

## REAP Kenya

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

To be held at the Subiaco Centre in Karen, Nairobi,  
from 4.00 p.m. on Sunday 15<sup>th</sup> March – 2 p.m. on Saturday 21<sup>st</sup> March 2020

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.org](http://www.anamed.org)

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

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#### Introduction:

REAP is an organisation in Kenya with extensive experience over many years in the fields of sustainable agriculture and Natural Medicines. REAP will run a week-long intensive training seminar in Natural Medicine following the methods and principles of anamed international. Anamed, which is short for “action for natural medicine” has over 30 years’ experience in the scientific use of medicinal plants to treat many common tropical health complaints and diseases. See [www.anamed.org](http://www.anamed.org). Those attending past seminars have come not only from Kenya, but from many countries in the region and even further afield.

As a result of these seminars, we are delighted to say that Natural Medicine is now being practised in many parts of Kenya and in the region.

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 tea 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 local healers, pastors, missionaries, health workers, teachers and others active in the community in

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

Following the seminar, we expect the participants to:

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

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

**Location:** The seminar will be held at the Subiaco Centre in Karen, a suburb of Nairobi. This is a Roman Catholic centre run by the Missionary Benedictine Sisters, with self contained rooms, a beautiful ambiance and a well-established medicinal garden. It is located about 3 km from Karen centre along Windy Ridge.

**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 February or March. The demand for places may be great, so please reply quickly.

**Fees for the seminar:** The participation fee is Kenya Shillings 40,000/- 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 during the seminar.

**Payment of the fee:** Payment should be 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. Payment will secure your booking.

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 grassroots, 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 extremely valuable plant.
4. It is important that all participants have a commitment both to practising what they learn and to teaching others.
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