

### Example of an *anamed* Seminar in the Tropics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00 - 8.30 Devotion	Luke 9, 10-17	Ezekiel 34,14 and 47,7-12 and Revelation 22,1-2	Luke 10,29-37	Mark 8,22-26; John 9,1-7	Mark 4,30-32; Luke 5,1-11, Exodus 17,1- 4 and 15,22-25a	Luke 10,1-9; Matthew 10,28-31
8.30 – 10.30	Introduction, Technical advices, Presentation of the participants, Expectations of the participants. Important diseases/plants	Malaria: Prevention and treatment. Artemisia: Cultivation, propagation and harvesting	A walk to recognise and discuss local medicinal plants. How to organise different medicinal gardens	Water purification! (Filter, Moringa). Diarrhoea and production of ORS.	Creams, ointments cosmetics... in theorie	What healers should and should not do Strengthening the immune system, especially of AIDS patients
10.30-11.00	Tea break (with fruit, peanuts, and herbal teas, strictly no Colas und Fantas!)					
11.00- 13.00	Groupwork: What is Natural Medicine? Official opening by a local health official	Artemisia: storage and exact dosage. Legality of self- made medicines.	Exact dosage: Construction of a balance + measuring cup. Conservation of food, leaves, med.: construction of a solar oven.	Skin diseases, wounds, abscesses, burns.	Production of honey- ointment, haemorrhoid ointment,	Questions re cooperation between healers and doctors. Distribution of books and materials
13.00 – 14.00	Lunch					
14.00 – 17.30 (time of tea break variable)	Sowing of seeds, e.g. Moringa, Artemisia, Amaranth, Tephrosia Introduction to Malaria. Production and drinking of artemisia tea	Artemisia: Uses. Participants present their own medicinal plants.	Preventive medicine. Ecology Soap production: From Palmolive to Washing powder	Natural skin-care to replace dangerous cosmetics. Production of scabies oil and medicinal oils	chilli ointment shoe –polish etc. Physiotherapie; Care of AIDS-Patients	Tests. Evaluation. Final words of encouragement. Official close.
17.30-18.30	Slides of malaria and artemisia	Production of black stones	Slides of agro- forestry	Plant quiz with slides.. Slides of any previous seminars.	Forming of regional anamed groups.	Possible drama and songs of participants