



***anamed* international** **Terms of reference**

Constitutional practice and discipline

30th October 2014

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Chapter 1 Summary

Worldwide, more and more anamed groups are being formed. Thus it is important to harmonise our work and activities in order to ensure that we move in the same direction, to maintain high standards and to protect the reputation of anamed throughout the world.

These terms of reference are the result of the work done by hundreds of anamed collaborators throughout the world. They will be updated at the end of each year according to the feedback we receive, so please ensure that you are always using the latest version.

These terms of reference are written in such a way that, when a particular enquiry is received, the relevant section can be copied, either electronically or by a photocopy machine, and given to the enquirer. The date at the head of the first page must always be written on the copied section.

When we speak of "Africa" in this document, we often also include all those countries subject to tropical diseases, for example in South America and Asia.

Chapter 2 Vision and Mission

See annexe 1

Chapter 3 Aims and Objectives

See annexe 2

Chapter 4 Seminars

Introduction

The first aim of anamed, as given in the "Aims and objectives" (see last pages of the constitution), is: To promote the protection and cultivation of healing plants, and the skilled preparation of and treatment with Natural Medicines.

This is largely achieved through running training seminars.

The first seminars in any given country have always been run by representatives of anamed international based in Germany. Participants in these seminars are all strongly encouraged both to practice what they have learnt, and to teach their families and communities about Natural Medicine. We expect that, having been trained by anamed international, seminar participants will transmit their knowledge freely.

Chapter 4a [anamed definitions: Workshop, Seminar and international Seminar](#)

USE OF THE NAME ANAMED: a workshop or a seminar can only use the name "anamed" if it starts every day with an appropriate Bible study or a biblical devotion (see seminar handbook). If this is not desired by the host organisation or the sponsoring body, the name "anamed" must not be used. In this case different names can be used; examples could be: "Camp" ("Conference about medicinal plants") or "Namedo" ("Natural medicine organisation") etc. People who are not or no longer members of anamed international or of an anamed-group or of an

anamed network <country>, must not execute seminars under the name of “anamed”. Several anamed-groups should form a national anamed-network which must have the name anamed-“country”.

Seminar participants are cordially invited to found a local action-group subsequent to the seminar. If they want to use the name “anamed” the leader of the group however must profess to Christianity in terms of the Apostles’ Creed and be a member of a Christian church. Other groups use a different name (see above). They can and should also help many people in their surroundings with the acquired knowledge.

The training content is described in the anamed literature. Anamed expects from all seminar leaders a clear delimitation from other approaches: (delimitation is not discrimination, but avoids confusion by the seminar participants!!!)

1. such as recommendations made by seminar participants related to plants which are not presented in the anamed literature or related to treatments that had positive effects but that are not mentioned in the anamed literature. This information should be considered as “traditional medicine” and should not be recommended as long as it has not been included in the anamed literature.

2. such as other approaches /treatments like yoga, acupuncture, homeopathy, litho-therapy, light-therapy, urine-therapy, voodoo, exorcism etc. These are also traditional therapies linked to specific cultural contexts and do not belong to anamed training content.

ANAMED WORKSHOPS are training events of several hours or days organised and run by people who have participated in an anamed workshop or anamed seminar themselves.

ANAMED SEMINARS are 6 full day training events (or 2 connected events each of 3 days) led by an ACCREDITED ANAMED TRAINER. Participants receive a certificate of attendance.

ANAMED INTERNATIONAL SEMINARS: On top of what has been presented above, international seminar should fulfil following criteria:

1. Seminars should be announced about 6 months in advance (internet) to make it possible for international participants from all regions to register, book their flight, etc.

2. The seminar leader should include in the invitation a clear guidance on how to reach the seminar venue (especially for participants coming from abroad).

3. All materials, handouts, posters, books etc. have to be prepared and packed 1 month in advance.

4. In case of a new country: The seminar leader should arrive in the country (capital city) 1 week before the beginning of the seminar and get information on how and where the participants could buy the requested materials after the seminar in the country (beeswax, caustic soda, little containers, etc).

5. An anamed medicinal garden should be close to the seminar venue.

6. As some participants have to book their flight in advance, a seminar cannot be cancelled or postponed. Otherwise, who would pay the flight ticket? It is therefore recommended to have at least 2 seminar leaders, in case one of them will be sick.

7. It is important to find a guesthouse which is tolerant and which doesn’t claim for refund in case that the seminar cannot take place or would not be fully occupied for any number of reasons.

8. The seminar leader should also ensure a safe departure of all participants, for example in case of flights.

Chapter 4b Definition of “Accredited anamed trainers”

ACCREDITED ANAMED TRAINERS are in possession of an accredited seminar trainer’s certificate issued by anamed international in Germany. This certificate includes a passport sized photograph of the trainer, is signed by the trainer and the director of anamed international, and is valid for five years.

To receive accreditation to run seminars in the name of anamed, one must:

1. agree with the “aims and objectives” and the “Vision and Mission” of anamed and put them into practice.
2. have proven facilitation and organisational skills.
3. have experience of
 - a) developing and looking after a garden of medicinal plants.
 - b) producing teas, oils, ointments and tinctures.
 - c) treating oneself and others with Natural Medicines.
 - d) growing, harvesting and using *Artemisia annua*.
4. have a passion for the work and a vision for the future of Natural Medicine in the country and play an active part within the anamed organisation.
5. be accredited by anamed international.
6. have participated at least for 18 days in seminars conducted by anamed international.
7. An “international anamed trainer” has furthermore to be a member at anamed international e.V. in Winnenden/BRD. He/she must have the ability and self-confidence to travel alone to and in the Tropics.
8. A “national anamed trainer” has to be, in addition to point 1 - 6, a member of the country-wide anamed-network. He/she must be in relationship with anamed international and report at least once a year about their activities.

Note: As the ownership of such a certificate carries a great responsibility, the certificate may be withdrawn by anamed international without any need to give reasons. In this case the certificate would immediately become invalid. No charge is made for these certificates.

Insurance

All trainers are responsible for their own insurance (e.g. health, accident, personal liability). anamed international takes no responsibility for any accident or mishap that may occur.

Minimum materials with which anamed international will equip accredited anamed national trainers

i.e. materials that are not available locally

- A measuring jug of two or three litres
- Six measuring jugs of one litre
- Six measuring jugs of 250ml

- An oven thermometer
- A 0 - 100°C thermometer
- A copy of each book in the series “Natural Medicine in the Tropics”
- Copies of the moringa, neem and artemisia documents
- A copy of these terms of reference and constitution
- Copies of powerpoint presentations on a CD or slides
- Simple hygrometers

Chapter 4c Organisation of seminars

Accredited trainers living in Africa and running seminars in the name of their anamed group, have to:

1. make sure, that the seminars are self-financing. The seminar leader has to ensure enough means to cover all the expenses including food, accommodation, seminar equipment, anamed books and posters as well as proper investment. In order to cover those costs, the seminar leader is free to fix an adequate attendance fee or to look for an accordant source of revenue.
2. manage all the necessary preparations without the assistance of anamed Germany as for example booking of the training center, sending of invitations. If requested in time, anamed Germany can publish the seminar on the anamed website.
3. write a short report for anamed international Germany.

Guidelines to be discussed with a seminar venue when the centre is booked, and at the latest 3 or 4 weeks prior to the seminar

Catering

The food and drink should support what we teach in the seminar about nutrition and health.

1. Drinks

- a) Plenty of good water to be available at all times. If this is not possible, anamed will construct a filter system; this is also in order to avoid the trash of PET-bottles.
- b) Fruit juice to be available at some meals at least.
- c) anamed will provide herbal teas for the kitchen to prepare for the morning break. These will include roselle, lemon grass, ginger, moringa.
- d) Anamed will prepare artemisia tea every day, so that participants can prevent or treat malaria and other infections.
- e) At no time during the week should fizzy sugary drinks such as Fanta, Cola etc be served.

2. Food

- a) The diet should vary from day to day.
- b) There is no need to provide meat more often than once every two days.
- c) If at all possible there should be a wide range of vegetables and fruits.
- d) Local food, if healthy, should preferably be offered.

- e) Bread: if at all possible this should be brown bread.
- f) Rice: Brown and unpolished rice is more healthy than white rice.

3. Break snacks

These should be healthy, such as groundnuts or bananas.

Seminar room

Ensure that a pleasant room is available for the seminar itself. Insist that the room is very clean – emphasise that medicines will be prepared and therefore cleanliness is essential. If the centre manager is not prepared to clean the room to a high standard then the local seminar organiser must clean the room and possibly even paint the walls.

Ensure also that the toilets and hand-washing facilities near the seminar room are very clean, and that clean towels are provided. These facilities will also be used for hand-washing during the preparation of medicines! The centre manager will certainly take note if the seminar leaders start to clean the toilets before the seminar begins!

Accommodation

Ensure that the accommodation is clean, that the beds are pleasant, that there are adequate toilets and washing facilities and that everything works, i.e. the lights come on, flush toilets work, showers and wash basins work etc.

Ask whether there is always power. If not, is there a generator. Inform the participants whether sheets, towels, soap, and a mosquito net are provided or if they need to bring their own.

Audi-visual equipment

Ask whether there is a digital projector available or a television and video recorder. Check that they work properly.

Price

Ask for a clear statement as to what the price is for the expected number of participants and leaders for the expected duration of the seminar. Check whether there are any extra charges, e.g. for the seminar room, for the audio visual equipment, or for fruit juices.

Chapter 4d Sample of a Seminar invitation

The following are important aspects of anamed seminars:

- 1.** Our emphasis is 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 we encourage them to work out practical ways in which they can cooperate.
- 3.** By introducing *Artemisia annua*, enabling healers, pastors, missionaries and health workers to become much more independent and successful in their treatment of malaria.
- 4.** After the seminar, participants will be able to treat Malaria effectively with medicinal plants, in particular with *Artemisia annua*. Each participant will be given seeds or rooted cuttings and be taught how to grow this delicate but extremely valuable plant. Furthermore, participants will be able to recognise at least 20 other medicinal plants, to produce different soaps, different

medicinal oils and ointments, black stones for snake-bites and to use and construct a solar oven, etc

5. It is important that all participants have a commitment both to practising what they learn and also to teaching others, for example by conducting a seminar themselves or at least a similar workshop for a weekend on the topic of Natural Medicine.
6. It must be made clear to all prospective participants that they receive no fees for their attendance.
7. Transport costs must be met by the participants, their employer or sponsor.
8. All participants will work together in practical work and in establishing a garden. They must bring suitable clothes with them for such activities.
9. Participants must attend for the entire programme to qualify for a certificate; to come only on some days is not acceptable.
10. Those participants who have a bible should bring it. Anamed is a Christian organisation. We start every morning with a biblical reflection, each participant is invited to attend.
11. All participants should bring plant material of five medicinal plants from their region.

Chapter 4e Trainers: Payment of anamed trainers

Introduction

Some seminar participants will want to be very active in training others. They may also be asked by other organisations to do more training. It is fair and reasonable that such people receive some payment from these organisations for this work.

Several possible scenarios

1. A local church or project invites someone trained by anamed to run a workshop.

As a minimum: The church or project should provide the trainer with food and, if necessary, accommodation. It should also cover his / her out of pocket expenses. These may include travelling expenses and the cost of any materials used in the training, e.g. books and posters, pens, beeswax, plastic containers, photocopies etc.

We recommend that the anamed norm of not providing participants with a per diem (sitting allowance) be observed.

Books and posters: The trainer may have access to books and posters printed within the country. If so, he must follow the anamed "printing and sale" guidelines when giving or selling these to the participants. We recommend that each seminar participant be given a copy of the seminar handbook and one or two posters. Copies of "Natural Medicine in the Tropics" by Hirt and M`Pia should be available for sale. The trainer is free to decide whether the book "AIDS and Natural Medicine" be given or sold to participants.

2. An organisation invites an accredited anamed trainer or accredited trainers (see above) to run a training seminar.

Whilst it is reasonable for a trainer to receive some payment for his / her work, it is also often the case that the people to be trained or even the inviting organisations are very poor and therefore unable to pay anything. We advise that anamed trainers be prepared to offer some training completely

free of charge. On other occasions when an organisation does have funds, the trainer should ask at what rate they usually pay trainers – this might be a far higher amount than one would normally dare to ask.

Make it clear to the inviting organisation that, for week-long seminar, two trainers are required.

Chapter 4f Certificates of attendance and T-shirts

Accredited international anamed trainers may issue certificates of attendance in the name of anamed international.

Accredited national anamed trainers may issue national certificates of attendance.

Accredited regional anamed trainers may issue regional certificates of attendance.

All certificates must give the dates of the seminar. Certificates must not be issued to participants who failed to attend every day. Or the certificate must be amended to read, for example, “... attended for five days of a six day seminar”

T-shirts may only be issued to and worn by people who have attended at least 80% of a 6 day seminar.



anamed
aktión natúrlíche medízín
actión nature et médecine
actión for natural médecine

Name of country
INTERNATIONAL / NATIONAL / REGIONAL /LOCAL CERTIFICATE
This is to certify that

attended and successfully completed a

SEMINAR IN NATURAL MEDICINE

which was held from to
20....at

The seminar included the following topics:

- Community based health care, nutrition, life-style and health.
- Identifying and cultivating several medicinal plants in general, and a detailed knowledge of five plants.
- Preparation of Natural Medicines, including teas, oils and ointments, from locally available plants.
- Prevention and treatment of some tropical diseases, in particular malaria, diarrhoea, skin diseases, wounds and the complaints of AIDS patients.
- Simple relevant technologies, e.g. use of solar energy, drying plants, water purification.
- Good ethical practice in health care.

Participants are urged to deepen and to share their knowledge in the community.

Signed by the Course Tutors

Signature _____
Name _____

Signature _____
Name _____

Contact details for anamed in that country

***anamed (country name) is affiliated to anamed international based in
Germany www.anamed.net***

Chapter 5 Production of medicine

Chapter 5a Production unit

An anamed production unit is a building in which natural products are made under the best possible conditions. According to the WHO, every producer must follow the guidelines “Good manufacturing practices” concerning hygiene, qualified personnel etc. (See the WHO website, type “Good manufacturing practices” into the WHO search box.) An anamed production unit will use the best possible local methods of production to save the maximum number of lives. This, however, gives absolutely no excuse to neglect any requirement concerning high levels of hygiene, accuracy and qualification of personnel!

We recommend that each production unit invests half of the income in improving the facilities, buildings, hygienic conditions, etc in order to move towards the “Good Manufacturing Practices” demanded by the WHO.

In an ideal situation one pharmacist living in that country supervises the production, and a second independent pharmacist monitors the quality of the final products. Each production unit should aim to meet this ideal.

Labels

The label should be written by machine. It should include the following information:

- Name of the anamed group
- Name of the product
- Quantity
- Date of manufacture or batch number
- The principle uses
- Any necessary cautions
- Expiry date

Leaflet and packaging

To be really professional, every package may also include a leaflet which gives information about the producer (including contact details), the name of the medicine, the quantity, the ingredients, the indications, the dosage, the possible side-effects and warnings, the expiry date and finally hints of how to dispose of the empty container (“Keep your country clean”!!!).

Use of the name anamed on the production unit

In any case, the production unit may only use the name “anamed” if permitted by the pharmacist H.M.Hirt, Director of anamed international. This permission is given for a limited period and can be withdrawn at any time if standards are seen to fall.

Chapter 5b Use of the name anamed and the anamed logo on a product

We want to guard against two possible dangers:

1. Medicines of poor quality carrying the name of “anamed” may give anamed a bad reputation, not only locally but also even nationally and internationally. Even more seriously, a bad medicine may hurt or even kill people.
2. It frequently happens that small production units (and the product names) are bought out by larger companies. We want to avoid the possibility that, one day, another organisation will use the name “anamed” on its products.

Therefore only the pharmacist H.M.Hirt, Director of anamed international, may allow the use of the name “anamed” to be used on a product. Otherwise the name anamed may not be used on any product.

In either case, if you provide a leaflet with your product, you may write: “*This product has been made according to the recommendations, methods and philosophy of anamed international, described in the books “Natural Medicine in the Tropics”, see www.anamed.net”.*

Chapter 5c Registration of medicines and legal issues

We encourage anamed groups to register their medicines with the Ministry of Health. The medicine will be given a registration number. The registration of a medicine in one country helps anamed groups in other countries to make their medicines available in the hospitals and health centres, and to be able to sell them in shops and pharmacies for the benefit of the community. For the use of any profit, see the Chapter “anamed institutions”.

The medicines described in anamed publications fall into three legal categories:

Category one: The medicine is already registered in official pharmacopoeia and does therefore not need any new registration. For example, Chinese clinics throughout Africa do not register their medicines again in Africa.

Examples of anamed medicines that fall into this category:

- Datura tincture and Eucalyptus tincture are included in the European pharmacopoeias.
- *Artemisia annua* tea is part of the Vietnamese pharmacopoeia.
- Neem products are included in the Indian pharmacopoeia.
- The use of medicinal charcoal or castor oil for the treatment of poisoning is described in many European pharmacopoeias.

The medicines described in the anamed Teachers` Resource Kit in Section M “Production of Medicines” under the title “If there are no medicinal plants: Chemical hints” do not need any registration.

Category two: The medicine has already been registered by at least one national anamed group. These medicines do not, therefore, require a new (costly) registration but simply official approval, usually without the payment of any fees, provided that the production unit has been officially approved.

Examples:

- *Artemisia annua* tea for the treatment of malaria and as an immune booster for HIV positive people (registered in D. R. Congo).

- Chilli ointment containing elemi for the treatment of rheumatism (registered in D. R. Congo).
- Artemisia ointment for the treatment of skin problems (registered in D. R. Congo).

Anamed international will provide the registration numbers only to reliable anamed production units.

Category three: The medicine is part of the traditional knowledge of the country and has been rediscovered and proven to be effective (sometimes by anamed). In some countries a government ministry has declared this treatment as being part of the national heritage, and sometimes even the WHO formally recommends certain traditional treatments.

Examples:

- Black stones for snake bites are not found in the pharmacopoeia but Ministries in Uganda and Malawi are supporting the promotion of this knowledge.
- Anamed anti-diarrhoea tea (made from *Euphorbia hirta*, mango and guava leaves) is not found in any pharmacopoeia but is today used officially in many hospitals.
- Aloe gel is used in the treatment of burns and this is recommended by the WHO.

Chapter 6 anamed persons and groups

Chapter 6a Definition, Organisation and Purpose of anamed groups

Definition

- **“Local anamed group”**: committed seminar participants can, after attending an anamed seminar, build up a local anamed group.
- **“Regional group”**: committed local anamed groups form a regional network. No recognised anamed group can be excluded.
- **“National group”**: committed regional anamed groups form a national network. No recognised anamed group can be excluded.

Generally: by using the name “anamed” the conditions listed under 4a have to be respected. The creation of “anamed-groups” can only take place in consultation with anamed international. According to that one can call himself “anamed-staff” only after consultation with anamed international. All members of a group have to be in agreement with the aims and objectives of anamed international.

The purpose of an anamed group is

- 1) to support and encourage its members in Natural Medicine, in particular to:
 - a) establish and maintain their own gardens of medicinal plants
 - b) prepare Natural Medicines
 - c) treat themselves and their families with those medicines
- 2) to arrange and conduct training workshops and/or seminars.

If the group is registered as an NGO or a CBO (Community Based Organisation), governments often demand registration fees. In this case, each member of the group must pay a fee to cover this cost. Each paying member should then receive a membership card with a limited validity.

Chapter 6b Constitution

See “Constitution for a national anamed network in the Tropics” at the end of this document.

This constitution should be adopted by every national, regional and local anamed group and used to register with the authorities.

Nothing may be omitted from this constitution. If any group wishes to add anything to this constitution, or if the law of the country demands some change, approval must first be obtained from anamed international.

In countries in which it is possible to contract third party liability insurances, it has to be done. The general liability of the executive committee is than limited to the concluded insurance sum.

Chapter 6c When may the name anamed be used?

A group may call itself an anamed group only if

- 1)** they follow these terms of reference and agree with the “Vision and Mission”, “Aims and Objectives” and the Constitution of anamed.
- 2)** work together with any existing national or regional anamed group.

Any group that is practising and promoting Natural Medicine, but that does not agree with these requirements, must use another name and not the name of anamed. Nor in this case should the name of anamed be used in any other way, e.g. on training certificates, products or hospitals etc.

Chapter 6d Funding

anamed groups are free to apply for funding worldwide in the name of the anamed local or national group, on condition;

- a)** that the donor organisation does not have aims contrary to the aims of anamed.
- b)** that the project lies within the aims and objectives of anamed international and the anamed national group, and
- c)** that a copy is given to anamed international before application, and
- d)** that, in the case of a local anamed group, a copy of the application is also given to the national anamed group.

Any materials acquired as a result of funding applications made in the name of anamed, however, remain property of the anamed group, and must under no circumstances become the property of individual people. In no way is anamed a commercial organisation. Nobody is a shareholder!

In the event of the dissolution of the local anamed group, all such materials become the property of the national anamed group. In the event of the dissolution

of the national anamed group, all such materials become the property of anamed international.

Self-financing: It is and stays our goal that anamed groups finance themselves. The ideal case for example would be that a member pays 4 Euro per year to the local anamed group which gives 1 Euro to the regional anamed group and 1 Euro to the national anamed group. A membership fee in tropical countries must not exceed the value of 5 Euros. A higher fee has to be approved by anamed international.

“Percentage rate“: a further source of capital could be, if everybody who sells an anamed medicine transfers a certain percentage to the local, regional and/or national anamed group.

In general: a membership fee or percentage rate can only be charged if the receptor-group has organized a member-meeting during the last 12 months and if the use of those fees has got agreement; that means the presentation of the treasurer concerning the balance of accounts has been approved.

Chapter 6e Disciplinary and Grievance procedures

Discipline

Agreement with the aims and objectives of anamed is a condition of membership of an anamed group.

If it is deemed by the Executive Committee that a member of anamed (whether that member is a person, an anamed group or another organisation) is acting contrary to those aims and objectives, or in some other way is acting contrary to the spirit of anamed, the matter should be discussed in the Committee and appropriate action taken.

Grievances

All anamed groups must do their utmost to resolve all complaints and disputes fairly and amicably without any resort to outside bodies.

In the event of any grievance, therefore, whether of people who are paid or people who work voluntarily, the matter must first be addressed by approaching the Executive Committee, first of the local anamed group and then, if necessary, the Executive Committee of the national anamed group. If there is no satisfaction, then the matter must be referred to anamed international.

If this procedure has been followed, and the matter has still not been resolved to the satisfaction of person with the complaint, then the help of an outside body may be sought.

This requirement does not affect a person`s legal rights in the unlikely event that they judge that unlawful activity is taking place.

This procedure must be followed by both national and expatriate personnel.

General

In the event that the rules and regulations described in this document are not followed, anamed international has the right to intervene in a local situation and forbid the use of the name anamed.

Chapter 6f Remuneration

All members of anamed groups work without payment. The Executive Committee may pay appropriate remuneration for any work done on its behalf, e.g. to an Executive Secretary or a builder. To avoid any complications following the end of the period of employment, any contract must be for one year only, but may be renewed by mutual agreement.

Following the departure of any paid person, any materials acquired by a local anamed group remain the property of that anamed group, and may not be given to that person nor sold in order to pay any fees or expenses to that person.

The grievance procedure described above must be explained before any remuneration begins.

Any person employed by an anamed group must complete the following form.

Agreement for those in receipt of payment from anamed

Name

Address

..

Contact details (phone,
email).....,

Period of engagement (maximum one
year)

Commencing on

Responsible to:

Task to be
undertaken:

I, (*name of the employee*),

1. understand that all insurance costs and health considerations are my own responsibility. I will not hold anamed liable for any personal loss or injury.
2. agree that if I have any grievance I will take that to the local anamed group. If I receive no satisfaction I will take it to the national anamed group. If I still receive no satisfaction I will go to anamed international. I will take the grievance to no outside body unless encouraged to do so by anamed international. I understand also that this does not affect my legal rights.

Signed (Employee)
Name

Signed on behalf of anamed:

Name and position:

Date:

Chapter 7 anamed publications

Chapter 7a Copyright and translations:

If you would like to translate an *anamed* publication...

We are very happy for you to do this, subject to the following provisos:

1. You use the latest version of the book you wish to translate, which *anamed international* will provide. Before you begin, therefore, please contact *anamed international*. We are constantly improving our materials, with better recipes, more accurate instructions and more comprehensive information. Sometimes we find that what we have previously printed is misleading, or even wrong.

2. You mention in the translation the source of the text and the illustrations. You must quote *anamed*, and give our address and web-site address.
3. You send *anamed* a copy of what you produce.
4. The publication is not used for commercial profit but for humanitarian work.
5. The copyright of all translations belongs to *anamed* and has to be mentioned.

If you would like to use *anamed* material in other publications.....

We are very happy for you to do this, subject to the following provisos:

1. You use the latest version of the *anamed* material you wish to use. Before you begin, therefore, please contact *anamed international*. We are constantly improving our materials, with better recipes, more accurate instructions and more comprehensive information. Sometimes we find that what we have previously printed is misleading, or even wrong.
2. You mention in the publication the source of the text and the illustrations. You must quote *anamed international*, and give our address and web-site address.
3. If you include the method of preparation of a medicine, then state that copyright belongs to *anamed*.
4. You send us a copy of what you write.

Chapter 7b Guidelines for the printing and sale of *anamed* publications

1. *anamed* groups are sometimes encouraged to print *anamed* publications in their own country.
2. The group must ensure that sufficient funding is available for printing the books they require.
3. One person must take responsibility for liaising with the printers and also with *anamed international*.
4. No alteration may be made to the text of any publications without the permission of *anamed international*. Groups are in fact encouraged to write their own introductions, but these must be approved by *anamed international*.
5. *anamed* retains the copyright of all its publications, even if the publications printed include a locally written introduction.
6. *anamed* retains the right to withdraw the copyright, without needing to give any reason.
7. The local group has no authority to give the copyright or texts of *anamed* publications to any other individual or group.
8. On a Pro Forma invoice, the cost price of the printing of each publication must be listed in both the local currency and in Euros. The exchange rate used should be the rate on the day that the bill is paid.
9. All proceeds from the sale of publications must be paid into a bank account. This should be in the name of the local *anamed* group as "*anamed* printing bank account." The money remains the property of *anamed international*. This money is to be used for printing more publications in the future. If advisable, it should be a Euro or USD account to avoid losses by inflation. In

no way may this money be used for any other persons or purpose, not even as a “temporary loan”.

10. Publications may be sold or made available as follows (Examples see below)

a) at cost price:

- i. to trainers from anamed international in Germany and accredited anamed trainers, and
 - ii. to the local group responsible for the printing, but only when these copies are used for training purposes.
- b) **at double the cost price** to others within the country who use the publications for training purposes, but only if they take at least 25 copies of the same publication. Otherwise they must pay the rate of 10c.

c) **At three times the cost price** to any other individual or group.

11. The responsible person must put the money received from (10a) into the bank account, and two thirds of the money of (10b and 10c) into the same account. This money must be paid in regularly, and at the latest by the end of the month in which it has been received.

12. One third of the money of (10b, 10c) may be retained by the local anamed group and used to support its work, as determined by the local committee.

13. The local person responsible must give a report to anamed international by 31 December each year to indicate

- a) the number of each publication in stock, and
- b) the money in the national anamed-printing bank account.

14. When books are printed or translated, the guidelines relating to translation must be observed.

15. Anamed international has the right to give the same permission to print to any group in a country.

Examples of the sale of publications:

You print a book for 2000 “country-shillings”; this is in the time of printing the value of one Euro.

a) A trainer of anamed international comes to your country to organise a seminar. He gives you one Euro for each book that he takes, and gives you a receipt for your account. You then put this money into the national anamed-printing bank account.

b) UNICEF asks you for 100 books. You give them to UNICEF for 2 Euro each, that is, for a total price of 200 Euro. This must be paid either in Euros, or in “country shillings” at the rate of exchange that applies at that time.

If, for example, the exchange rate at the date of purchase is that 1 Euro is worth 4000 “country-shillings”, then UNICEF will pay for these books 200 Euro or $200 \times 4000 = 800,000$ shillings. You then put two thirds (800.000 times 2 divided by three = 533.000 Shilling into the national anamed-printing bank account, one third= 267.000 Shilling is for your local anamed group.

c) Mr. XY wants 50 books for his school. You give them to him for the total price of $50 \text{ books} \times 3 \text{ Euro} = 150 \text{ Euro}$. Of this 150 Euro, you keep 50 Euro for your anamed group, and pay 100 Euro into the national anamed-printing bank account.

Questions to put to the printer before making any sort of order:

anamed books and posters should be reproduced both economically and to a high standard. The printer should therefore answer the following:

Books:

- a) Book contents: Do you want the book contents on a CD, or as a film?
- b) Book cover: Can you produce this from a CD, or do you need a film?
- c) Do you need the code for four colour separation, so that you can reproduce the colours exactly as they are on the book cover as printed in Germany?

Poster:

- a) Do you want this on a film?
- b) Do you need the code for four colour separation, so that you can reproduce the colours exactly as they are on the poster printed in Germany?

Storage

- a) If the national anamed group has nowhere to store the publications, does the printer agree to store the books free of charge until they are all used?
- b) If the printer does store the books, does he agree to sell them for the benefit of the national anamed group according to the guidelines above, and to keep a careful record in his accounts?

Chapter 8 anamed institutions

Chapter 8a What is an anamed shop?

This is a shop in which anamed publications and Natural Medicines are sold, and the proceeds of the sale are used to promote the work of the local anamed group, as decided by the local committee. If the shopkeeper is a member of a registered anamed group with a membership card, then in many countries (s)he will be able to avoid paying taxes.

Chapter 8b What is an anamed restaurant?

An anamed restaurant serves home-made fruit juices, herbal teas and home-made nutritious food. It is a place in which the anamed committee can meet, and in which visitors may read anamed publications. No alcohol or sweet fizzy drinks will be served, nor will cigarettes be on sale.

Chapter 8c What is an anamed village?

Anamed Bamenda in Cameroon are pioneering this new concept in the Bambui Anamed Village!

Their vision is as follows:

- The land is either inherited, given free of charge or bought cooperatively by all villagers.
- Villagers are anamed members who build their own houses and each family has a field. The emphasis is on partnership and cooperation, in the ownership of the land, tools and in the work to be done.
- Between ten and thirty per cent or more of the income from the fields or other activities are collected and saved in a common fund. This is then used for community projects which also benefit the surrounding district, such as for the construction and running of an anamed Health Centre, or a school with a garden of fruit, vegetables and medicinal plants.

Key goals: To leave the environment better than they find it; to plant trees; sustainable, organic farming practices; trust amongst each other; financial stability; beautiful landscape; healthy soils and clean water; good health for all, that includes physical, emotional and spiritual health; good relationships and open communication; production of fresh, high quality foods.

Chapter 8d What are the distinctive features of an *anamed* health centre?

	Conventional Health Centre	Anamed Centre
Development in the village is...	of no concern	very important
Cows, goats and pigs that roam freely are...	of no concern	The problem is resolved even before the Health Centre is opened
The philosophy of the centre is...	defined by the state	based on the Life and Ministry of Jesus
The conduct of the "In charge" is	of no concern	such that it sets an example to staff and patients alike
The centre responds to...	the state or the private owner	the Anamed Health Committee
Who decides to open a new centre?	the state or the private owner	the Anamed Health Committee
Who is responsible for the appointment, supervision and discipline of the staff?	the state or the private owner	the Anamed Health Committee
Who controls the finances?	the state or the private owner	the Anamed Health Committee
Who buys the medicines?	the state or the private owner	the Anamed Health Committee
The garden of medicinal plants, fruit and vegetables?	Does not exist	Is cared for daily
Most medicine comes from....	Europe	the medicinal garden
A poor patient with no money...	is turned away	earns his treatment by working in the garden
The accompanying relatives	..even eat the food given to the patient	help by working in the garden
Food for poor patients...	is usually not available	is grown in the garden
Income for the centre ...	is given to the state or private owner	is invested, for example, as follows 25% for medicine and medical equipment 15% for the garden 40% for salaries 10% for maintenance and construction
Construction is decided and managed by...	the state or private owner	the Anamed Health Committee and the village

Inspections are made by the...	Medical Inspector	Medical Inspector
If the village is no longer interested, the Health Centre..	falls into disuse and becomes dilapidated	is closed by the Health Committee

Chapter 9 anamed Materials

Chapter 9a Ownership

Any materials acquired as a result of funding applications made in the name of a local *anamed* group, however, remain the property of *anamed* international. Any materials bought by or given to the local group remain the property of that group, and must not become the property of individual people.

Artemisia seeds

No *anamed* member is allowed to produce artemisia seeds. Any request for artemisia original seeds should be addressed through the national committee to *anamed* international. *Anamed* International will provide these to the trainer free of charge depending on the record of his/her performance and commitment. We want to ensure that only original seeds are used, in order to be sure that the artemisia plants are of good medicinal quality. The trainer may not sell any artemisia seeds. He may not distribute any artemisia seeds other than the original seeds from *anamed* international.

Chapter 9b T-shirts and caps

anamed T shirts are to be given only to those who have attended a seminar of at least six days. They are not to be given as gifts to any others, neither to chiefs nor other dignitaries. Nor must they be offered for sale. They, like the certificates, are signs that the person wearing it has received some minimum training. *anamed* T shirts may be designed and printed within a given country.

Other items such as caps, bags or pens may be designed and produced locally. They may carry the name *anamed*, and be given or sold to anyone. This may help to generate income to support local *anamed* activities.

Chapter 10 anamed web-site

The web-site is managed by *anamed* international in Germany.

All national *anamed* groups are encouraged to submit information to *anamed* international for inclusion on the page for their country. The web-master must ensure that everything on the web-site is legal and that there are no conflicting statements or recommendations. Therefore the final decision regarding what is put on the page remains with *anamed* international.

For these reasons national *anamed* groups are not authorised to put their own web-sites into the internet. Urgent national information can be distributed by email or newsletters.

Chapter 11 Code of Conduct for “anamed” Practitioners

See “Natural Medicine in the Tropics: Seminar Handbook” Chapter 17, available in English, Swahili, Portuguese and French.

Chapter 12 Agreements

Chapter 12a General agreement for personnel and accredited trainers of anamed international in the tropics



anamed international
(Action for Natural Medicine)
Schafweide 77, 71364 Winnenden, Germany
Tel: 0049 7195 910225
Email: anamedhmh@yahoo.de
Web: www.anamed.net

General agreement for personnel and accredited trainers of anamed international in the tropics

Anamed international is grateful for work done in its name of practising and promoting Natural Medicine, provided this is conducted to a high standard and according to the principles and guidelines of anamed international.

The purpose of this agreement is to clarify the roles and responsibilities of anamed associates and of anamed international.

Anamed associates and trainers are responsible for:

- all matters relating to their personal health.
- any insurance that they consider necessary.
- sending reports of their work to anamed international every 6 months. These reports should include news of their activities and training, and also details of treatments that are either successful or unsuccessful.

Should an anamed associate or trainer cease to be active with anamed, all materials in their possession that belong to anamed must be given to the formally elected regional or national anamed committee.

Anamed international undertakes to provide support in the form of training, advice and some materials as and when available.

Anamed international can take no liability for any accident or injury that occurs, nor can anamed international take responsibility for any claim made upon anamed associates.

Anamed international may sometimes make an honorarium in recognition of work that has been done, but will make no pension contributions, nor any social insurance contributions.

I confirm that

- *I have read and am in full agreement with all that is written in the paper "anamed: Vision and Mission", and*
- *I will abide by the Guidelines of anamed (attached).*
- *I accept the conditions of this contract*

Signed: _ _ _ _ _

Name: _ _ _ _ _

Date: _ _ _ _ _

For anamed
international:

Signed: _ _ _ _ _

Name: _ _ _ _ _

Date: _ _ _ _ _

Chapter 12b General agreement for people travelling to the tropics



anamed international
(Action for Natural Medicine)
Schafweide 77, 71364 Winnenden, Germany
Tel: 0049 7195 910225
Email: anamedhmf@yahoo.de
Web: www.anamed.net

General agreement for people travelling to the tropics

- with personnel of anamed international or
- on behalf of anamed international or
- to participate in an anamed seminar

anamed international cannot be held liable for any loss, injury or death.

The individual person is responsible for:

- all relevant insurances, for example health, accident, loss of money, bank cards or baggage. Such insurance MUST include free transport back home in the event of disease, accident or death.
- any health preventative measures either required or deemed necessary, e.g. malaria prophylaxis, yellow fever injections.
- having a valid passport and any necessary visas.

Any person travelling on behalf of anamed international must also be a member of anamed international, in order that they are covered by public liability insurance.

Please give the particulars of two people we can contact in case of emergency:

1. Name
- Address
- Tel. No.
2. Name
- Address
- Tel. No.

Please give details of your health and accident insurances

1. Health Insurance:

Name of
company:

.....

..

Tel.

No.:

.

Policy

No.:

2. Accident Insurance:

Name of
company:

.....

..

Tel.

No.:

.

Policy

No.:

Signed: _____

Date: _____

Chapter 12c General agreement for anamed agents

"Anamed-agents" are understood to be people like for example "anamed-country-coordinators" (country-extern or -intern) or doctors or "seminar-experts", who are requested to visit by a foreign anamed-group with travel costs being paid by anamed international or another organisation.

Such an anamed-agent must understand himself as an ambassador of anamed international. The leadership of anamed international needs to have confidence in him/her, that he/she won't represent a different medical direction or a different ideology or religion.

The anamed-agent is not allowed to start "private" projects aside of anamed international in the respective country, to collect donations without consultation with anamed international or to use anamed-addresses for such a project.

The anamed-agent is bound to inform the leadership of anamed international before the journey as well as after the journey concerning success and eventual problems. Harmonization is an essential condition.

Chapter 13 Constitution

Constitution for a national anamed network in the Tropics December 2013

1. Name and Address of the organisation

“anamed” is the acronym for “Action for Natural Medicine”

Under an anamed group we understand a network:

- a) of a village
- b) of a region
- c) of a country

2. Aims and objectives of anamed *Name of country*

See below.

Anamed *Name of country* is a member of anamed international, Schafweide 77, 71364 Winnenden, Germany. Web: www.anamed.net

3. Guiding principles

- a) anamed international is a Christian organisation and its work is modelled on Jesus’ Ministry of healing, particularly as portrayed in John 9:1-7 where Jesus used locally available resources to heal a blind man. Leaders of anamed-groups and seminars teachers must therefore be avowed to Christianity.
- b) anamed training seminars are open to people of all denominations and all faiths. Our recipes and therapies shall contribute to an improvement of the health status of everybody.
- c) anamed is a non-profit organisation and its work is exclusively for humanitarian purposes.
- d) The resources, skills and time of anamed and its collaborators may only be used for the aims and purposes as defined in this constitution.

4. Financing

- a) The work of the organisation is financed through donations and the contributions of the members.
- b) Membership fees are decided by the General Meeting of the members.

5. Legal status

Anamed *Name of country* is a charitable organisation registered with the Ministry of

6. Membership

Approved local anamed groups are automatically members of anamed *Name of country*.

Individual members are entitled to attend General Meetings and to make proposals to the meeting. Local anamed groups are entitled to send up to two representatives to attend General meetings of anamed *name of country* who may make proposals to the meeting on behalf of their group.

Membership will cease through:

- dissolution of the local anamed group.

- exclusion, which must have good reasons and be the decision of the Executive Committee.
- lack of activity or lack of payment of the membership subscription for more than one year.

7. Local or regional anamed groups

A local or regional anamed group must:

- have a constitution exactly the same as the national group, except that in each case the name of the national group is replaced by the name of the local group, and “anamed international” is replaced by the “national group”.
- be committed to the aims and objectives of anamed (see below).
- be actively engaged in practical work in pursuit of the aims and objectives.
- have been founded following a seminar led by an accredited national of international anamed trainer. The approval of anamed international is necessary. For this anamed international receives a list of the committee members.
- have an executive committee whose members have attended such a seminar.
- send a report to the national anamed group by 31 December every year.
- disband if they are no longer engaged in activities that meet the aims and objectives of anamed.
- upon dissolution, hand any remaining books or materials to the national anamed group.

8. Structure of the organisation

- General meeting
- Executive Committee
- National Coordinator (for the national anamed network)

9. The General Meeting (GM)

- The GM must take place every year.
- The GM is called by the chairman, or, if the chairman is incapacitated, the vice chairman.
- The members must be given notice of the meeting at least four weeks before the meeting.
- The GM shall elect members and officers of the Executive Committee.
- The GM shall receive reports from the chairman and from local anamed groups.
- The GM shall review progress of the organisation.
- The GM is empowered to make decisions, irrespective of how many members attend.
- Decisions are made democratically. If it is not possible to reach consensus, a vote is taken and the decision is made by a simple majority. All decisions must be consistent with the aims and objectives of the organisation. The only decision that requires a majority of three quarters of the members present is that to dissolve the organisation.

- i) Each member has one vote. If they are unable to attend a meeting, members are not allowed either to send a representative or to ask another to vote on their behalf.
- j) All decisions and votes should be conducted openly, unless one person requests that it be a secret vote.
- k) If deemed necessary, the GM appoints an independent financial accountant or auditor to check the bookkeeping.
- l) Following the GM a summary report of the decisions of the meeting and of the work which has taken place during the past year throughout the country shall be sent to anamed international. This should be made the clear responsibility of one person.

10. Executive Committee

- a) shall meet at least three times a year.
- b) shall consist of the chairman, vice chairman, treasurer and minute secretary and may appoint other office bearers.
- c) depending on the number of members of the organisation the numbers of Executive Committee members may be increased up to a maximum of 8 members.
- d) All office bearers of the Executive Committee must have attended at least one week-long training seminar of anamed international. All other members of the Executive Committee must have attended at least one week-long training seminar held by either anamed international or anamed *Name of country*.
- e) Additional members may be invited to join the committee for a specific purpose and for a limited time.
- f) The chairman, or if incapacitated the vice chairman, is responsible for the administration of the organisation.
- g) The Executive Committee is elected for a period of three years and remains in office until the next election. Re-election is possible.
- h) The Executive Committee may appoint an Executive Secretary to be responsible for the day to day work of one or all the projects in case that there is too much work.
- i) Transportation costs can be requested.
- j) All members of anamed as well as the executive committee work without payment for their performance. The Executive Committee may, however, pay appropriate remuneration for any work done on its behalf, e.g. to a watchman or gardener. To avoid any complications following the end of the employment, any contract must be for not more than one year, but may be renewed by mutual agreement.

11. National coordinator

The national coordinator is the link between anamed international and anamed (country). He is nominated by anamed international and he/she would normally be the one who is chairman of anamed (country).

12. Changes in the constitution

This constitution is the same for all anamed groups throughout the world. Any proposed changes to the constitution, therefore, must be presented in writing to anamed international for recognition and approval.

13. Terms of reference

Details concerning the implementation of this constitution are to be found in the paper "Terms of Reference" and must be followed.

14. Dissolution of the organisation

A proposal to wind up the organisation must be made at least four weeks before the date of the General Meeting.

Dissolution may be imposed by anamed international if anamed *Name of country* is deemed to be ineffective or to be acting contrary to the aims and objectives of anamed.

Upon the dissolution of the organisation all assets will be transferred to anamed international.

15. Adoption of the constitution

This constitution was adopted by members present at the Annual General Meeting held on20.....

Signed

..... Chair
Name:

.....Vice Chair
Name:

..... Secretary
Name:

..... Treasurer
Name:

Annexe 1 anamed international - Vision and Mission

Origin

anamed (Action for Natural Medicine) was initiated in 1986 by the German pharmacist Hans-Martin Hirt and African healers. In the course of time they have been joined by many other active people in many countries of Africa and other continents. In 1994 the organisation "anamed international" was registered in Germany as the German equivalent of a charitable trust with its HQ in Winnenden to support the activities of anamed.

Since then:

- A new concept of "Natural Medicine" has been developed.
- Natural medicines have been produced from tropical medicinal plants. Reproducible recipes have been collected, developed and evaluated.
- Together with Bindanda M'Pia, Hans-Martin Hirt wrote the now well-known book "Natural Medicine in the Tropics I: Foundation Text", which is now available in seven languages.
- An imaginative programme for week-long training seminars in Natural Medicine has been developed. These are held regularly in many African countries for doctors, nurses, healers, development workers and community leaders, who can then disseminate this knowledge to others.
- Research in the use of *Artemisia annua* tea for the treatment of malaria and HIV/AIDS patients has been conducted and supported across the world.
- anamed has developed as a lean, practice orientated and efficient organisation, and enjoys a very good reputation with the churches and development workers in many countries, as well as with a number of governments.



These activities have saved the lives of thousands of people in tropical countries, and many people have been healed from their diseases irrespective of the colour of their skin, gender and religion.

The motivation for our work

- The extent of poverty and disease in Africa and Asia. In spite of all the talk and the Millennium goals, poverty continues to increase. The incidence of both malaria and HIV/AIDS is increasing, particularly in Sub Saharan Africa.
- Every day children die from preventable diseases, for example about 5000 die daily from diarrhoea. By means of simple preventive measures and treatment with healing plants and other natural remedies almost all these deaths could be prevented.
- The global economic system has no real interest in improving the health of the poorest people. Instead of giving the urgently needed help, many products that are exported to Africa damage the health of the people; for example, toxic products for lightening the colour of the skin, commercial drinks with a high sugar content, advertising products in place of mother's milk; as well as the dumping of outdated medicines, and the export of toxic waste and discarded electronic items, such as mobile phones, computers and batteries.
- The big projects of the World Bank and even development aid benefit mainly only a minority, and often disadvantage the poorer majority. IMF loans are often coupled with demands to greatly reduce public spending, e.g. education and health. The World Trade Organisation makes trade rules that mainly benefit northern countries. The World Health Organisation appears to affirm traditional medicine, but seems to have its hands tied by the pharmaceutical companies. As a result, the gap between the rich and the poor continues to widen, and the health needs of the poorest remain neglected.

- The brain drain of Africa's educated people provides Europe and North America with many highly qualified people, especially doctors and nurses, whilst the health services in African countries are under resourced.
- Specialism amongst medics has led to a breakdown of holistic care, and the feeling in the population that doctors are responsible for their health, and not they themselves.
- The majority of political leaders in Africa are far more interested in their own personal wealth and power than the welfare of their countrymen. Not infrequently they benefit from the taxes levied on imported medicines and possibly also the connected back-handers. This inhibits the development of local self-reliance.
- Market forces will never deliver a good health system to the poorest. Natural Medicine offers a positive alternative, in which the skills and resources available locally can be positively exploited.

The motivation for our work from our Christian faith

- “God created the world and saw that it was good”. We received fruits and leaves to eat but also for healing. The words of the Bible give humankind the responsibility to engage in the ongoing work of creation. We have largely failed in this commission:
 - Many plants and animals are threatened with extinction.
 - Climate change threatens entire ecosystems, and, on account of reduced and more unpredictable rainfall in many regions, the very survival of the people who live there.
 - Many people prefer to buy, even under difficult economic conditions, commercially produced foodstuffs and medicines, rather than growing and using food and medicine from their own gardens and regions.
- The prophets in the Old Testament condemned those in positions of power and responsibility who accumulated wealth at the expenses of the poor. In the same way today's political leaders (both in the North and the South), as well as international corporations, are primarily concerned with their profits (which are often protected through a system of patents) and seldom concern themselves with the needs of the poorest.
- In his life and ministry Jesus showed us a new way of living and working, which was characterised by love toward mankind, by the search for equity and truth, and by practical engagement.
- Healing formed a significant part of Jesus' ministry. He healed people irrespective of their social or political status. With each “patient” he established a personal relationship and he met them at the deepest point of their need. Anamed commits itself to this approach.

Our vision

We dream of a world in which even those people living in the most simple circumstances meet their own health needs, by using their own skills and abilities to utilise their own locally available resources. Families, communities and health centres in the Tropics and even entire regions take responsibility for their own health and thereby become virtually independent from imported products.

In practice, it means:

- Each community has a reliable supply of clean drinking water, and good toilets are built, maintained and used.
- Each religious centre and each health centre has a garden of fruit, vegetables and healing plants.
- Many people develop knowledge of good nutrition and the production of natural medicines from the medicinal plants in their gardens, as well as how to treat common diseases and medical complaints.
- This knowledge is being considered as an overall education objective and is being disseminated in schools, religious centres and health centres.
- Doctors, nurses, teachers and healers prescribe and use these natural medicines. They establish good relationships between themselves in order to maximise the exchange of knowledge and experiences.

We aim at contributing to the building of national and international networks for the exchange of

information and experiences between those committed to Natural Medicine.

We aim that in every tropical country democratic and long-term groups are formed which are committed to the aims and principles of anamed.

Our main activities

- We run week-long seminars in the Tropics. Thus people are trained who subsequently train others and local Natural Medicine networks are developed.
- We run seminars also in Europe to train missionaries and development workers on natural medicines and to promote a sharing of experiences and to give them relevant materials.
- We take part in workshops, both in the North and the South, to spread our message to others.
- We coordinate and support groups in tropical countries that practice Natural Medicine.
- We write and publish books about Natural Medicine and constantly amend and improve them.
- We support agricultural and pharmacological research into healing plants.
- We particularly promote the cultivation and use of *Artemisia annua* and *Moringa*, for the treatment of malaria, HIV/AIDS and malnutrition, the three main plagues of the Third World.

We hope that through our work we contribute to the realisation of our vision. We invite you to work with us and to support us!



Annexe 2 Aims and Objectives

anamed runs seminars, develops projects and distributes books and materials that enable people in the Tropics to become more self-reliant with regard to their health and social and economic well-being.

December 2013

- 1. To improve the health provision in developing countries, by:**
 - 1.1. establishing gardens of healing plants for demonstration, and fields for cultivation.
 - 1.2. developing recipes for making natural medicines from locally available healing plants.
 - 1.3. supporting the establishment of centers aiming at a better prevention and treatment of tropical diseases.
 - 1.4. encouraging existing pharmacies to stock and promote natural medicines.
 - 1.5. undertaking research into alternative methods of prevention and treatment for malaria, e.g. by promoting the cultivation and use of *Artemisia annua*.
 - 1.6. the publication and distribution of posters, books and seeds.
- 2. To support local people in developing self-confidence and increasing their knowledge, by**
 - 2.1. recognising and building on the strength of the already existing network of traditional healers.
 - 2.2. conducting week long seminars in Natural Medicine for formally trained health workers, e.g. doctors and nurses, together with traditional healers, pastors, community workers etc.
 - 2.3. enabling health workers and traditional healers to agree on an "Ethical Code of Conduct", and on the means whereby they can collaborate for the good of the region.
 - 2.4. questioning and opposing dangerous practises, even if they are a part of the local tradition, e.g. female circumcision.
- 3. To support people in becoming more active in the care of the environment, by:**
 - 3.1. giving instruction in the appropriate disposal of waste.
 - 3.2. fighting climate change : by increasing soil fertility, by planting trees and healing plants, by producing medicines locally, so reducing the need for transport, and also by using solar energy,....
 - 3.3. proposing alternatives to the use of herbicides and pesticides.
 - 3.4. vigorously promoting the planting of indigenous and leguminous trees and medicinal plants.
 - 3.5. encouraging the use of simple technologies for cooking, drying, water purification, hygiene etc and the cultivation and consumption of organic food.
 - 3.6. promoting the cultivation and consumption of organic foods.
- 4. To oppose processes of negative development, by:**
 - 4.1. supporting people in growing and using their own plants and seeds in the face of the threat of the patenting of the seeds and the use of healing plants by multi-national corporations.
 - 4.2. campaigning against the manufacture and distribution of soaps and creams that contain mercury.
 - 4.3. opposing the dumping of unhealthy or dangerous products, e.g. toxic waste, out-dated medicines.
 - 4.4. opposing publicity for sugary drinks that hinder the local production of fruit juices.
 - 4.5. avoiding everything that maintains the economic supremacy of the North over the South.
- 5. To promote ecumenical collaboration between Christian health services, by**
 - 5.1. reflecting together on how to reach harmony with God, ourselves, each other and the creation.
 - 5.2. learning from the ways in which Jesus healed.

5.3. studying the importance of spiritual and physical healing.

6. To promote local and international cooperation and peace, by:

6.1. participating in international networks concerned with healing plants and natural medicines.

6.2. discussing “on a level playing field” with representative of different medical directions.

6.3. exemplary living of Christianity and respectful encounter with representatives of other persuasions that feel bound to those conventions as well.