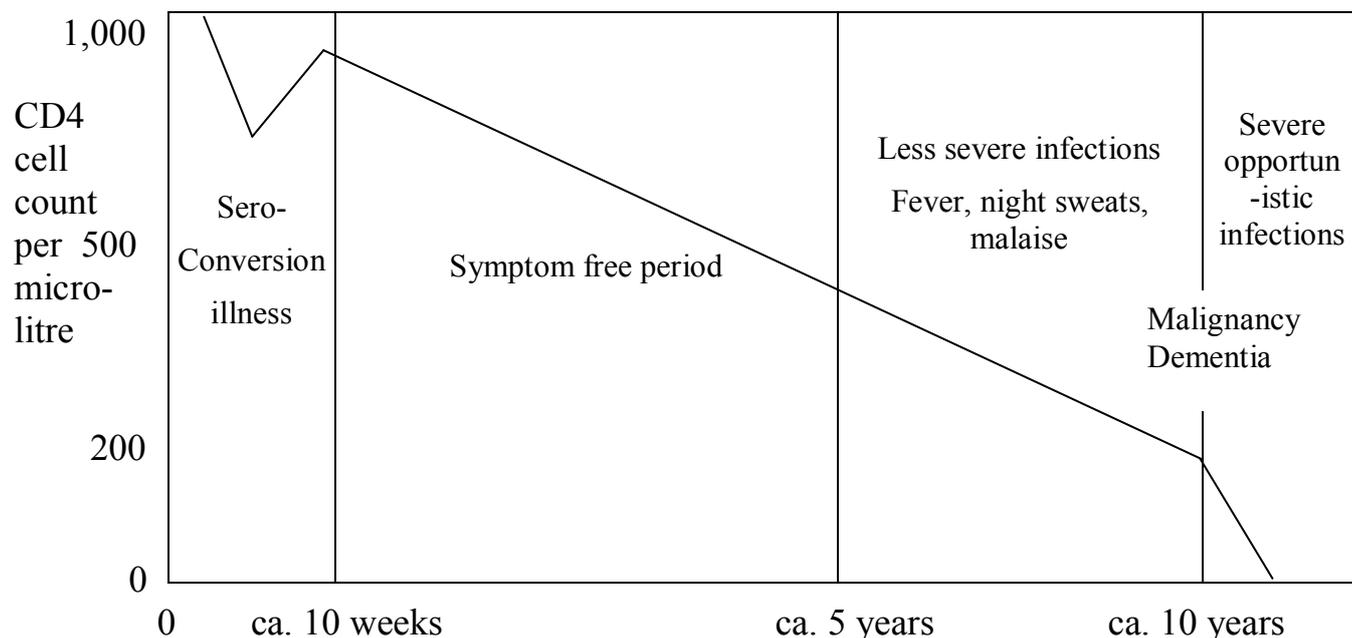
Phase 2: Most people remain well for several years with low levels of the virus in their blood.

Phase 3: After about 5 years most people develop some problems as a result of a weakened immunity, caused by the number of CD4 cells becoming less than 500 per micro-litre. A weight loss of more than 10% occurs, the disease level is intermediate and severe infections such as unexplained long periods of diarrhoea occur.

Phase 4: AIDS. Once the CD4 cell count is less than 200, the patient suffers major infections. Unless they have treatment both for their immune system and their infections, they usually die within a year.

Chronology of HIV related disease

Immune deficiency:	Early	Intermediate	Advanced
	CD4 > 500	500 < CD4 > 200	CD4 < 200



What is the conventional medical treatment?

The drugs used are called anti-retroviral (ARV) drugs. Their purpose is to destroy the HIV and to prevent them from reproducing, and thereby to slow down the progression of the disease.

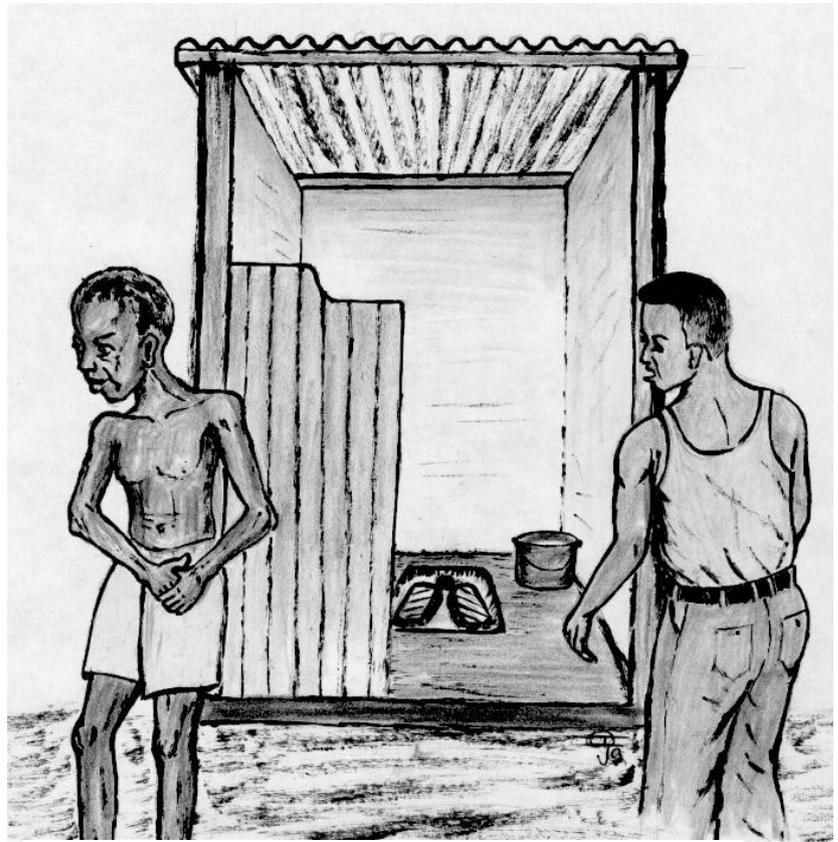
There are three classes of ARV drugs:

- a) nucleoside reverse transcriptase inhibitors (NRTI) such as AZT, ddI, ddC, d4T, 3TC and abacavir.
- b) the non-nucleoside reverse transcriptase inhibitors (NNRTI) such as nevirapine, delavirdine and efavirenz.
- c) protease inhibitors (PI) such as saquinavir, ritonavir, indinavir and nelfinavir.

“Highly Active Antiretroviral Therapy” (HAART) is the name given to treatment

regimens recommended by leading HIV experts to aggressively suppress viral replication and progress of HIV disease. The usual HAART regimen combines three or more different drugs, such as two nucleoside reverse transcriptase inhibitors and a protease inhibitor, two nucleoside reverse transcriptase inhibitors and a non-nucleoside reverse transcriptase inhibitor, or other combinations. These treatment regimens have been shown to reduce the amount of virus so that it becomes undetectable in a patient's blood. The disadvantage is that most of them cause side effects, mainly nausea, vomiting, diarrhoea and headaches.

If you are fortunate enough to get access to ARV drugs, take them regularly. Failure to do so gives the virus to chance to mutate, and then the drugs are no longer effective. Don't miss even one dose, and make sure that you understand the instructions. If your medicines make you feel ill or you have other side-effects DON'T stop taking them. Call your doctor first. There may be other medicines or treatment options available.



Many people are very anxious about being with AIDS patients.

There is absolutely no danger of becoming infected with AIDS by using the same toilet as an AIDS patient. But – keep the toilet clean, and always wash your hands afterwards, to avoid catching any other sort of infection.

Chapter 3: Transmission and prevention of HIV

The causes of the HIV/AIDS epidemic are numerous and complex. Contributory factors include poverty, lack of education, migration and mobility. Having several sexual partners, another important factor, also leads to other sexually transmitted diseases. In sub-Saharan Africa, heterosexual intercourse is responsible for 90% of HIV infections, followed by transmission from mother to child.

How do I become infected?

HIV can only live in the blood, vaginal fluid, semen, and breast milk of people who are infected, and can only be passed on/transmitted through the exchange of these body fluids.

You can get HIV from anyone who is infected. Because it sometimes takes months or even years for the first signs of illness to appear, an infected person who is responsible for transmitting the disease may appear to be perfectly healthy.

HIV is transmitted in the following ways:

A. Sexual activity

- by having sex with someone who has HIV. In Africa the vast majority of new HIV infections result from unprotected sex.
- having oral sex with a person who is infected, especially if you have open sores in your mouth or bleeding gums. In some areas young people practise oral sex to preserve their virginity.

B. From mother to child:

- during pregnancy,
- at the time of delivery, and
- through breastmilk.

C. Blood

- by using a needle or syringe that has not been sterilised since its last use.
- by making transfusions with infected blood.
- by using cutting or piercing instruments that have not been sterilised, e.g. for ear-piercing, tattooing or circumcision.



AIDS is not caused by insects.

You may safely sleep next to an AIDS patient in complete peace.

AIDS is not spread by normal physical contact with infected people. Unlike malaria, it is not spread by any sort of insect, and unlike bronchitis it is not spread by breathing in infected air. Thus it is absolutely safe

- to live in the same room or house as a person with AIDS.
- to show respect or love by shaking hands, hugging and kissing on the cheek.
- to use the same clean toilet as infected people.
- to eat together, where each person has their own plate.

You are very much more likely to become infected with AIDS if you:

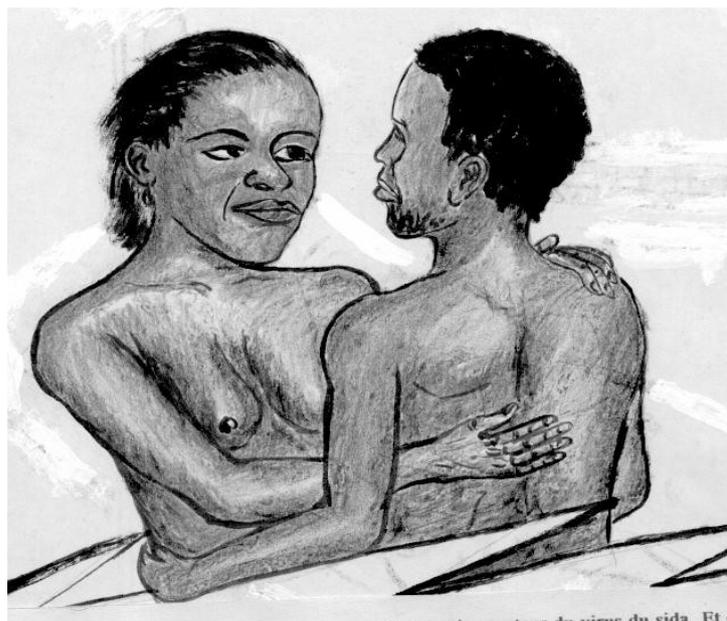
- have sex with more than one partner.
- become sexually active at a young age.
- have unprotected sex.
- refuse to learn the facts about this disease.
- do not promptly treat any sexually transmitted disease.
- take part in cultural practices such as communal circumcision using only one knife.
- practice wife inheritance.
- suffer poverty, and as a result:
 - eat an inadequate and unbalanced diet.
 - have no access to diagnosis and treatment.
 - have no money even to purchase condoms when they are needed.
 - migrate to other places in search of work, and then have other sexual relationships or use commercial sex workers.

Without food, the immune system crumbles and opportunistic infections have free play. Good food is much more important than any anti-retroviral drug. There is a downward spiral – hunger breeds HIV and HIV breeds hunger. Mozambique, for example, lost 2.3% of its farmers in 2000 and is expected to lose 20% by 2020¹⁰, clearly massively reducing food production, even in years of good weather.

How to prevent AIDS

A. Sexual activity

- a) **A. Abstinence.** By never having sexual intercourse!
- b) **B. Be faithful.** By having sex with only one faithful partner.
- c) **C. Condoms.** If you or your partner do have sex with another person, always use a condom, and use it correctly.
- d) By never having sex with someone who has several sexual partners, particularly if one of those partners is a prostitute. Never have sex with a commercial sex worker yourself.



¹⁰ The Food and Agriculture Organisation, quoted by Rory Carroll in The Guardian, “Africa's ugly sisters leave trail of death”, 30 October 2002.

B: Blood

- a) By making sure that instruments for circumcision, ear-piercing etc are sterilised every time before they are used.
- b) If at all possible, by not becoming anaemic. This helps to avoid the need for a blood transfusion in a crisis situation. If you must have blood, however, ask for proof that it has been tested and found safe.
- c) By getting professional advice from your doctor or clinic on the options for treatment after accidental contact with blood or sex fluids, rape or being pricked by a used needle or blade.
- d) By using gloves when handling blood, e.g. after an accident or when giving someone first-aid. The blood may contain HIV and may enter the body through cuts or wounds on your hands.

C. Treatment of infections

- a) By treating all infections quickly and effectively.
- b) By watching out for sexually transmitted diseases (STDs), genital sores, and discharges from the penis or vagina, and getting them treated immediately. STDs increase the risk of HIV infection, but can be treated quickly and effectively.



AIDS can be transmitted through blood.
Take care when others have accidents.

D. Mother to child transmission

Mother-to-child transmission

(MTCT) is when an HIV positive woman passes the virus to her baby. This can occur during pregnancy, labour and delivery, or breastfeeding. Without treatment, around 15-30% of babies born to HIV positive women will become infected with HIV during pregnancy and delivery. A further 5-20% will become infected through breast feeding.¹¹

Thus the incidence of MTCT can be reduced in three ways:

- Preventing HIV infection among prospective parents.
- Avoiding unwanted pregnancies among HIV positive women.
- Preventing the transmission of HIV from mother to child. This can be achieved a) by anti-viral treatment of both mother and child, although this may create resistance to those drugs, b) by using 100% breast milk substitutes using clean water, and c) if these are not all available, 100% breast feeding, because that strengthens the child's resistance to childhood diseases.

¹¹ AVERT, What is mother-to-child transmission? www.avert.org/motherchild.htm

Chapter 4: The approach of *anamed*

Why “Natural Medicine” ?

For centuries, traditional healers have been the main providers of primary health care to most Africans. Even today, it is estimated by the WHO that 80% of the people in the South still use traditional health care first. In the industrial sector, the WHO estimate that about 25% of commercially available medicines are descended from plants first used traditionally¹².

Thus plants have always played a vital part in health care, and, for the majority of people in rural Africa, continue to do so. The role of medicinal plants in Europe and North America is just as vital; they are constantly being investigated in the search for new drugs.

Throughout the world many people have become very dependent upon the availability of doctors and nurses, and synthetic pharmaceutical products. People have even begun to see this modern health system as being responsible for their health, rather than they themselves.

In Europe and North America today, however, increasing numbers of people are turning to more natural remedies once again. They have become dismayed that so many commercial drugs have nasty side effects. They also want to take more control over their own lives and not always rely on the professional doctor.

In Africa, many people are turning to natural remedies for other reasons. The first is that they cannot always afford hospital fees or modern pharmaceuticals. The second is that they have discovered that many natural remedies are very effective. And thirdly they have been reassured that using natural remedies is completely in accordance with their religious belief – this is particularly true for Christians.

Through Natural Medicine, therefore, *anamed* aims to enable people;

- a) to understand how to improve their nutrition, the importance of clean water, of clean toilets and hygiene and all other factors that affect their health.
- b) to rediscover the plants that can heal; to be able to recognise and cultivate medicinal plants, to make medicines and to treat ailments and diseases.
- c) to protect the fertility of the soil, to plant appropriate trees and to respect all species of plants and animals.
- d) to work cooperatively with others, so as to set up local structures to improve the physical and economic health of their communities. For example, by establishing medicinal gardens in the grounds of schools and hospitals, producing and using natural Medicines, arranging training programmes.
- e) to develop the skills and confidence required to exert political influence, so that appropriate structures are developed which allow these aims to be met on a wider scale.

anamed today is a partnership of people and groups scattered throughout the world, and particularly in Africa, who are working at the grass-roots to enable people to

¹² WHO Factsheet no. 271.

become more self-reliant with regard to their health and their social, spiritual and economic well-being. *anamed* groups enjoy a good working relationship with other organisations that take the best of local traditional knowledge and integrate it into health care programmes.

The Christian basis of *anamed*

God the Father created the world, with all its beauty and an utterly amazing range of life, plants and animals. He set us in a world full of resources, which include the “fruits for food and the leaves for healing”. He created mankind to protect and cherish these resources, and to use them creatively.

God the Son came as Jesus the Messiah to save us from our natural selfishness and guilt for our misdeeds. He taught us that we should show particular compassion for the poor and outcasts of society, and heal the sick.

God the Holy Spirit gives us strength and courage to follow in the steps of Jesus in meeting people at their deepest points of need. We pray that we will be open to the guidance of His Spirit as we learn and practice Natural Medicine.



Spiritual and physical support are the foundation of our care

How do we know that the treatments we recommend are safe and reliable?

Many have asked how *anamed* developed the recipes described in our books. For the last 20 years we have followed this approach:

- 1) We collect information concerning a particular plant or disease, from libraries, the internet and from practitioners of herbal or Natural Medicine.
- 2) We judge the quality and reliability of what we receive. There are many recipes that populations have improved from generation to generation. If we learn that the same plant has been used in a similar way to treat the same disease in traditional medicine from more than one country, then this is empirical scientific procedure, and we have more confidence in the recipe.
- 3) We evaluate the recipe with regard to its effectiveness and the side-effects – we balance the benefits against the risks.
- 4) We now share this recipe with our partners scattered throughout the world in the form of “a sharing of traditional knowledge” that must be used with caution.
- 5) We upgrade this “traditional experience” to a “recommendation in Natural Medicine” if -
 - a) this recipe is already a part of modern medicine, (e.g. eucalyptus tincture),
 - b) clinical studies now confirm its effectiveness (e.g. artemisia tea), or
 - c) our partners in the Tropics give us strong positive feedback, (e.g. lemon grass tea for AIDS patients).

6) We continue to seek a scientific basis for our recommendations:

a) By examining the active constituents of the plants that we use.

For example, the phytochemist and ethnobotanist James A Duke has identified 231 active chemicals in *Artemisia annua*. Of these, he describes artemisinin, limonene and oleanolic acid as being immuno-modulators, and astragalin, coumarin and eupatorin as having immuno-stimulant activity¹³.

b) By studying the scientific literature, so as to be aware of new research.

For example, Kaposi's sarcoma. Dell'Eva and colleagues (2004)¹⁴ implanted mice with cells of Kaposi's Sarcoma and treated them with Artesunate. The Artesunate inhibited the growth of the cancer cells, led to apoptosis (i.e. the death of cancer cells) and had an anti-angiogenesis effect (i.e. the cancer was no longer nourished by blood vessels). This study suggests that Artemisinin and its derivatives could protect HIV positive people from Kaposi's Sarcoma.

c) By being aware of relevant patents

For example: Qinghaosu (i.e. artemisinin) derivatives against AIDS: United States Patent 5726203¹⁵. It states "The compounds of this invention are used to prepare agents for prevention and treatment of AIDS"

The patent claims that artemisinin is an antiretroviral medicine (ARV)! It claims also that artemisinin is a better ARV than the conventionally used synthetic drug AZT. To quote, "*The object of the present invention is to provide an anti-AIDS agent with low toxicity, low price...*" It even claims that, in comparison with conventional antiretroviral drugs, extracts from *Artemisia annua* "*have a higher inhibition and killing effect to HIV with low toxicity*"¹⁶!

d) By understanding the relationship between AIDS and other diseases.

For example, malaria and AIDS have been shown to interact and to significantly increase the incidence of both.¹⁷ Research conducted in Kisumu, Kenya, reported "*Malaria greatly boosts viral load -- the amount of human immunodeficiency virus in the blood of infected people -- making them more likely to infect a sex partner with HIV. At the same time, HIV fuels malaria's spread because HIV-infected people are more susceptible to malaria as a result of HIV ravaging the immune system, the body's natural defenses*". Such findings confirm our belief that artemisia tea protects AIDS patients from malaria whilst at the same time strengthening their immune system.

¹³ See: <http://sun.ars-grin.gov:8080/npgspub/xsql/duke/plantdisp.xsql?taxon=120> and http://sun.ars-grin.gov:8080/npgspub/xsql/duke/pl_act.xsql?taxon=120

¹⁴ Dell'Eva et al.(2004). *Inhibition of Angiogenesis in Vivo and Growth of Kaposi's Sarcoma Xenograft Tumours by the Anti-Malarial Artesunate*. Biochemical Pharmacology. Vol: 68, pp: 2359-2366.

¹⁵ www.freepatentsonline.com/5726203.html

¹⁶ <http://www.patentstorm.us/patents/5726203-description.html>

¹⁷ See: <http://www.alertnet.org/thenews/newsdesk/N07316294.htm>

Chapter 5: Living positively with HIV/AIDS

AIDS patients need special care! Therefore treat them with love, affection and encouragement!

When a person first learns that they are HIV positive, this can be an enormous shock, so much so that they withdraw into themselves, sometimes become very depressed and become seriously stressed. Sometimes people even die of stress before they die of AIDS. Therefore the patient needs both physical and emotional care. Paracelsus, a 16th century Swiss physician, said "The most important foundation of medicine is love". In the Bible, Proverbs 17:22 speaks of the patient, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

In practise, to treat someone with love, affection and encouragement means to;

- a) **Keep the patient in the centre of the family.** Hug him/her, and give plenty of physical contact. Talk with him/her a lot. If bed-ridden, have them in the busiest room in the house. Provide as much variety and interest as possible. Give hope - many people have survived terrible diseases, even AIDS!
- b) **Help patients to feel valued and useful.** Patients may help in the house and garden, care for other patients more sick than themselves, give talks in schools and offer help and encouragement to other AIDS patients. There is always plenty to do!

Hospital should be a last resort.

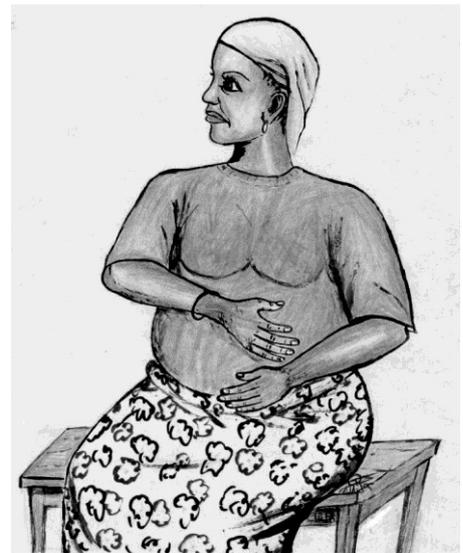
- c) **Provide a healthy diet.** AIDS patients, like all people in fact, should eat a balanced diet which contains protein, vitamins and minerals. Fruit and vegetables are of particular importance with regard to keeping someone healthy. Natural fruit juices and herbal teas (see the next chapter) should be drunk. Commercial sugary drinks should be completely avoided. Fresh water from a protected well is the best.

Follow the guidelines presented in Chapter 1 of "Natural Medicine in the Tropics: Seminar Handbook". If possible, make and use moringa leaf powder. With these vitamins, minerals and protein, this is a very rich form of nourishment.

HIV+ people need more vitamins and minerals each day than HIV- people. The important minerals zinc, magnesium and iron are found in green vegetables, nuts, moringa, garlic, mushrooms, eggs, grain amaranth etc.

It is usually better for patients to eat a little often, rather than relying on occasional large meals. Very ill people should be given food that is easily digested, e.g. soups rather than solids.

In these ways loss of body weight is avoided and the body is much stronger – and therefore better able to fight infections.



If you are HIV+ and pregnant, a healthy diet is particularly important.

- d) **Minimise the risk of infections.** Provide pure drinking water, keep the toilet clean, avoid atmospheres with cigarette smoke and avoid catching infections from other people.
- e) **Make the environment as pleasant as possible.** Make the room cheerful, with the sun shining in, and pictures on the wall. Provide a comfortable bed. Protect the mattress with plastic and easily washable sheets. Provide a mosquito net, and place flowers and leaves in the room that discourage insects, e.g. tagetes, lemon grass, artemisia, eucalyptus.
- f) **Give massages.** Make massage oil using a mixture of eucalyptus leaves and the leaves of the lemon tree. (See under "Muscle pains" in Chapter 7).
- g) **Treat opportunistic infections promptly.** Most people infected by HIV do not die from the virus directly, but from the cumulative effects of many opportunistic infections or tumours. Organisms and diseases that normally pose little threat to healthy people can rapidly lead to death in those with AIDS, particularly when the CD4+ lymphocyte count drops below 50 cells per micro-litre of blood.
- It is therefore important to treat all infections of AIDS patients quickly and effectively – see the Chapter 7.

If you have AIDS:

- **Spend at least half an hour in the sun** every day, in order to benefit from the sun's radiant energy that provides vitamin D for the skin.
- **Take exercise** every day. It is important to remain as strong as possible – therefore walking and an appropriate amount of work in the garden are very helpful.
- **Be positive!** Thank God for everything in your life that is positive. See AIDS as a challenge, that will not beat you.
- **Always use a condom** during sexual intercourse, even with your wife or husband. This prevents any reinfection of yourself or your partner.



Work together with others!

- Share your problems with each other,
- Study this book together,
- Establish and look after gardens of medicinal plants, vegetables and fruit trees together,
- Make Natural Medicines together.

In summary, By giving this sort of love and care, the onset of major AIDS related infections can be delayed very greatly. When the whole family and community work together, the spiritual life of all is also enriched.

A church volunteer working with Family AIDS Caring Trust (FACT) in Zimbabwe¹⁸ wrote the following:

'They built him a small hut where he lay day and night, waiting to die. No-one visited him to socialise – only to put food on the floor and leave. I went to visit him but no-one allowed me to enter his room. I insisted. When I opened the door to get in, the stench was unreal! I went outside, fetched some water and warmed it. I bathed him with the help of two young men in the family. We sat him in the sun – something he hadn't done for months. We cleaned his room and washed his clothes and blankets which were caked with filth. As we were cleaning the room, porridge was cooking on the fire. After the cleaning, I sat there, feeding him porridge and talking to him. Daily I came to see, bath and feed him. The relatives started doing the same. He died three weeks later, not an outcast but one loved and created in God's image. When I told him God loved him and that Jesus died for him, he held my hand tight.'

What a disaster this story is! Do you know of similar situations? If only this family had taken this chapter seriously, and had known about Natural Medicine! This poor person could probably have had a good life for several years longer – see the stories in Chapter 8.

Keep AIDS patients in the centre of the family! Spend your time with each other as you always have done.



Keep working! Whether your work is in the fields, the workshop or behind a desk – keep going! Follow the advice of the next chapter to stimulate your immune system with Natural Medicine.

¹⁸ Taken from "HIV/AIDS Study Pack for Community Development Workers", Tearfund, 1999.

Chapter 6: Stimulate the immune system

AIDS medicines, whether synthetic or natural, have one or more of the following effects:

1. They limit the multiplication of HIV viruses.
2. They destroy the HIV viruses.
3. They strengthen the immune system (increasing the number of T-helper cells).
4. They heal the symptoms of AIDS, for example, diarrhoea ceases, the body weight increases, menstruation commences again, skin problems disappear, and the psychological condition improves.

The distinctive role of medicinal plants

Synthetic ARVs and also some natural products first diminish the virus load and thus help the body to recover. Many medicinal plants, however, first stimulate the immune system, and thereby help the body to reduce the number of viruses. Some medicinal plants, such as artemisia, have both functions.

Interactions between Natural Medicine (NM) and synthetic ARV drugs (ARV)

We wish to emphasise that anti-retroviral substances are produced not only in the laboratories of the pharmaceutical industry, but also occur in nature. One example is garlic. Another increasingly important example is artemisinin, which is found in *Artemisia annua*, which has in fact been patented for this purpose (see Chapter 4).

Some people warn that Natural Medicines (NM) should not be taken together with synthetic ARV drugs. It is known, however, that more than 50% of AIDS patients that take synthetic ARV drugs also take herbal medicines. There are eight possibilities with regard to how these can interact with each other:

1. NM improves the activity of synthetic ARVs.
2. NM reduces the negative side effects of synthetic ARVs.
3. NM hinders the activity of synthetic ARVs.
4. NM makes the side effects of synthetic ARVs worse.
5. Synthetic ARVs improve the effect of NM.
6. Synthetic ARVs reduce the negative side effects of NM.
7. Synthetic ARVs hinder the activity of NM.
8. Synthetic ARVs make the side effects of NM worse.

This subject is clearly very complicated! According to the literature, very few scientific investigations have been made, and even those are often contradictory¹⁹. We therefore recommend the following;

1. Each health centre should examine and document the observed interactions between the medicines taken by the patients, and
2. The Ministry of Health of each country should examine the interactions between the most used herbal medicine and the most used synthetic ARVs.

Read in Chapter 8 the experience of anamed co-workers in Musoma, Tanzania.

¹⁹ Lawrence S. et al (2006), Interactions between Natural Health Products and Antiretroviral drugs“, Clinical Infectious Diseases, Oct. 15, 43:pp1052-1059.

Strengthen the immune system with Natural Medicine

As described in Chapter 5, good nutrition and exercise are extremely important. There are many plants that are widely used to strengthen the immune system, e.g. the African sweet potato (*Hypoxis hemerocallidea*), bitter leaf (*Vernonia amygdalina*), and sutherlandia (*Sutherlandia frutescens*). The plants that we particularly recommend are those of which anamed partners have very good experience, and which can be easily cultivated. We advise that at least two of the following be used.

1. *Allium sativum* (garlic)

Include as much raw garlic as possible in the daily diet. It may be taken by chopping cloves of garlic into small pieces and stirring it into the food, adding it to salad or by drinking it with a glass of good water. Garlic has antiseptic, antibiotic, antiviral, anti-fungal, and anti-diabetic properties. Of particular relevance to AIDS is the fact that garlic has been shown to inhibit herpes simplex 1, a virus which stimulates HIV replication.

2. *Aloe vera*

Aloe contains acemannon, a compound that neutralises the HIV by transforming its protein envelope such that it cannot invade human cells. Aloe also facilitates the absorption of vitamins and other nutrients. Take one to two tablespoonfuls of aloe gel every day.



3. *Artemisia annua* (anamed)

We recommend the following: In the acute phase (for a period of weeks or months), pour one litre of boiling water over 5 grams (i.e. 4 teaspoonfuls) of dried artemisia leaves, leave to stand for at least 15 minutes, filter and drink this tea in four portions in the course of the day. Thereafter, in the chronic phase, pour 1 cup (250 ml) of boiling water over 1 teaspoonful of dried A-3 leaves, leave to stand for at least 15 minutes, filter and drink this tea in the morning. Continue to drink one cup every day, if necessary even for many years.

One teaspoonful of dried artemisia leaves corresponds to about 1.5 grams. Alternatively you can also use 7.5 grams of fresh leaves. Thus, if you have artemisia plants in your garden, you can simply collect some leaves every day.

4. *Azadirachta indica* (neem)

The Kibisom Project in Kenya, recommends that AIDS patients eat a little neem cake (the residue from making neem oil) each day. The Permaculture Project in Malawi and Kuluva Hospital in Uganda both produce powder out of dried neem leaves and give one to two teaspoonfuls each week to AIDS patients.

5. *Citrus limon* (lemon)

Lemons contain a lot of vitamin. Drink the juice of one lemon every day, either in warm water (not hot, so as not to destroy the vitamin C) or squeezed onto your food.

6. *Cymbopogon citratus* (lemon grass)

Lemon grass tea: Boil one handful of fresh leaves for two minutes in one litre of water, leave to stand for 15 minutes and then pour through a sieve. Drink two litres

in portions during the day. At the Moretele Sunrise Hospice in South Africa, Mpho Sebanyoni and her colleagues have found that AIDS patients who drink this tea regularly develop an appetite, put on weight and become stronger.

7. *Moringa oleifera*

The leaves of both *Moringa oleifera* and *Moringa stenopetala* contain large amounts of vitamins, proteins and minerals. For this reason, moringa leaf powder is used very successfully to bring malnourished children back to health. It is also very helpful for pregnant women and breast-feeding mothers. Taking moringa leaf powder not only builds up the body again, but often eliminates secondary problems such as diarrhoea and skin diseases.

To make moringa leaf powder: Harvest the leaves, dry within 3 days, if possible in the shade. In very strong sunlight they lose their vitamin A. Pound them, sieve them to remove the stems and store in airtight jars in the dark. Add one heaped teaspoonful of moringa leaf powder to the food three times a day. AIDS patients should do this every day of their life.

8. *Amaranthus cruentus* – grain amaranth

Similar to moringa, grain amaranth is a very rich foodstuff. It contains about 16 percent high quality protein, having a good mix of essential amino acids.

Amaranth grain is very high in lysine, an essential amino acid that makes amaranth particularly helpful for HIV/AIDS patients. Lysine is said to help the body to inhibit the growth and multiplication of the herpes virus. Herpes weakens the immune system of those with HIV/AIDS. Grain amaranth is also high in other nutrients such as calcium, phosphorus, iron, potassium, zinc, vitamin E, and vitamin B-complex. Amaranth can be eaten daily as porridge. A teaspoonful of moringa leaf powder may also be added and stirred in.

9. Natural bee products

anamed Bukavu in the D. R. Congo administer artemisia tea and a honey - aloe mixture for 20 days each month, and garlic every day. Artemisia tea is taken as for malaria. Every day, mix one tablespoon of fresh aloe gel with two tablespoons of honey and eat in the course of the day. Three times a day chop three cloves of garlic and swallow with a little water.

Some *anamed* partners report success using propolis for AIDS patients. It is produced in bee hives and has been shown to have antibiotic, anti-fungal, antiseptic and antiviral properties. Mix 20g of propolis with 100ml of pure medicinal alcohol (98%) for internal use, and shake once a day for 30 days. Filter. Dosage: Take 20 drops one to three times daily.

10. Tincture for AIDS

A famous medical doctor, Father Oscar Goapper, in Neisu hospital, D. R. Congo, developed the following recipe which has been used since 1994:

Dry and pulverise equal quantities of leaves of some or all of the following plants: *Azadirachta indica*, *Artemisia annua*, *Ocimum basilicum* and *Aloe vera*. Mix 100 grams of this powder with 700 ml of 95% (drinking quality) alcohol plus 300 ml of boiled water. Filter after one week. Take 30 drops 3 times a day. We would welcome feedback from others on this treatment.

Chapter 7: How to treat AIDS related diseases with medicinal plants

Note 1: In these recipes, one handful refers to the amount the patient can hold, or hide, in his or her fist.

Note 2: Reference is made throughout this chapter to other *anamed* publications, as follows:

NMI 'Natural Medicine in the Tropics I: Foundation Text'

NMII 'Natural Medicine in the Tropics II: Treatments'

NMIII 'Natural Medicine in the Tropics III: Teachers' Resource Kit'

Note 3: Not all recipes can be made easily at home. We suggest that you join or form a local self-help group. Seek the help of a nurse or pharmacist in your group in order to make the more complicated Natural Medicines, or the 'chemical' medicines that are given in NMIII for skin disorders.

Note 4: In this chapter we list a lot of symptoms or diseases that are sometimes, but not always, related to HIV infection. **Warning:** some of these diseases may be severe, and should be diagnosed and treated in a health centre, especially if our recommendations do not bring quick relief.

Abdominal pain

Possible causes are some diseases described below, such as gastritis or infections of worms, malaria or typhoid (see diarrhoea). Other possible causes are indigestion, intestinal obstruction, menstrual and genital problems and appendicitis.

If there is no microscope available to examine the stool, first treat the patient for intestinal worms. If the pain continues, and no doctor is available, try the following:

Zingiber officinale (ginger): Crush a handful of ginger and boil for 10 minutes in 1 litre of water. Drink in the course of the day.

Psidium guajava (guava): If the abdominal pain is accompanied by diarrhoea, boil one handful of leaves in one litre of water for 2 minutes. Leave to steep for 20 minutes. Filter and drink in the course of the day.

Aloe vera (aloe): First thing in the morning, every day, take two tablespoonfuls of aloe gel together with a little water and honey.

Anaemia

Anaemia occurs when there are too few red blood cells, or the cells do not contain enough haemoglobin. It may be caused by not eating a balanced diet, by illnesses such as malaria, by chemicals (e.g. drugs, additives) that cause red blood cells to break down, or it may simply be an inherited condition. In children it can be caused by a hookworm infestation.

Anaemia may result in tiredness, loss of appetite, a pale skin and even a desire to eat ash or clay, which is the body's way of trying to get more minerals.

Eat foods rich in iron. These include meat (especially liver) and fish, and dark green leafy vegetables (such as amaranth, the tops of sweet potatoes), beans and lentils. Eating fresh fruits and vegetables which contain vitamin C helps the body to absorb iron. Cooking in iron pots is much better than in aluminium pots. If no other source of iron is available, put some clean iron nails into a fresh lemon, and drink the juice after a couple of days!

At the same time, treat the patient for worms as described below.

Asthma

Asthma causes breathing to be very difficult, because the smaller bronchi in the lungs are blocked with mucus. There is often a hissing or wheezing sound as the patient breathes out. It is often worse at night. Asthma is often inherited, it may be an allergic reaction to something eaten or breathed in, and it may be triggered by a common cold. Asthma must always be taken seriously, because it is always liable to become worse.

1. **Asthma weed** (*Euphorbia hirta*):

- a) Smoke dried leaves rolled into a cigarette, or
- b) Place your head on 1 handful of these leaves at night, or
- c) Boil 15-30 g (1 handful) of the fresh, washed herb (or dried herb if need be) with 1 litre of water for 2 minutes. Leave it to stand for 20 minutes, and then filter. Drink in portions during the day. Repeat the treatment for 8 days in a row.

2. **Eucalyptus** (*Eucalyptus globulus*): Pound 1 handful of fresh or dried leaves and then put them into 250ml of boiling water. Inhale for 15 minutes while steaming hot, with your head and the pot under a towel.

3. **Pawpaw** (*Carica papaya*): Smoke young dried pawpaw leaves in a pipe or wrapped in paper in the form of cigarettes. Alternatively put the leaves on red hot ashes and inhale the smoke.

4. **Strong asthma cigarettes, using thorn apple** (*Datura stramonium*)

Strong asthma cigarettes are made as follows:

Dried leaves of <i>Datura stramonium</i>	150mg
Dried leaves of <i>Eucalyptus globulus</i>	150mg
Dried leaves of <i>Carica papaya</i> (pawpaw)	700mg

Make into cigarettes with paper, or smoke in a pipe.

Bad breath

Clean the teeth regularly, use neem or eucalyptus twigs, or home-made tooth powder (see NMI). If the problem persists, the problem comes from the stomach - in this case take a little medicinal charcoal.

Bed sores

For prevention, use honey ointment. For treatment, see “wounds, infected”.

Bronchitis, coughs and colds

1. **Lemon grass** (*Cymbopogon citratus*): Make tea, using two handfuls of lemon grass in 2 litres of water and drink in the course of the day, children less according to their body weight. According to the WHO, for children this is far more effective than all the cough syrups that one can buy. Lemon grass tea may be drunk in addition to any other treatment. Inhalation: Boil one handful of leaves in a little water and inhale the vapour.
2. **Artemisia** (*Artemisia annua*):
 - a) **Artemisia tea.** Prepare and drink artemisia tea as described in Chapter 6.
 - b) **Inhalation.** Mix a spoonful of dried leaves or a handful of fresh leaves with a cup of water, bring to the boil and inhale the vapour.
3. **Garlic** (*Allium sativum*):

All garlic treatments may be accompanied by drinking the juice of two lemons in water. The lemon provides additional vitamins, and helps the body to assimilate the garlic.

 - a) **Eat garlic raw** – one clove three times a day. For serious attacks, increase this amount two or three fold.
 - b) **Garlic honey.** Fill a glass jar with peeled and chopped garlic cloves. Slowly pour in honey so that it fills all the gaps between the chopped garlic. Place the jar in a warm place of about 20°C. In two to four weeks, the honey will absorb the garlic juice, and the garlic will become limp and opaque. Do not filter. Use within 3 months. Take a teaspoon of this mixture every few hours.
 - c) **Garlic-sugar mixture.** This is particularly good for coughs. Pound one teaspoonful of garlic cloves. Mix with the same amount of sugar or honey. Use the same day. Take a teaspoonful every few hours.
4. **Onion** (*Allium cepa*):

Onion has the same properties as garlic, but it is milder.

 - a) **Onion-sugar mixture.** Slice raw onion and sprinkle brown sugar over it, cover with a plate and weigh down with something heavy. In a few hours it produces copious brown syrup which is a delicious and effective cough remedy for any age.
 - b) **Onion drink.** Mix ½ cup of chopped onions with ½ cup of water, stir, drink everything in portions during the day. **Mango** (*Mangifera indica*): Take 30 g (1 handful) of fresh young green leaves and boil them in 1 litre of water for 10 minutes. Filter and drink in portions during the day. Do not take for more than 8 days at any one time.
5. **Eucalyptus** (*Eucalyptus globulus*) (not for children of less than 1 year old):
 - a) **Eucalyptus tea:** Pound 1 handful of dried or fresh leaves and boil with 1 litre of water for 5 minutes. Filter and drink in portions during the day.

- b) **Eucalyptus oil:** Gently heat one handful of dried and powdered eucalyptus leaves in half a cup of vegetable oil for an hour in a water bath. Rub the chest firmly with this mixture twice daily. Do not use for children under 1 year.
- c) **Eucalyptus cough syrup:** We do not recommend cough syrups any more. If, however, your patient insists on taking a syrup, then make this syrup rather than buying one. Add 80g of dried, pounded leaves to 1 litre of water, bring to the boil and boil for 5 minutes. Leave to steep for 1 hour. Filter. To 1 cup of this tea, add 1 cup of sugar, bring briefly to the boil and filter. Children of 7 years may take 1 teaspoon 3 times daily, and smaller children less according to their body weight. Older children and adults should always drink the tea rather than taking the syrup.
- d) **Eucalyptus cough drops:** Pour a mixture of 700ml plain alcohol (95% and of drinking quality) and 300ml boiled and filtered water over 100g dried eucalyptus leaves. Put into a closed jar. After one week, press and remove leaves. Adults take 30 drops of this tincture, 3 times daily.
- e) **Eucalyptus cough elixir:** Add 250g dried and pounded eucalyptus leaves to 5 litres honey wine and stir well. Keep in a warm place, covered but not tightly closed, for 5 days. Filter, and store in 1 litre airtight bottles in a cool, dark place. Dosage: Adults, 1 teaspoon, 3 times daily, children (1 year and older) 20-40 drops, 3 times daily.
- f) **Eucalyptus inhalation.** Pound 1 handful of fresh or dried leaves, and then boil in 250 ml of water. Inhale for 15 minutes while steaming hot, with your head and the pot under a towel. (ANM-025f)

6. **Lemon** (*Citrus limon*):

- a) **Lemon leaf tea.** Boil 2 handfuls of young leaves (dried or fresh) with 1 litre water. Filter and drink in portions during the day.
- b) **Lemon peel tea.** Chop one handful lemon peel. Add 1 litre boiling water and leave to steep for 15 minutes, then filter. Adults: Drink this quantity in the course of the day. Children less, according to body weight. Note: These lemons must not have been treated with pesticides!

7. **Ginger** (*Zingiber officinale*):

- a) **Ginger tincture.** Take 25g freshly chopped ginger, add enough 80% alcohol, of drinking quality, to give a volume of 100 ml, leave to draw for 1 week, and then press. Take orally 10-20 drops of ginger tincture 3-4 times daily.
- b) **Ginger tea.** Make a decoction of fresh or dried ginger root, and add a teaspoonful of honey.

8. **Avocado** (*Persea americana*): Make a decoction from young leaves (1 handful in 1 litre water) and drink in portions throughout the day.

9. **Orange** (*Citrus sinensis*): Boil 1 handful of leaves in 1 litre of water for 2 minutes, and drink during the day.

10. Table Salt: Dissolve two teaspoons of salt in one litre of water. Spray it towards your nose and breathe deeply.

“Burning legs”

Many AIDS patients complain about a burning sensation on their legs. Follow our recommendations for the treatment of ‘skin disorders’.

Cancer

See Kaposi's Sarcoma.

Candida in the mouth (oral thrush)

A fungal infection, caused by the yeast *Candida albicans*. This fungus can be found in the mouths of most people. Because it often causes inflammations when the body's resistance is reduced, this thrush often appears in patients with an immune disorder, e.g. AIDS.

Candida may also cause inflammations when the microbes that are normally found on the skin disappear. This may happen if the patient has taken antibiotics over a long period.

The infection is characterised by small milky white sores or reddish patches. Additional symptoms are a lack of appetite (caused by pain in the mouth), a white tongue, sores around and in the mouth and sometimes swollen lymph glands. The following treatments cleanse the mouth and help the sore to heal. Some stimulate the secretion of saliva, which helps to keep the mouth moist.

1. Mango leaf tea (see above).
2. Suck a very ripe tomato or a piece of ripe pineapple twice a day.
3. Suck a wild fig twice a day.
4. Drink the juice of a fresh lemon.
5. Lemon grass tea (see above).
6. Garlic and honey – take a teaspoonful every few hours.
7. Chew fresh leaves of *Artemisia annua* between meals. Children may prefer a mixture of one teaspoonful of honey with one teaspoonful of dried, powdered artemisia leaves.
8. Gargle with salt and water.
9. Rinse the mouth with a cup of water which contains one teaspoonful of bicarbonate of soda.

If eating is a problem, avoid citrus fruits for a short time, because they cause pain. Eat food once it has cooled down and eat smooth foods such as porridge and mashed potatoes.

Serious candida infections, e.g. disseminated infections which cause candida growths that block the oesophagus (food pipe). Doctors in a South African children's hospital have developed the following procedure, which has worked even when modern pharmaceuticals have failed. Peel garlic cloves, pound 50g as finely as possible and mix with 100ml cooled water which has been boiled. Shake

very vigorously. (If available, put the mixture in an electric liquidiser.) Filter, collect the water and store in the coolest place possible. Dose: 1 year old; 1 ml every 4 hours orally, an adult; 5 ml (one teaspoonful) every 4 hours orally. Disguise if desired in about 50ml of orange juice.

Candida in the vagina (vaginal yeast infections)

The symptoms of such infections are severe itching, and the lips of the vagina are bright red and painful. It may burn to urinate. Wash or spray the area with vinegar water (6 teaspoons of vinegar in 1 litre of boiled, cooled water). If no vinegar is available, use lemon juice in water. Internally, drink lemon grass tea or mango leaf tea, and include garlic in your daily diet, and externally apply one of the following:

- a) a mixture of pounded garlic and oil, in the ratio 1:1.
- b) a mixture of pounded garlic and yoghurt, in the ratio 1:10.
- c) artemisia ointment or oil.

Cytomegalovirus

A herpes virus that often affects AIDS patients. For treatment, see herpes zoster and herpes simplex.

Diarrhoea

Diarrhoea may be caused by the HIV infection itself, by malnutrition, by amoeba infections, malaria, salmonella, typhoid, cholera etc. See NMII for a detailed account of how to treat different diarrhoeas. Eat like a bird, in small quantities but often. Mashed bananas are good. Avoid fatty foods. Prepare oral rehydration solution (ORS) by adding 2 heaped tablespoonfuls of sugar and half a level teaspoonful of salt to one litre of boiled water. Always give this ORS and one of the following treatments:

1. **Guava tea.** Boil one handful of fresh, washed leaves in one litre of water for 2 minutes. Leave to steep for 20 minutes. Filter and drink in portions in the course of the day. Repeat this treatment for 8 consecutive days.
2. ***Euphorbia hirta* tea.** Boil 1 handful of fresh, washed herb (i.e. the whole plant without the roots which must be left in the ground) with 1 litre of water for 2 minutes. Leave to steep for 20 minutes. Filter and drink in portions during the day. Repeat this treatment for 8 days in a row.
3. **Mango leaf tea.** Use fresh, bright green leaves and prepare as for guava tea.
4. **Artemisia tea.** It is believed that the tea disinfects the intestines and strengthens the immune system.
5. **Rice (*Oryza sativa*).** Drink the water in which rice has been cooked, or make medicinal charcoal out of rice or peanut shells using the method described in NMI.
6. **Neem (*Azadirachta indica*).** Boil 40 single leaves in a large cup of water for 5 minutes. Sieve, cool and drink in the course of the day.

7. **Carrots.** Wash 2 large carrots, cut them up small, boil gently for 5 minutes in 1 litre of water and eat everything. Or eat carrots raw.

Earache – ear infections

- a) **Onion** (*Allium cepa*): Chop 1 handful of onions finely. Put them into a piece of thin cloth. Use this as a compress on and behind the ear. Secure with a bandage around the head; keep warm; renew the onion morning and evening. Overnight lie with the affected ear on a cloth bag filled with finely chopped onion.
- b) **Neem** (*Azadirachta indica*): Put a few drops of neem oil into the ear.

Fever

HIV infection itself can cause fever, as can a whole range of HIV related infections, e.g. malaria, pneumonia, typhoid, meningitis, measles.

1. *Cymbopogon citratus* (lemon grass): Drink 3 litres of lemon grass tea each day.
2. *Mangifera indica* (mango) or *Tamarindus indica* (tamarind): Boil 3 handfuls of leaves in two litres of water for 5 minutes, allow to cool and use this liquid to wash the patient. Or add more cold water, soak a towel in it and put on the head, chest or legs of the patient.

Gastritis

Gastritis is an inflammation of the lining of the stomach. It can be caused as a side effect of taking aspirin, or persistent angry feelings. Gastric ulcers are chronic sores in the stomach or small intestine caused by too much acid. The symptoms of ulcers, which are not always experienced, are gnawing, aching, burning, an empty feeling and hunger. The pain tends to occur when the stomach is empty. By drinking milk, by eating some bread or by drinking a lot of water one may have some relief, but only briefly. In general it is important to eat a little often, rather than only to eat a large amount in the evening, as is often the custom.

1. **Seek spiritual help.** If the gastritis is caused by stress, then the best medicine is the listening ear of someone who gives you time and understanding.
2. **Moringa** (*Moringa oleifera*) and **cabbage** (*Brassica oleracea*). Include moringa powder and / or raw cabbage in the daily diet.
3. **Guava** (*Psidium guajava*)
 - a) very simply, just eat some unripe guava fruits, or
 - b) make guava tea; take one handful guava leaves and add one litre of water. Boil for 2 minutes in a pot, and then filter. Leave to draw for 20 minutes. Drink in very small amounts throughout the day.
4. **Aloe** (*Aloe vera* (*syn. Aloe barbadensis*), *Aloe ferox* and *Aloe arborescens*)
Cut and thoroughly wash a leaf of the plant. Clean a sharp knife by putting it in boiling water. Cut the ends and sides of the leaf away, and then cut through the middle to leave a large surface from the inside of the leaf. Collect the

colourless gel from this surface with a teaspoon. Take one teaspoonful of this gel three times a day.

5. **Sweet potato** (*Ipomoea batatas*). Cook the sweet potatoes, chop them, dry them and pound to flour. Take one teaspoonful with a little water, three times daily.
6. **Thorn apple** (*Datura stramonium*). This can be used in serious cases of spastic gastritis (gastritis accompanied by spasms). See under “intestinal spasms”.

Headache

Headache may be caused by tiredness, emotional stress, migraine, high blood pressure, meningitis, eye disease and lack of glasses for bad eyesight, colds and influenza.

Drink 3 litres of clean water a day. Treat the cause if known. For migraine, try coffee, or tea made from coffee plant leaves, or artemisia tea, or tea from peanut plant leaves, or from leaves of *Passiflora incarnata* (passion fruit plant). As an alternative to coffee, chew cola nuts if available.

Herpes

Herpes zoster (shingles). Children all over the world quite normally have this infection as chicken pox. It is usually recognised by a patch of very painful blisters that appear on one side of the body.

Herpes simplex (cold sores). These sores are usually found around the mouth. Sores on the genitals are spread through sexual contact.

Both herpes zoster and herpes simplex are viral infections, and can be treated as follows:

1. *Aloe vera*. Cut a thoroughly washed leaf lengthwise, and coat the affected area with the gel several times a day.
2. *Allium sativum* (garlic). Make garlic oil by putting cut or squeezed garlic cloves in good vegetable oil for a few days. Put on the sores two or three times a day.
3. *Plumeria rubra* (frangipani). Squeeze the white sap from the base of a flower onto the sore. It is antiseptic and has an anaesthetic effect.
4. *Azadirachta indica* (neem)
 - i) Apply neem oil to the affected area two times a day until the blisters become dry.
 - ii) Drink a decoction made with 2.5g of dried leaves in one litre of boiling water in the course of the day for seven days. Prepare a fresh decoction every day. (This tea also helps to restore the appetite.)

Inflammation of the lungs, bowels or eyes

Drink tea made either from *Matricaria chamomilla* (chamomile) flowers or from *Artemisia annua*. To treat the eyes, filter one of these teas through paper, and bathe the eyes with the cool tea, using a cloth that has been boiled to kill all germs.

Eye infections and inflammation can also be treated by putting aloe gel on the eye.

Intestinal spasms

1. **Datura tincture** can be made in a pharmacy as follows. Mix:

Seeds of <i>Datura stramonium</i> , dried and ground	8g
Plain alcohol, 95% and of drinking quality	45ml
Filtered water	55ml

Instead of mixing plain alcohol and filtered water you may use alcohol of around 45% (in the range of 40 to 50%), e.g. gin or whiskey.

Leave for one week, then press and filter. This medicine is equivalent to the imported belladonna tincture regarding its atropine content.

Dosage:

Adults: a maximum of 30 drops, 3 times daily.

Children: 1 drop per kg of body weight, three times daily.

2. **Datura seeds**. If Datura tincture is not available, either use a commercially available medicine, or chew and swallow 10 to 15 seeds of *Datura stramonium* a maximum of 3 times a day until the spasms stop. Because this plant contains atropine, this treatment has the side effects of a dry mouth, a higher blood-pressure and digestion problems. **Use with care - the plant is very toxic!**

Kaposi's Sarcoma

A form of cancer which often appears in AIDS patients. It usually first appears as a pink, red or purple spot that may be round or oval. These spots may appear anywhere on the body, often on the face. In the course of months they may appear in several places on the body, including the mouth, and on internal organs and lymph nodes where they cause internal bleeding.

Recent scientific literature reports that *Artemisia annua* can be used to treat certain forms of cancer, particularly leukaemia and breast cancer. If no other cancer treatment is available, try the following recipe: Give the patient iron tablets in the morning, and in the afternoon 1 litre of artemisia tea (infusion) using 5g of dried leaves. Continue this treatment for one week, and repeat for one week in every month.

Loss of body weight

Eat a range of local foods. Resist the temptation to eat sugar, milk powder or other imported foods - locally produced goods are at least as good, if not better. See Table 1 in Chapter 1 of NMI.

Malaria

See our seminar handbook order nr 109 for a detailed account of how to treat malaria.

For adults of 50 to 70 kg, pour one litre of boiling water over 5g of dried leaves of A-3 (or 25g of fresh leaves), leave to cool for 15 minutes and then filter. Divide the tea into 4 equal amounts, and drink at six hourly intervals. (You need a good scale - or 5g is the amount that just fits into a plastic 35mm film container.) Drink this tea during 7 days at least.

Always add 2 litres of lemongras tea per day and eat as much garlic as possible. For children less, according to the bodyweight.



Hope for the future. A loving mother in the Sudan allows her child to experience the wonder of nature, knowing that her child is touching the unripe fruit of a plant (*Carica papaya*) which has remarkable medicinal properties.

Muscle Pains

If the patient has muscle pains, and/or seems to be wasting away, give him a massage every day. Make up a massage oil as follows:

Firstly pound leaves, which must be well-dried, of one or all of the following three plants: Eucalyptus, lemon tree and orange tree. Then take one small cupful (about 100ml) of the powder of each plant and add 1 litre of vegetable oil. Heat this mixture in a water bath for one hour. Filter the mixture, and leave the massage oil to cool without stirring. Store the oil in an air-tight container in a dark place.

Nausea and vomiting

See also the treatments for gastritis.

1. Take one level teaspoon of ginger powder three times a day.
2. Drink ginger tea before or during meals. For each mug of water take one or two slices of washed, fresh ginger root and simmer in boiling water for 10 minutes.
3. Eat mainly plain foods such as rice or bread, and simple boiled foods such as potatoes, yams, porridge. Reduce the amount of fat used in cooking, and eat citrus fruits because they help the body to absorb fat.
4. For extreme cases of vomiting, give *Cannabis sativum* (See under "Pain").

Odours

These may occur because of suppurating wounds. Treat the problem! See the treatments under wounds. It may also occur as a result of diarrhoea and incontinence. Pay attention to hygiene, wash the body regularly and thoroughly, ventilate the room well, and bring sweet smelling flowers into the room.

Pain

Drink tea (as an infusion) made from the flowers of *Hibiscus sabdariffa*. Hibiscus flowers contain vitamin B which is helpful for nerve pains. It also limits the growth of tuberculosis bacteria.

Pains such as headache or migraine can sometimes be relieved by drinking coffee. For intestinal pains, see the treatments under 'gastritis' and 'intestinal spasms'.

If the patient is dying and suffers pain, let the patient smoke dried young leaves of *Cannabis sativum* (i.e. marijuana) to relieve the pain. Alternatively cannabis may be administered as tea or tincture. Inform your medical authorities to get permission - in many countries use of marijuana is illegal.

Pneumonia

This is an acute infection of the lungs, and may develop from any of the less serious respiratory illnesses such as cough or bronchitis. The symptoms include sudden chills and then high fever, rapid shallow breathing, coughing, sometimes with mucus and often cold sores (herpes) on the face or lips.

The patient should seek medical help. In its absence, the remedies listed under bronchitis should be followed, especially the inhalation of eucalyptus or artemisia vapour.

Skin care and hygiene

Never use mercury or other skin lightening soaps or creams. Mercury reduces the immunity even further, because the action of the white blood cells (including the CD4 cells) is weakened. For washing, use home-made beauty soap, as described in NMI. The risk of skin infections can be reduced by the regular use of home-made neem soap or by using warm water for bathing in which neem leaves have been soaked.

Skin cancer

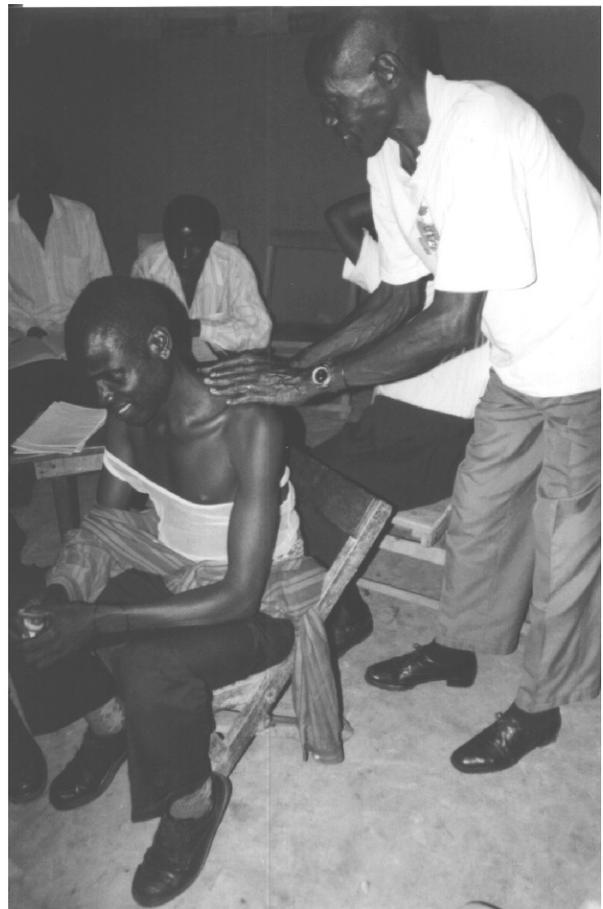
In the absence of other medicines, apply neem oil or aloe gel to the affected area twice each day. In addition, drink artemisia tea, see also Kaposi's Sarcoma.

Skin disorders

AIDS patients often complain of “burning legs” and other skin problems of unknown origin such as eczema. We recommend that you start with the most gentle care which nourishes the skin, and steadily progress to the more disinfectant but also more aggressive treatments with more side-effects.

Starting with the most gentle, we recommend the following:

- *Persea americana* (avocado). Mix the flesh of a ripe avocado with some drops of lemon juice and apply to the affected area for 12 hours a day, e.g. overnight.
- Vegetable oils, such as palm kernel oil, sunflower oil, groundnut oil: Mix one teaspoonful of the oil with one of water in the palm of the hand, and rub on the affected area.
- Aloe gel.
- *Brassica oleracea* (cabbage) Use a leaf as a bandage.
- Oil made from vegetable oil and plants such as guava, chamomile or artemisia. For the recipe, see the recipe for oil for haemorrhoids in NMI.
- Ointments made out of this oil plus 10% beeswax.
- Castor oil (from *Ricinus communis*), either made commercially or made traditionally in the village or following the recipe in NMI.
- *Cassia alata* (ringworm bush). Make a paste with pounded leaves and vegetable oil and apply it as described in NMI.
- *Azadirachta indica* (neem) Bathe the affected area with neem tea, or cover it with a bandage which is constantly kept moist with neem tea, or sit in a warm bath to which neem tea has been added. Stronger treatments are leaf paste with oil or water, or ointment from the leaves, or neem oil.
- *Allium cepa* (onion) As oil or ointment. See NMI.



Participants massage each other tenderly with rheumatism oil during an *anamed* seminar in Koritok, Uganda.

- *Capsicum frutescens* (chilli). Rub chilli oil or ointment over the affected area – chilli also has disinfectant properties and sometimes relieves itching. See ‘rheumatism ointment’ in NMI.
- *Allium sativum* (garlic as garlic oil). Garlic oil is made as follows. Place peeled, minced garlic in a wide-mouthed jar and add enough olive oil (or good vegetable oil) to cover. Close the jar, and let it stand in a warm place of about 20°C for three days. Shake it a few times each day. Then store it in a cool place, without filtering. Use within 3 months.
- ‘Scabies oil’. The 50:50 mixture of kerosene and vegetable oil is not only used for scabies, but also other complaints, e.g. itching caused by filaria.
- *Allium sativum* (garlic). Peel and cut a clove of garlic and rub it over the affected area. For a stronger effect, secure slices of garlic, or pounded garlic, to the skin overnight.

More information about skin disorders can be found in NM I and II. In case none of these recipes are successful, you may wish to try expensive pharmaceuticals that contain, for example, cortisone, iodine or sulphur. But even then you do not have to spend a lot of money. Ask your local nurse or pharmacist to follow the chemical recipes given in NMIII.

Thrush

See candida – oral thrush.

Tiredness / lethargy.

1. Eat lots of fruit, drink herbal teas, especially lemon grass tea, mango leaf tea and artemisia tea, and eat a balanced diet (see NMI).
2. Take plenty of rest, fresh air and exercise.
3. Eat foods rich in iron (e.g. moringa and green vegetables) and vitamins (especially fruits).

Tuberculosis (TB)

Tuberculosis is a contagious infection which can be fatal. It is caused by the airborne bacterium *Mycobacterium tuberculosis*, *M. bovis* or *M. africanum*. Usually when these bacteria are inhaled, the immune system disposes of them immediately. Sometimes the bacteria lie dormant within the body, and then at some stage when the immune system is weakened, for example through AIDS, the bacteria become active.

Tuberculosis is transmitted when a tuberculosis patient coughs out the bacteria, which can remain in the air for several hours. Active tuberculosis usually begins in the lungs, but it may affect other parts of the body.

The symptoms of tuberculosis are a chronic cough, especially just after waking up, mild fever in the afternoon and (sometimes severe) sweating at night, pain in the chest, loss of weight and, in black skinned people, a lightening of the skin. As the disease progresses, blood may be coughed up and the voice may become very hoarse.

This disease is best prevented by strengthening the immune system in all the ways described above. A tuberculosis patient needs antibiotics and other medical help. Additionally follow the recommendations listed under bronchitis above.

Worms

There are many different types of worms and other tiny animals (parasites) that can live in people's intestines and cause disease. The larger worms, roundworms, threadworms and tapeworms can be seen in the stools. Hookworms and whipworms are seldom spotted in the stools, even though they may have infested the gut.

Prevention

1. Always use latrines.
2. Always wear shoes when farming.
3. Chew a piece of a pawpaw (*Carica papaya*) leaf (sized about 5 x 5 cm) daily, or occasionally take orally 1 tablespoon of seeds. Worms seem to hate the taste even more than human beings and will leave you alone!

Treatment

1. Pawpaw (*Carica papaya*)

Unripe pawpaw fruits contain the enzyme papaine, which very effectively eliminates most types of intestinal worms, even tapeworm. The latex (sap) is harvested by making incisions into the unripe fruit as it still hangs on the tree.

The latex is given, just once, on one morning on an empty stomach, together with a lot of water and a laxative. One good laxative is the ringworm bush (*Cassia alata*) – pour one cup of boiling water over one teaspoon of dried leaves or root-bark, filter after 10 minutes and drink before going to bed. Also drink plenty of water.

Dosage of pawpaw latex to treat worms	
age (years)	No of teaspoons
6 months - 1 year	½
1 - 3 years	1
4 - 6 years	2
7 - 13 years	3
14 years and older	4

This worm treatment can also be given when the patient is already suffering from diarrhoea. Papaine may not remove all the worms immediately, so for that reason we recommend repeating the treatment after one week as a precautionary measure.

Alternatively, for three days, three times a day, eat a heaped tablespoonful of seeds of a ripe pawpaw. For children less, according to their body weight. Drink a lot of water to remove the dead worms.

2. Asthma weed (*Euphorbia hirta*)

Wash and mix:

asthma weed, whole plant without roots,	1 handful
pawpaw leaves	1 handful

Boil for 2 minutes in 1 litre of water, leave to steep for 20 minutes, then filter. Drink in portions in the course of the day.

If a child refuses to drink this tea, prepare it with the handful of asthma weed only.

3. Leucena (*Leucaena glauca*) - for hookworms and roundworms

Dry 30 ripe seeds, pulverize them and take the powder orally with 1 mug of hot water 2 hours after breakfast. Children should take less, depending on their weight. Not suitable for children under 7 years. Side effects: Stomach trouble, diarrhoea.

4. Pumpkin (*Cucurbita maxima*) - for tapeworms

Mix 100g (or 20 tablespoonfuls) raw ground seeds together with some water and eat this together with a laxative on an empty stomach. The laxative is very important, because the worms are not killed, only paralysed. As a natural laxative, eat a lot of very ripe pawpaw or mangoes.

Wounds, boils, infected wounds

Treat as recommended in NMII. Treat immediately they occur, because healing is much slower with a reduced immunity.

First wash the wound: Add one heaped tablespoonful of table salt to one litre of boiled water, or, even better, to one litre of guava leaf tea (decoction). To wash an infected wound add three drops of latex from an unripe pawpaw to this solution.

The plants and materials most often used to dress wounds are;

- sugar and honey mixture.
- for suppurating wounds, mix one gram of sugar with one drop of the white latex of an unripe pawpaw. Fill and cover the wound with this mixture. Cover with a bandage and repeat the procedure once a day.
- slices of unripe pawpaw (*Carica papaya*) to draw out pus.
- dress closed, septic wounds (and abscesses) with slices of garlic (*Allium sativum*). The garlic causes the pus to disappear without breaking the skin.
- onion ointment (*Allium cepa*) for dressing wounds.
- medicinal charcoal can be spread over a superficial suppurating wound.

Chapter 8: Echoes from the field

Musoma, Tanzania: Artemisia and moringa - and/or ARV drugs - the debate

The following discussion was put together from several conversations in June 2006. Those involved were Maike Ettling, German leader of the health division of the Diocese of Mara in the Africa Inland Church of Tanzania, Dr Peter Feleshi, doctor and state registered AIDS advisor, Philip Mateja, Evangelist and link person for *anamed* Tanzania, several HIV positive people (named person A, B, C etc – we have their full names) and Dr Hans-Martin Hirt, pharmacist from Winnenden, Germany.

Martin: Peter, no other disease and no sermon has led to so much debate, nor to so many changes in lifestyle, as AIDS – would it not actually be dangerous to find a treatment for AIDS? Thousands of AIDS advisors earn their living from this disease, not to mention the pharmaceutical industry....

Peter: And don't forget that traditional healers and fetish healers also earn a lot of money from AIDS.

Person A: I have taken the herbal medicine of the traditional healer John for the last 18 months, but it has done nothing for me.

Person B: I must contradict that. My father was a traditional healer and he gave me a lot of knowledge. In 2002 I was chronically ill, and had abscesses over my entire body. The clinic tested me and said I was HIV positive. I followed the recipe of my father for venereal disease, mixed the bark of 10 different trees, regularly drank tea made from this bark and now, three years later I am strong again, I no longer have any abscesses and, yes, I never drank artemisia tea or took moringa, and even so I am healthy (laughs).

Martin: I don't want to be nosey, but would you be willing to give this recipe to us?

Person B: No way, not even for all the money in the world. That is a secret that God has given me through my father. I can only pass it on to my own children.

Martin: Our co-worker Innocent Balagizi has told us about AIDS patients in Bukavu / Congo who were completely at rock bottom. With secret recipes of the healers the patients put on weight again, developed an appetite, lost their feelings of sickness, and female patients began to menstruate again. But, still, these recipes remain secret. For this reason, we are going public with our research into artemisia.

Patient E: How did *anamed* actually first get onto this plant?

Martin: In 1996 we heard that the ingredient artemisinin was patented for the treatment of malaria. So we tested our own artemisia tea, and quickly discovered that this special tea is just as effective as the tablets. Later we learnt that artemisinin is also patented for the treatment of cancer. We tested our tea again, and, sure enough, we found that at least the lives of some patients were lengthened. In 1998 Mr Xuande Luo patented artemisinin for the treatment of AIDS. He claimed that artemisinin is an antiretroviral drug with very low toxicity. So the obvious thing to do was to test the tea again, this time with AIDS patients. You have done that.

Maike: Yes, with about 100 patients, with great success.

Person C: We stick together in our Kaza Roho group here.

Martin: What is that?

Peter: Kazo Roho means, “Be courageous and strong” and is a self-help group of HIV positive people, about 35 in Musoma and about 15 in Bunda. They meet twice a week, or even more.

Martin: Eleven of you have come here today to make a report in the seminar. Could one of you tell us about yourself?

Person F: I am 20 years old. I married when I was 16. After my second child died, my life went downhill. Tuberculosis, malaria, abdominal pains... I did not want to eat anything. My mother carried me to the hospital, because I could not walk any more. I was given medicine for my tuberculosis, but nothing for my AIDS disease, because I was too weak for it. Of course, my husband (a driver) left me and found a new wife. Then someone told me about the Kaza Roho group, and I joined it about a year ago. Now I can walk again without a stick, and feel strong again. I use artemisia tea, moringa leaf powder, artemisia ointment and so on. I do not need any ARVs (Antiretroviral Drugs, usually tablets), I know I can get them for free, but I don't need them.

Martin: You look a big mixture of people. What have you got in common?

Person C: We are all HIV positive. When we joined this group, we were all very seriously ill, but today you can tell no difference, or hardly any difference, between us and the rest of the population. Some of us are working again at home, some of us have taken a job. What else holds us together? We are no longer angry, rather we live in hope and in thankfulness to our Creator, who has given us such wonderful plants and possibilities. What else? Yes, we have moved from being AIDS patients, to being AIDS tutors. We hold seminars for both ill people and healthy people!

Person A: And sometimes we actually earn something through our teaching (laughs)

Martin: What do you recommend in your teaching?

Person D: We say, go and have an HIV test, and if you are HIV positive, start immediately the therapy with artemisia tea and moringa. The sooner you start, the greater the chance that you will not need any ARV drugs.

Martin: So what is so bad about ARV drugs?

Person E: In the year 2002 I had diarrhoea and vomiting, fever and AIDS. I was given ARV drugs and antibiotics, and, as a result, became very weak, I lost a lot of weight – I was a mere 37 kg. Now in 2006 as well as ARV drugs I take artemisia tea and moringa. I have no fever any more, my vomiting has completely stopped and I weigh 56 kilograms!

Martin: What is your programme in the group?

Person C: We give each other courage, we pray and eat together, we give each other tips about how to live better, and of course we make medicines together, artemisia tea, moringa leaf powder, rheumatism ointment with chillies, ointment for haemorrhoids and so on.

Martin: Are you able to sell your medicines also to people who are HIV negative?

Person C: Why not? It gives us a bit of income. More important though, we can make our own medicines and that helps us to remain cheerful. When desperately ill patients see us being healthy and happy, that gives them hope – most of us were on our knees when we first came here.

Person D: Today I do the jobs around the house for my family, but before I was a burden for them.

Martin: The local authorities must be congratulating you. Maike and Peter, you should be awarded the Nobel Prize!

Maike: The reality is quite different. The local hospital tries to discredit us. They tell people that to say that one's life can be made longer with artemisia and moringa is a lie.

Philip: The clinics are much too proud of their ARV tablets to be able to work together with us. Still, a doctor in the hospital did recently send me a patient, but at night of course (laughs).

Martin: In our anamed AIDS groups deep inside the Congo Republic, 100% of the AIDS patients drink artemisia tea, because ARV drugs are just not available. But with you it is different. The patients are free to decide, because in your group both the "chemical" and the "natural" treatments are free of charge.

Maike: At the moment we have 35 AIDS members in the group. Each can decide the treatment for him or herself. This is how they have decided

- 7 people: artemisia and moringa
- 2 people: artemisia, moringa and aloe
- 2 people: artemisia, moringa and cotrimoxazol (an antibiotic)
- 15 people: artemisia, moringa and ARV
- 3 people: artemisia, moringa, aloe and ARV
- 5 people: artemisia, moringa, pawpaw and ARV

A further person previously took only ARV, but has today started with artemisia, after he had overcome the doubt in his mind that the hospital had created. In other words, a third of the patients are doing very well with the anamed treatments alone, whereas two thirds of the patients prefer to take ARV drugs as well.

Martin: Last year many fewer patients took ARV drugs.

Peter: That is true. In the meantime, ARV drugs, at least here in Tanzania, have been made free of charge, and people do not want to miss out on this opportunity.

Patient D: But there are regions where ARV drugs are not available. And in other African countries there are no ARV drugs at all, or only counterfeit drugs, or if they are available they cost a lot of money.

Patient C: But we get ARV drugs only when our CD4 count is less than 200. If a patient comes to the clinic and has a CD4 cell count of 201, then it is bad luck for him. And that is the advantage of artemisia. We can always take artemisia, whatever our CD4 cell count.

Patient E: For several years I did really well, only with artemisia and moringa. But recently my health deteriorated, and since then I take ARV drugs as well.

Martin: One organisation in Germany criticises anamed. They say that if we start the treatment with "unscientific" artemisia instead of the "scientific" ARV drugs, we are risking the lives of the patients.

Peter: Rubbish. Many patients are so bad, so undernourished, so emaciated, that if one were to give them only ARV drugs, they would quickly die of the side effects. For this reason we nourish them with moringa, strengthen their immune system with

artemisia, and then we decide together with the patient, whether or not in fact they also require ARV drugs.

Martin: It is very important that you record all these treatments accurately, whether successful or unsuccessful.

Peter: Honestly our finances are so tight that there is no way that we could employ a statistician. But with an extra 50 to 100 Euro per month we could do it.

Martin: I would like to look for a willing donor. We have the problem that we are always accused by “modern medicine” of having done no proper clinical studies – but of course there is no-one who is prepared to finance such studies. Industry gains absolutely no profit from a plant that we can grow in our own gardens, and even the government has no income from import or value added taxes! Therefore we have to set our sights lower, on “observational studies”, but even so, thanks to the internet, we can share our results worldwide.

Peter, could you briefly describe the anamed medicines that you use?

Peter:

- Artemisia tea, during the acute phase, one litre of boiling water on 5g dried leaves per day, then 250 ml water on 1.5g leaves during the chronic phase.
- Aloe: 1 to 3 times daily a teaspoonful of aloe gel
- Pawpaw: Once daily, 1 to 3 teaspoonful of crushed pawpaw seeds (they may be fresh or dried)
- Moringa: 3 times daily 1 teaspoonful of moringa leaf powder mixed into the food.

All also take additional *anamed* treatments for their own particular symptoms, as described in the *anamed* AIDS book.

Maïke: Last week an AIDS patient came to me with terrible wounds and bronchitis. I recommended that she use “pawpaw-sugar” on the wound, and eucalyptus tea for her bronchitis. Today I met her again, the wound was almost healed, and the bronchitis had almost disappeared – even I was very impressed!

Martin: We always pass your experiences on to others. Now we have received enthusiastic responses from Ethiopia, Malawi, Congo and other places too. An anamed group in South Africa has established an Artemisia AIDS clinic with 20 beds, and they want to increase the size to have one thousand beds! The garden of the clinic consists of 3 hectares of *Artemisia annua*!

Philip: We could also treat that number of malaria and AIDS patients, but how can we do that, when we ourselves struggle, with no salary, to feed ourselves and our families.

Peter: We must approach Bill Gates.

Martin: We have already done that. But Bill Gates does not distribute his money privately, but via large organisations. The “Global Fund” cannot support us, because we do not work as a government organisation, and the “Medicines for Malaria Venture” will not support us because we do not work together with industry. As neither the European industry nor African governments are really interested in the poorest of the poor, nor even, honestly, to see the end of the AIDS pandemic, we have an uphill struggle. In other words, by working through these organisations, Bill Gates is limiting the chances of his own success.

Philip: If it were to support work at the grass-roots, that organisation could save a lot of money.

Martin: I do not understand it either. Thousands of organisations are raising money to buy AIDS medicines, but seldom examine our results, for example that a third of the patients do not want any ARVs, even when they are free of charge, as we have already said. In other words, instead of spending 6 billion dollars each year, if they took the discussion we are now having seriously, they could save 2 billion dollars per year, and then this could be used to establish gardens of medicinal plants and in preventive measures. But is anybody interested in such an approach – we will see....

Maïke: We certainly have no secrets. Any doctor may visit us and see exactly what we do, and anyone may take part in our anamed seminars in Tanzania.

Martin: I thank you all for your willingness to share your suffering and joys with us.

Other *anamed* echoes,

***anamed* AIDS Care, Kinshasa, managed by Maledi Ibanda,** runs seminars in AIDS prevention, and its treatment with Natural Medicines, in many different provinces in western Congo. Maledi speaks of a 25 year old lady suffering from AIDS who drank artemisia tea each day and added moringa leaf powder to her meals. After 3 months she had gained 5kg in body weight. She now runs a self-help group for other patients.

Innocent Balagizi in Bukavu, treated members of a self-help group for “self-reliance with natural products” with artemisia tea, and aloe, honey and garlic. Eight of them showed a significant increase in their body weight, an increase in their white blood cell count and a normalisation of the rate of blood sedimentation (a laboratory test). These analyses were conducted in the hospital laboratory in Goma. We would be very interested to hear more about such analyses from our readers.

Innocent also says that artemisia tea, tea of *Vernonia amygdalina*, and aloe / honey are now very commonly used by AIDS patients in eastern Congo. One lady who every day ate aloe gel, honey and a lot of garlic, increased her body weight from 40 to 65 kg in one year, and is now the principal animator of the AIDS group in Goma.

Innocent Balagizi also has success in treating people suffering from stress with garlic. Stress is sometimes a severe problem of AIDS patients. It stimulates the production of adrenaline in the blood, which in turn may cause gastric ulcers, diarrhoea, loss of appetite, headache and/or hypertension.



Sister Beatrix, a qualified nurse who works in a hospital in South Africa, has planted a whole field of *Artemisia annua*. She uses the fresh leaves regularly for AIDS patients, and for patients with bronchitis, coughs and influenza. She told us *“A hospital worker who was HIV+ had suffered diarrhoea and coughing for 3 weeks. She was given Oral Rehydration Solution (ORS), but was still weak. Beatrix made tea out of two handfuls of artemisia leaves. One day later the patient was still weak, but could walk and was hungry. The patient continued taking artemisia tea and began to pass normal stools, her coughing stopped, she ate and gained weight and her skin improved in condition. When she was thin, nobody visited her – now they do.”*

Dr Barbara Hounnou, a Swiss doctor who lived in Zimbabwe, reported: *“A pregnant lady was suffering AIDS, she was very confused and we all thought that she would die very soon. For the last 3 months we gave her moringa leaf powder every day, and for the last month we also gave her artemisia tea. Now her appetite has returned, she is able to walk once again and even her confusion has diminished.”*

Bob Mann, a British agriculturalist, visited Rev Samuel Waiswa in Iganda, Uganda. Samuel grows grain amaranth, and cares for many AIDS patients. Bob reported, *“Whilst there, I met Kukiriza Rose, a 38 year old lady, and her 7 year old son Denis. Rose explained how she was found to be HIV+ 10 years ago in 1997. Then starting in 2002 with help from Rev Samuel Wasiwa and his programme, every time she got a fever, instead of taking tablets she would take porridge made from amaranth flour mixed with another grain flour (either maize, millet, or sorghum) and also take moringa leaf powder in her food, and after a few hours she would start to feel better and the fever would go away. On one occasion, when Rose had a heart problem, they gave her tablets at the hospital, but the tablets didn't help at all. Rose then ate the leaves of amaranth and the leaves of moringa, and the heart problem disappeared. Rose still does not take any ARV drugs, but instead is relying on good nutrition to keep well. If you look at Rose, you can see that she really does look very well, and her skin is beautiful and healthy, without any sign of a problem. Rose will tell you herself that she feels very well. Her son, Denis, now 7 years old, has been tested 3 times, and each time found to be HIV-. They are so pleased about this. Denis is a healthy and happy boy. All of this is a wonderful testimony of how the compassion and Christian care of Rev Samuel Waiswa and his helpers, and their use of natural nutrition foods including amaranth and moringa, has reached out to people living with HIV / AIDS, lifting them up from despair to hope.”*

Irmtraud Welter, a German nurse, visited Kenya to run seminars in Natural Medicine. She wrote, *“A Swiss friend here in Kenya has had an amazing experience. She has been in Africa for 20 years, is a Catholic sister, and was constantly ill. When I arrived she was really ill, with typhoid fever, amoebic dysentery and malaria. The doctor gave her any amount of strong medicines, but to no avail. She became weaker and weaker. I gave her artemisia tea, which she drank for seven days, and put all other medicines on one side. It was astonishing, after seven days she was already feeling well again. To prevent a relapse, she continues to drink a litre of tea on one day every week.”*

Chapter 10: Ten recommendations to governments in the South

In the light of all the information contained within this booklet, *anamed* believes that, if governments were to take the following steps, their health provision would be vastly improved:

1. Give positive support to the practice of Natural Medicine, and to close working relationships between healers and doctors. The World Health Organisation (WHO) has already promoted such collaboration since the Alma Ata declaration of 1978, and have developed a "Traditional Medicine Strategy 2002-2005"²⁰
2. Support healers' associations, not according to their claims but according to the extent to which they follow the 'Code of Conduct for Natural Healers'²¹.
3. Support especially those hospitals that use locally available resources, in particular, healing plants. Encourage hospitals to establish a garden of medicinal plants.
4. Because of the urgent need, open schools or colleges of Natural Medicine so that each nurse, doctor and healer can develop a much greater knowledge of medicinal plants. Recognise and support those centres of excellence in Natural Medicine that already exist.
5. Request the WHO to give scientific support for the investigation of indigenous medicinal plants.
6. Insist that financial aid from abroad has the priority of supporting preventive care and the local production of Natural Medicines, rather than the import of medicines.
7. Resist in every possible way the patenting of the traditional knowledge of your people, and of any plant, animal and human properties, including genomes, of your country.
8. Withdraw from membership of the World Trade Organisation (WTO) now, and for as long as the WTO
 - a) sticks to its decision to extend the protection to manufactured medicines afforded by patents from 5 years to 20 years²². Insist on the right to obtain the cheapest possible life-saving medicines without facing threats of legal challenges or trade sanctions.
 - b) hinders, therefore, developing countries from developing their own pharmaceutical industry. Germany had 85 years in which to develop its own pharmaceutical industry without the rules of patents (i.e. from 1883 to

²⁰ See WHO Policy Perspectives on Medicines, No 2, May 2002, "Traditional Medicine – Growing Needs and Potential".

²¹ See Hirt and Lindsey (2002), "Natural Medicine in the Tropics II: Treatments", 2nd edition, *anamed*.

²² The World Trade Organisation's Trade Related Aspects of Intellectual Property Rights (TRIPS) has set a worldwide standard for protecting patents: i.e. 20 years patent protection on all forms of products and processes.

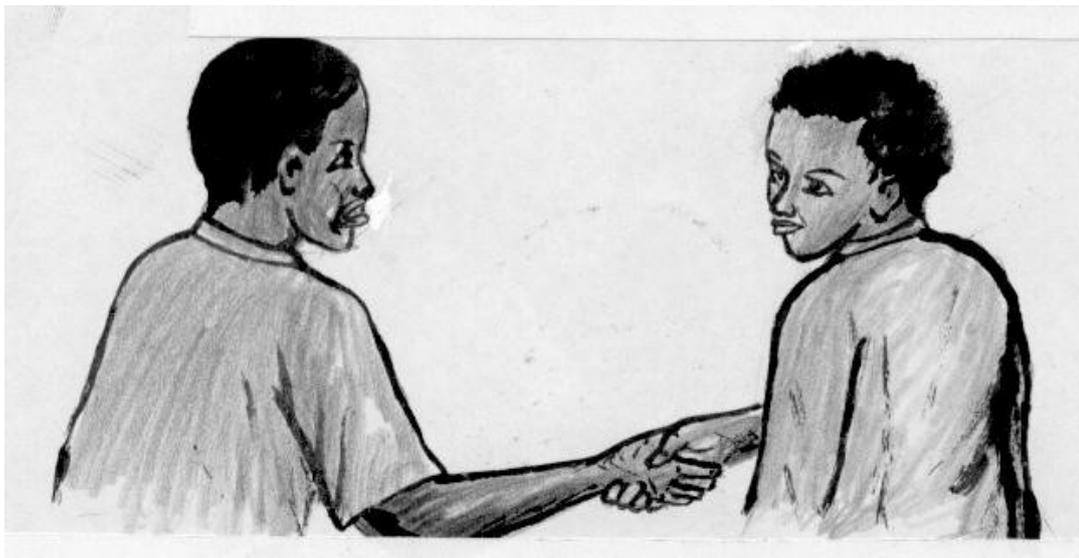
1968)²³. As a result, Germany has become the world's leading exporter of medicinal drugs. Insist therefore on the same privilege for the development of your own pharmaceutical industry!

c) refuses to penalise countries and firms that, in the name of free trade, produce or allow the production of dangerous goods in the North while their use or sale there is prohibited, e.g. certain pesticides, soaps that contain mercury.

9. Work together with scientific institutions and churches to develop biological and chemical medicines, and create or develop seedbanks for medicinal plants. It is an ethical imperative that all available information about the production of medicine should be available for the benefit of the poorest people.

10. Support initiatives that produce healthy products locally. Produce and sell high quality products in your own country, e.g. natural medicines, healthy soaps and cosmetics, organically produced food without pesticides, meat produced humanely etc.

Refuse to import goods of low value or low quality, and especially dangerous, products, e.g. meat containing growth hormones, soaps and cosmetics that contain mercury, pesticides and agricultural chemicals that are banned in the North.



It is absolutely safe to greet AIDS patients by shaking hands. Similarly, it makes complete sense for all individuals and groups in a village, a district or even a country, to shake hands and to sit down together. By listening to each other, new possibilities emerge whereby the problem of AIDS can be tackled together.

²³ 1883, the Convention of Paris for the protection of individual property rights. Until 1968 this rule was not applied to medicines in Germany! Thus for 85 years Germany was able to develop its own pharmaceutical industry.

Appendix 1: Helpful Biblical Passages²⁴

2 Corinthians 1:3-4 encourages us to comfort others with the comfort we have received from God.

Matthew 22:39 records the answer of Jesus telling us to love our neighbour, when he was asked what was the greatest commandment of all.

Matthew 25:31-46 recounts the parable of the sheep and the goats in which eternal judgment is linked to how we have demonstrated our faith through practical action for the needy.

Mark 1:40-45 shows us Jesus having compassion for the man with leprosy, a disease which, in the times of the New Testament, was associated with considerable stigma and discrimination.

John 8:2-11 shows Jesus refusing to condemn the woman caught in adultery and inviting 'anyone without sin' in the crowd to cast the first stone.

Luke 10:25-37 encourages us to serve practically and sacrificially through the story of the Good Samaritan, who cared for someone, despite the ethnic hatred that existed between Jews and Samaritans. He used the food (wine and vinegar) that he was carrying with him to treat wounds, a good example of using food as medicine.

Proverbs 3:5-8 encourages us to follow God's ways and not our own. We can therefore ask, What is God's way with regard to our sexual relationships?



The Christian Church has often been in conflict with traditional African views of marriage, because it has insisted that men have only one wife.

Today, because of the spread of AIDS, some traditional social and cultural practises are increasingly being questioned, e.g. polygamy, and the tradition of taking the late brother's widow as a wife.

²⁴ Thanks for some of these notes to Pastor Sam Mugote, The AIDS Intervention Programme (TAIP), Uganda, recorded in "HIV/AIDS Study Pack for Community Development Workers", Tearfund, 1999.

Appendix 2: Selected organisations, publications and web-sites

For an overview of the world situation and international efforts to combat AIDS:

UNAIDS is the joint United Nations Programme on AIDS, and brings together eight United Nations system organisations, viz. UNICEF, UNDP, UNFPA, UNDCP, ILO, UNESCO, the World Health Organisation and the World Bank: www.unaids.org Many very informative publications can be downloaded from their web-site.

AVERT (Averting HIV and AIDS) is a British based international AIDS charity with a fund of information on its web-site: www.avert.org/contact.htm

For information on the medical aspects of HIV/AIDS:

TALC – Teaching AIDS At Low Cost. TALC produces very informative publications, slide sets, videos and DVDs on the medical aspects of AIDS: www.talcuk.org.

US Department of Health and Human Services. Federal resources on clinical research, HIV treatment and prevention, and medical practice guidelines. www.aidsinfo.nih.gov/guidelines/

The South African National AIDS Treatment Advocacy Project: <http://www.natap.org/>

For information on Natural Medicine treatments for AIDS patients:

Much has been written on nutrition, e.g. see the Abha Light Foundation in Kenya www.abhalight.org There is less reliable information on treatments, but see “Home-based care herbal treatment guideline”, National AIDS Control Programme, Ministry of Health, Lilongwe, Malawi, May 1998.

For campaigning and networking organisations:

AIDS Portal. Lively global network. News and discussion forums. www.aidsportal.org

Médecins sans Frontières. "Campaign for access to essential medicines": www.accessmed-msf.org/

The Buko Pharma-Kampagne, based in Germany, monitors the marketing practices of the pharmaceutical industry in developing countries and in Europe. www.bukopharma.de/ - site in German.

AIDS Consortium based in South Africa: www.aidsconsortium.org.za/

For NGOs actively working with HIV/AIDS in sub-Saharan Africa:

PROMETRA International. Conducts scientific research into the efficacy of African herbal preparations in HIV/AIDS. Active in 22 countries. www.prometra.org

“Traditional and Modern Health Practitioners together against AIDS” - THETA, Ugandan NGO working with traditional healers in HIV/AIDS education, counselling, patient care. www.thetaug.org

Action Aid works in more than 30 countries in the Tropics. www.actionaid.org.uk

Afro-Nets: African Networks for Health Research and Development: www.afronets.org/index.php

Red ribbon, an AIDS portal in South Africa: www.redribbon.co.za/home/default.asp

For HIV/AIDS resource organisations:

HIV Medicine 2007 is the 15th edition of a medical textbook that provides a comprehensive and up-to-date overview of the treatment of HIV Infection. www.hivmedicine.com/

The International AIDS / HIV Alliance a resource network for community groups undertaking HIV prevention, AIDS care and orphan projects in developing countries: www.aidsalliance.org

Community work resources for small groups:

Tearfund in the UK have produced a number of publications, including a recent pack: “Bring childhood back to life”: www.tearfund.org/

Many countries have their own AIDS coordinating bodies. In Kenya, for example, is the Kenya AIDS NGOs Consortium (KANCO – “a premier national membership network of NGOs, CBOs and Faith Based Organizations involved or have interest in HIV & AIDS activities in Kenya”: www.kanco.org/).

From 1. Jan 2017

Actual prices: See our website. Orders by post or email with or without this form (not by telephone) to info@anamed-edition.com, or to anamed, Schafweide 77, 71364 Winnenden, Germany. Orders from outside of Germany must be paid in advance; once we have your order, we send you a "pro forma" invoice. Please wait for this. You may then pay either by banc transfer, or by paypal, or by Western Union (only cash to banc account).

Order number Item

NEUTRAL

409	Anamed Artemisia Programme Starter-kit with 5000 seeds ****	110€	=€.....
412	Artemisia, refill pack of 5000 seeds=	40 € (only for people who purchase / purchased No. 409)	=€.....
502	Moringa oleifera 120 germinable seeds = 30g =	8 Euro	= €.....
505	Moringa stenopetala 40 germinable seeds = 20g =	8 Euro	= €.....
400	White sheet, 70 x 100cm, laminated on both sides for teaching with markers	10€	=€.....
404	Colour poster of 60 medicinal plants, no text, laminated for use with markers	10€	=€.....
408	Seeds of 10 different tropical plants (ready for germination)	25€	=€.....
435	Hygrometer (to determine the expiry date for dried leaves, foodstuffs etc.)	9€	=€.....
434/	ANAMED-DVD: Videos, Poster, Powerpoints concerning anamed and Artemisia	20 €	=€.....
116/	"4 ULOG SOLAR OVENS and one drier": Construction-plans and uses	12 €	=€.....

ENGLISH

105/	Book 1: "NATURAL MEDICINE";	16 (14*/12**) Euro	=€.....
106/	This book together with folded colour poster (403),	22 (19*/16**) Euro	=€.....
109/	Book 2, "Nat.Med: Seminar handbook" (treatment of diseases)	8 (7*/5**) €	=€.....
113/	Book 3, "Nat. Medicine for teachers" Resource kit for seminar leaders	20 Euro	=€.....
115/	Book 4, "AIDS and Natural Medicine"	5 (4*/3**) Euro	=€.....
204/	Document 1: "Artemisia annua anamed: Cultivation and uses",	8 (7*/5**) €	=€.....
220/	Document 2: "Artemisia annua anamed: From Research to Experience",	15 €	=€.....
403/	Colour poster of 60 tropical med.plants 70x100cm, folded or as roll ² ,	6 (5*/4**) €	=€.....
440/	Colour poster of 60 tropical med.plants (70x50cm),	4 (3**) €	=€.....
419/	MORINGA documentation,	6 (5*/4**) €	=€.....
421/	MORINGA: documentation and each 30g of seeds of M. oleifera und stenopetala,	20 €	=€.....
107/	Book "USE WATERHYACINTH!" incl. instructions for solar oven constr.,	7 (6*/5**) €	=€.....
117/	"NEEM in medicine and agriculture": Document	5(4*/3**) €	=€.....
201/	Document: »Mercury soaps: A Modern Day Scandal »	5(4*/3**) €	=€.....
450/	"Black is beautiful" 10 Posters DIN A3 about dangerous cosmetics, English,	8 (7*/6**) €	=€.....

FRENCH

103/	Tome 1 : "LA MEDECINE NATURELLE";	à 16(14*/12**) €	=€.....
104/	Tome 1 avec un poster sur 60 plantes medicinales	22 (19*/16**) €	=€.....
112/	Tome 2: „La Méd Nat: Séminaire“ (Traitements de maladies)	8 (7*/5**) €	=€.....
118/	Tome 3: „La Méd Nat: GUIDE DU FORMATEUR"	20 Euro	=€.....
122/	Tome 4: "LE SIDA et la Médecine Naturelle"	à 5 (4*/3**) Euro	=€.....
402/	Poster sur 60 plantes medicinales, 50x70cm, à	4(3**) €	=€.....
203/	Document « A-3: Culture et utilisation »,	8 (7*/5**) €	=€.....
420/	MORINGA: Documentation en français, à	6 (5*/4**) €	=€.....
422/	MORINGA: Documentation plus semence, 30 g de M. oleifera et 30 g de stenopetala,	20 €	=€.....
206/	Document:"Rester Noire et Belle“, un scandale aux pays tropicaux,	5 (4*/3**) €	=€.....
451/	"Rester Noire et Belle " 10 Posters DIN A3 sur les cosmétiques dangereuses,	8 (7*/6**) €	=€.....

OTHER LANGUAGES

anamed-Literature in Spanish, Portuguese, Swahili, Thai (Thailand), Hausa (Nigeria), Amharic (Ethiopia), Hindi (India): Please ask or see our website

Postage and packing: Inside Germany: 5 €, Europe: Goods up to 100 €: 10 €, above 20 €
World: Goods up to 100 €: 20 €, above 30 €. =€.....

Inside the Euro zone please pay by bank transfer. Otherwise bank charges must be paid – please ask.

Please note: Minimum order value for Germany and Europe € 20 €, worldwide 50 €.



This very old drawing from the Ukraine shows an African child running to rescue a European child who has fallen into prickly cactus, holding the appropriate antidote.

It is still true today that African people have much to teach about healing plants. With the scourge of AIDS, however, more and more knowledge is being lost as elderly people die before they have passed their traditional knowledge on to the next generation.

Every day, therefore, the work of sharing knowledge about AIDS and Natural Medicine becomes even more urgent.

anamed

aktión natúrlíche medízín

actión nature et médecine

actión for natural medicine