



ANAMED KENYA EAST

Invitation to attend a Training Seminar in Natural Medicine

To be held at Zaburi Guest House just before Nguluni market,
along kangundo road, Machakos County.

Arrival 4:00 PM on Sunday 25th April 2021 Upto 10:00 AM on Saturday 1st May 2021.
More details may be obtained from [Rebecca Nzuki](#), Tel: +254713393652 or +254726322626

Introduction:

Anamed International has already conducted several seminars in Kenya, in particular in Nairobi, Machakos, Embu, Mombasa and South Nyanza. Members of Anamed Kenya have held many seminars and workshops in many parts of Kenya – the knowledge and practice of Natural Medicine in Kenya is growing rapidly.

As a result of these seminars, the distribution of artemisia starter kits and the work of many active people and organizations, we are delighted to say that many individuals and families are today enjoying vastly better health.

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 and moringa leaf powder.

This seminar has the particular aim of strengthening the work of Natural Medicine in eastern part of Kenya. Although we are seeking participants from throughout Kenya, participants from these areas are particularly welcome.

The seminar will train 30 people (healers, pastors, missionaries, health workers and others active in the community) in:-

The hygienic production of effective Natural Medicines from those plants, e.g. teas, different medicinal oils and ointments and tinctures. We will also to produce different soaps, black stones for snake-bites and learn how to use and construct a solar oven and drier.

- The treatments of many medical complaints and diseases, especially malaria, skin problems, diarrhea, HIV/AIDS and wounds.
- The importance of good nutrition, a balanced lifestyle, clean water, a healthy environment, tree planting, the careful disposal of waste and other factors 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:

Rebecca Nzuki, Samuel Mdune and Other tutors will come from the international office.

Assistant tutors:

James Mboloi and Beatrice Mieso

Registration: Please copy the application form below and send it to Rebecca Nzuki (email - rebnakenya@gmail.com). You will be sent a confirmation of your booking immediately. The demand for places is already great, so please book early in advance.

Fees for the seminar: The participation fee for African people or expatriates living in Africa is 184.18 Euro, or 25,000 Kenyan Shillings. For people travelling from Europe the price is 371.09 Euro or 50,000 Kenya Shillings. This is an all inclusive price, and includes food, accommodation, books, some seeds, a poster and all seminar materials. Transport costs and any insurance required remains 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: By 31st March 2021 to Rebecca Nzuki or at the seminar itself in Euro, US dollars or Kenyan Shillings.

NB- Contact Rebecca Nzuki for currency exchange (Tel-0713393652) – Email - rebnakenya@gmail.com

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

The arrival time is by 4:00 PM on the 25th April 2021 and ends on Saturday 1st May 2021 by 10:00 AM.

The venue is at Zaburi Guest house near Nguluni Market along Kangundo road, Machakos County.



Participants in the 2009 anamed seminar in Machakos stand by some of their herbal ointments

DIRECTIONS:-

From **Nairobi City center**, get a matatu from Afya center that goes to Tala Kangundo Road. **ZABURI GUEST HOUSE** is just before Nguluni market/ or Uber/Taxi

From **Machakos Town** get a matatu from machakos bus station that goes to Tala Market then another one to Zaburi guest house. (A taxi or uber is preferable from Tala Market)

The following are important aspects of our seminars:

- Our emphasis on working at the grass-roots, encouraging and supporting local people in developing and extending the skills they already have.
- We encourage traditional healers and formal health workers such as doctors and nurses to work together. We help them to recognize the positive contribution that each makes, and encourage them to work out practical ways in which they can cooperate.
- 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 seeds and be taught how to grow this delicate but extremely valuable plant.
- It is important that all participants have a commitment both to practicing what they learn and to teaching others, for example by conducting a similar seminar in Natural Medicine themselves, at least for a weekend.
- All participants will work together in practical work and possibly in establishing a garden. They must bring suitable clothes with them for such activities.
- Participants must attend for the entire program; to come only on some days is not acceptable.
- Those participants who are Christians should bring with them a Bible. (Every day starts with an ecumenical devotion, participation in that is voluntary.)
- All participants should bring plant material of at least one medicinal plant from their region.

We look forward to hearing from you!

With best wishes,

Yours sincerely,

Rebecca Nzuki



Application Form

Anamed International

Training Seminar in Natural Medicine

To be held at the Zaburi Guest House, Machakos, Kenya

4:00 PM on Sunday 25th April 2021 to 10:00 AM Saturday 1st May 2021

Please complete and return to Rebecca Nzuki via [Email- rebnakenya@gmail.com](mailto:rebnakenya@gmail.com)

Your name:

ID/Passport No.

Organisation:

Email address:

Telephone number:

Postal address:

Country/City/County/Village in which you live:
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What is your particular interest in the subject of Natural Medicine?
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Do you wish to pay in Euro or Kenya Shillings?
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