

SWAZILAND HOMEOPATHY PROJECT NEWSLETTER 2017

Welcome to our 2017 Newsletter. As we draw close to the end of the year Swaziland Homeopathy Project (SHP) approaches its 10th year of existence.

We can look back and see that despite a constant struggle for funds a great deal has been achieved.:

Over 9000 Patients have received homeopathic treatment.

Swaziland now has its own qualified homeopaths and Homeopathic Association.

The Ekuphileni Wellness Centre has been built and is operating providing affordable homeopathic clinics in Mbabane twice a week.

Two new Homeopathic remedies have been proven from endangered medicinal plants.

43 traditional medicinal practitioners have been introduced to homeopathy and are using the new remedies in their clinics.

Our database has facilitated continued research and several publications



Warburgia salutaris and Siphonochilus aethiopicus—two new homeopathic remedy provings from Africa



Both *Warburgia* and *Siphonochilus* are used extensively in traditional African medicine for a wide variety of symptoms including fevers, coughs, flu, headache, digestive complaints and loss of energy and appetite. It is probably due to these

panaceal qualities that they are both endangered in their natural habitats. One of the values of a homeopathic proving is that it can expand the knowledge base of a traditional medicine and add some mental characteristics and more general themes to specific conditions in which it is being used. Both these new remedies showed a sense of mental calmness and being in control. This

adds to the picture and the clinical use of the new remedies will expand the remedy picture.



Presenting the proving in Malta

Third HRI homeopathic research conference

In June this year Barbara Braun and Richard Pitt attended the third homeopathic research con-

ference held by the Homeopathic Research Institute (HRI) in Malta. They presented the poster abstract of the proving of *Warburgia salutaris*.

This important interna-

tional conference which is held every two years, brings together scientists and homeopaths at the forefront of all areas of homeopathic research, from all parts of the world.

Newsletter 2017

P O Box 174
Mbabane,
Swaziland
Email: bjb@africaonline.co.sz
Cell: 00268 7641 2039



Homeopathy to protect endangered medicinal plants



Traditional medicinal practitioners (TMPs) workshop at Mlawula



SHP Training team from left above:

S Nyembe, T Mabuza, S Ndzginisa, N Dlamini, B Dlamini, B Braun, M Masilela



Throughout 2017 SHP conducted a number of workshops. The purpose of the initial workshops was to introduce the use of herbal tinctures instead of water based decoctions and to distribute trees for cultivation in homesteads.

The second round of workshops involved introducing Homeopathy and the use of the two new homeopathic remedies made from *Warburgia* and *Siphonochilus*. At these workshops the participants were given bottles of 6C potencies for both remedies and a guide

to their use. The training team was made up of an amazing group of people all part of the collaboration of Swaziland National Trust Commission with SHP. Several exceptional workshops were conducted with TMP's from the Shewula and Mhlumeni communities hosted by the Mlawula Nature Reserve Environmental Centre adjacent to the nursery SHP has rehabilitated. Other workshops were also held in Manzini and Mbabane.



Siphonochilus

Warburgia

Siphonochilus is a type of ginger and dies off in winter. In summer the bulbs are split and in this way, multiplied. By 2018 SHP will be able to distribute at least 80 plants. The *Warburgia* trees are very slow growing so 2 year old trees were sourced for distribution from the Kruger park in South Africa.



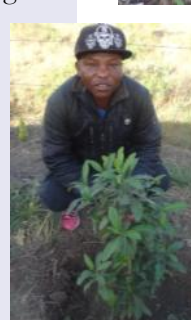
Traditional Medicinal practitioners Introduction to Homeopathy workshop.

Over 150 *Warburgia* trees planted in homesteads



As part of the conservation program SHP has been distributing *Warburgia salutaris* trees to the Traditional Medicinal Practitioners and plant traders in order that they may grow them in their homesteads. This provides them with a local source of plant material in the hope

that the wild trees which are now critically endangered will be under less pressure from harvesting. In the southern African region very few wild populations of *Warburgia* remain and this has intensified over recent years due to the high demand for *Warburgia* as it has been shown to have an antibiotic effect in the treatment of Tuberculosis. It is also widely used as an anti viral and anti-fungal remedy.



Other news

As part of the CPD for the Swazi homeopaths, SHP invited Richard Pitt who conducted two interesting seminars dealing with Comparative Materia Medica and the integration of new and old remedies. In addition to these seminars Richard co ordi-

nated the two provings and worked together with the SHP team to collate and compile the proving data and the materia medica of the new remedies. Both provings included provers in Swaziland and Kwale, Kenya where Richard is currently

based.

The new remedies have now been used in the SHP clinics and are proving to be useful over a wide sphere of symptoms, such as body aches, loss of appetite and energy, cough, and menstrual disorders.



Outreach clinic



Outreach—breakdown!

Zamimphilo community homeopathy outreach

SHP continues to receive requests for new outreach clinics but due to the expenses associated with these we have had to limit the number of new clinics this year to two. This brings the monthly total to 12. SHP has also continued to support the women from Tintsaba and Gone Rural handcraft projects.

What has been noticeable this year has been the increase in the number of men attending the clinics and in general the elderly are those attending in the highest numbers. Some of these clinics are extremely busy and involve very long days which usually include at



Patients waiting at Mkhuzweni

to all the homeopaths who work full time or have volunteered with the project.

least 3 hours of driving. This is hard work for the homeopaths and a huge thank you must go to Peggy Kunene the clinic manager who has tirelessly continued to run this valued service. Thanks also

Namely: Siphwiwo Ndzinisa, Amina Mohammed, Thandeka Mabuza, Ali James, Louise Webster, Julian Jonas, Richard Pitt and Jeri Russell.

Swaziland Homeopathy Project

P O Box 174
Mbabane

Cell: 00268 7641 2039
Email: bjb@africaonline.co.sz

www.kebraunweb.com/homeopathyproject/

Providing an affordable health choice for
Swaziland



The Swaziland Homeopathy Project was founded in 2008 and is a Swaziland registered non profit organisation. The vision of SHP is to establish a permanent, affordable, integrated, holistic health service for women, men and children in Swaziland. Offering people a choice in maintaining their health, a chance to receive affordable holistic well-being in the form of Homeopathy.

Affordable clinics are held monthly all around Swaziland and to date over 9 000 patients have attended these clinics.

Homeopathy can be used as an integral part of existing treatment and patients are advised to continue with conventional medication that they may be receiving. Evidence from research shows that homeopathy can improve the side effects experienced from long term use of conventional medicine, such as those experienced with Chemotherapy or Anti Retroviral therapy.

This project has been made possible by all of our very generous donors especially sahee Foundation, from Switzerland, THANK YOU ALL!

For more information on homeopathy and homeopathic research please contact us by email.



Outreach -dispensing from the car!



Patients at Ekuphileni wellness centre

Our project for 2018

We need additional funding for this project and would be grateful for any donations!

In addition to continuing the medicinal plant project SHP plans to launch a "Health Guide" booklet to assist our patients with basic health information and self help.

A knowledge gap has been identified especially in the rural areas where simple measures through diet and lifestyle can improve the quality of life. The plan is to design a basic health guide in SiSwati and in English and distribute this to patients at workshops during Zamimphilo com-

GOOD HEALTH GUIDE

KUDLA KWAMI IMPHILO YAMI



A simple guide to healthy living in Africa through nutrition and other self help .

munity outreach clinics. The manual will serve as a reference to information gained in the workshops. It is proposed that the basic health guide education program will create awareness and evoke positive nutritional

practices among patients and optimal health will be maintained. After the workshops the patients will have a better understanding of which foods to avoid for certain medical conditions., which foods to focus on for optimal health , how to exercise for particular conditions like stroke and arthritis to speed up recovery. and how to prepare food for maximum nutritional value.

The guide will also include basic first aid self help.