

ANAMED TANZANIA

Invitation to attend a Training Seminar in Natural Medicine

To be held in Iringa Region at Lutheran church Kihesa

Reporting time 6 p.m. on Sunday 15th Sept 2025 to 10 a.m. on Saturday 22nd Sept. 2025

More details may be obtained from Peter Feleshi, (Tel: +255 755 722 570, feleshipeter@gmail.com) or Phillip Mateja +255 767 583 137, anamedbndp@gmail.com)

Introduction:

Anamed International has already conducted several seminars in Tanzania, in particular in Mwanza, Njombe, Tanga, just to name a few. Members of anamed Tanzania have held many seminars and workshops in many parts of Tanzania, the knowledge and practice of Natural Medicine in Tanzania is growing rapidly.

As a result of these seminars, the distribution of artemisia starter kits and the work of many active members and organizations like Anamed Tanzania Organization, in short, 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 Tanzania. Although we are seeking participants from throughout Tanzania and out of Tanzania, participants from different areas are particularly welcome.

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

The recognition and knowledge of several medicinal plants, and their cultivation in a medicinal garden, especially *Artemisia annua*, neem, pawpaw, moringa, aloe, garlic, lemon grass and chilli,

The hygienic production of effective Natural Medicines from those plants, e.g. teas, different medicinal oils and ointments and tinctures. We will also 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, diarrhoea, HIV/AIDS, wounds e.t.c

The importance of good nutrition, a balanced diet, clean water, a healthy environment, tree planting, the careful disposal of waste and other factors on health.

Following the seminar, the participants will be able 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:

Facilitators will come from Anamed International office team, will be appointed by Dr. Hans Martin Hirt.

Registration: Please book and send your application to Peter Feleshi or Phillip Mateja (email and postal address above). You will be sent a confirmation of your booking immediately, and final details in early August. The demand for the training is increasing, so please book your place early in advance.

Fees for the seminar: The participation fee for African people or expatriates living in Africa is 250€. For people travelling from Europe the price is 500€. 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.

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 anamed will not pay any transport costs or "sitting allowances", sometimes called "per Diem".

Dates, arrival and venue: The seminar commences with the evening meal at 6 p.m on Sunday 15th Sept. 2025 and concludes with breakfast on Saturday 22nd Sept. 2025. Please purpose to arrive between 4 p.m and 5 p.m on the afternoon of Sunday 15th Sept 2025 so that you can register and be directed to your rooms. The venue is Lutheran church Kihesa. Details of how to find the place will be given early in when you are sent the final details.

How to reach Lutheran church,

NDULI AIRPORT TO KIHESA

1. Taxi Tsh30,000
2. Bajaji
 - To hire bajaji 10,000 Tzs
 - Public transport bajaji 2,000 Tzs

IRINGA BUS STOP TO KIHESA

1. Taxi 30,000 Tzs

2. Bajaji

To hire 15,000 Tzs

Public transport bajaji 3,000 Tzs

3. Public transport (min bus) 1,500 Tzs

NB: In order to reduce the cost of transport, especially those who will be coming from Dodoma and Mbeya, they are advised to drop at Kihesa. Those from Morogoro will be good to drop in the town center.

<https://www.google.com/maps/place/Kihesa+Lutheran+Church/data=!4m2!3m1!1s0x0:0x634d68a7736abf68?sa=X&ved=1t:2428&ictx=111>