

## REAP Kenya

### A cordial invitation to attend an anamed Training Seminar in Natural Medicine

To be held at the Mary Ward Centre in Karen, Nairobi,  
from 4.00 p.m. on Sunday 8 October – 2 p.m. on Saturday 14 October 2017

Please reply to Mrs Anne Sigei, Email [reapke@gmail.com](mailto:reapke@gmail.com) Tel: +254 (0)707 495709

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For more information about anamed, see [www.anamed.net](http://www.anamed.net)

And for more information about REAP, see <http://reap-eastafrika.org/reap>

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#### Introduction:

REAP and anamed regularly conduct seminars in Kenya, in particular in Nairobi and western Kenya. Those attending have come not only from Kenya, but from many countries in the region and even further afield.

As a result of these seminars, the distribution of artemisia starter kits and the work of our collaborating organisations, we are delighted to say that Natural Medicine is now being practised in many parts of Kenya.

In particular, malaria patients are being treated with *Artemisia annua* tea, diarrhoea is being treated with anti-amoeba tea and HIV/AIDS patients are benefiting enormously from Artemisia tea, Roselle and Moringa leaf powder.

We invite either you or someone from your organisation, to attend this training seminar in Natural Medicine.

#### The aims of this training seminar are

to train 30 people (healers, pastors, missionaries, health workers, teachers and others active in the community) in

- a) the recognition, knowledge and cultivation of several medicinal plants in a medicinal garden.
- b) the hygienic production of effective Natural Medicines from these plants, e.g. teas, different medicinal oils and ointments and tinctures. We will also produce different medicinal soaps, medicinal charcoal, black stones for scorpion stings and snake bites and learn how to use several simple technologies.
- c) the treatments of many medical complaints and diseases, including malaria, skin problems, diarrhoea, HIV/AIDS and wounds.
- d) the influence of good nutrition and lifestyle on health.

Following the seminar, we expect the participants to:

- e) create their own garden of medicinal plants,
- f) prepare their own natural medicines,
- g) treat themselves, their families and others within their area of competence, and
- h) teach their families, colleagues and others in their communities.

**Tutors:** Rosalia Oyweka and Dr Roger Sharland, George Matengo.

**Registration:** Please write to or phone the REAP Administrator, Anne Sigei (telephone number, email, and postal address above). You will be sent a confirmation of your booking immediately, and final details in October. The demand for places may be great, so please write quickly.

**Fees for the seminar:** The participation fee is Kenya Shillings 38,000/- or equivalent for the one week seminar. This is an all inclusive price, and includes food, accommodation, books, some seeds, a T shirt, a poster and all seminar materials. Transport costs and any insurance required remain the responsibility of the participant. If participants require more books and posters for their project, they will be available for sale at a reduced price during the seminar.

**Payment of the fee:** In advance (except by special arrangement) to REAP in Kenya. If you want to pay in a currency other than Kenya Shillings please contact Anne Sigei for current rates of exchange.

If you sponsor a participant, please pay the fee in advance into the account that you will be given. Please inform your sponsored participant(s) that REAP and anamed will not pay any transport costs or "sitting allowances", sometimes called "per Diem".

**The following are important aspects of our seminars:**

1. Our emphasis on working at the grass-roots, encouraging and supporting local people in developing and extending the skills they already have.
2. We encourage traditional healers and formal health workers such as doctors and nurses to work together. We help them to recognise the positive contribution that each makes, and encourage them to work out practical ways in which they can cooperate.
3. By introducing *Artemisia annua*, we enable participants to become much more independent and successful in their treatment of malaria, in their families, communities and health centres. Each participant will be given rooted cuttings and be taught how to grow this delicate but extremely valuable plant.
4. It is important that all participants have a commitment both to practising what they learn and to teaching others, for example by conducting a similar seminar in Natural Medicine themselves, at least for a weekend.
5. All participants will work together in practical work and possibly in establishing a garden. They must bring suitable clothes with them for such activities.
6. Participants must attend for the entire programme to qualify for an anamed approved certificate; to come only on some days is not acceptable.
7. Those participants who have a Bible should bring it. anamed and REAP are Christian organizations. We start every morning with a biblical reflection; each participant is invited to attend.
8. All participants should try to bring a sample of at least one medicinal plant from their region for sharing with others.

We look forward to hearing from you!

With best wishes,

Yours sincerely,

Dr Roger Sharland

REAP Director