



# HHA NEWSLETTER

JANUARY-JULY 1/2010

[WWW.HOMEOPATHYFORHEALTHINAFRICA.ORG](http://WWW.HOMEOPATHYFORHEALTHINAFRICA.ORG)

## PATIENTS

We have opened four new rural clinics in addition to our two primary clinics. In the last six months we have seen approximately 300



new AIDS patients, which means we have seen over 700 AIDS patients in the year and a half we have been in Tanzania. The results are excellent, with great changes to people's lives. (A sample of cases is included at the end of this report).

The good results have been noticed by the local medical authorities and now we have been approached by a near-by hospital, which sees 170 AIDS patients a day. They have heard of what we are doing and want us to come into the hospital to work with patients. This is a partnership that we are very happy to begin.

## VISITING HOMOEOPATHS

Eric, a homoeopath from NY, joined us in January and worked in one of the new clinics for three months, with excellent results. Shortly, we will be visited by Noam, who will follow up on Eric's patients, and Vivian, an English homoeopath who will be here for the summer.

We have a new permanent homoeopath working with us. Sagit from Israel, who lives in a neighbouring town and who has trained with us over the last year, has now opened clinics in four Maasai villages. She works in association with a Catholic NGO dedicated to helping PLWHA with alternative medicine.

Recently, the homoeopathic projects in Kenya and Swaziland were our guests and we enjoyed exchanging ideas and good will. We also visited and taught in the Kenyan school and are cooperating with a research project in Swaziland. The Swazi government invited Jeremy to be the homoeopathic expert for the research study that is being conducted with AIDS patients. Swaziland is the AIDS and research centre of Africa.

**LISTEN AND WATCH! OUR NEW SONG AND SLIDESHOW!**

<http://www.youtube.com/jsherr1>



NEW  
ADMINISTRATOR

We have hired Irene, a full time administrator for HHA. Irene travelled to Dar Es Salaam to learn to dispense homeopathic remedies. Employing her greatly improves the efficiency of our organisation.

The pharmacy was catalogued and reorganised and we added many remedies to our stock from donations by pharmacies and individual homoeopaths.



RAU CLINIC AND DAY CARE CENTRE

The Rau clinic and office was fully furnished.

The Rau Day Care Centre now has two teachers and two cooks, all of them patients from our clinic who were unemployed. The children at the centre receive two meals a day and are making excellent progress.



PUBLIC TALKS

In February Camilla gave a public seminar in Finland about HHA and our work with AIDS patients and received very positive feedback from the audience. Jeremy gave a similar seminar in Israel in June. We feel it is important to spread the word of HHA beyond the homoeopathic world to raise the public awareness of the effectiveness and importance of homoeopathy.

HOMOEOPATHIC TRAINING

Our associate, Boaz Ottenyo, who is the head of a local NGO, has begun formal homoeopathic training in a three year correspondence course courtesy of Mani Norland and 'The School of Homoeopathy, Devon'. They have given us one more complementary place and we will be choosing a second candidate shortly. If you have any extra homeopathy textbooks, our students can use them. Contact Tina [tinqui@aol.com](mailto:tinqui@aol.com)

We have run another Homoeopathy First Aid-course for expats in the area and are starting a First Aid course for local Tanzanians, especially those with no work looking for a 'career'.

## HUMANITARIAN ASSISTANCE

We have donated education funds for HIV-positive children and/or for children whose parents are widowed and HIV-positive. This has evolved from our concern over the kids' education. Although it was never a planned activity of HHA, as a part of the Tanzanian community we feel we must respond to this need. For a relatively small sum a child gets at least a chance...

We are assisting one AIDS patient with weekly food parcels. She is a widow with 2 children and no income. She has been very ill with AIDS and unable to work. She has had great improvement in her health after homoeopathy treatment, so hopefully she can return to work soon.

We have helped another AIDS patient, a widow whose house burnt down and was left on the street with her two children. We gave her a microloan and helped her move to a new house.

We are initiating small business loans to our patients, so they can return to work. This still requires funding and is work in progress.

## CASES HERE ARE THREE CASES FROM OUR CLINICS. THIS IS WHAT IT IS REALLY ABOUT.

### CASE 1

One of the most dramatic cases we have had this month is a woman who came in treatment failure. This is a medical term, which means that the ARVs have stopped working, and unless another line of ARVs is successful, she is likely to die. In a period of a few months her weight has declined from 63kg to 43kg, and her CD4 has reduced from

## OTHER EFFORTS

The Kilimanjaro Climbing Kit is a great success and helps raise homoeopathic awareness and funds. There are now many testimonials of people making it to the top thanks to the remedies (It is not an easy climb- very cold and very high).

Our ancient 'Land Rover' Defender was repaired, so that we can go to two clinics at once

## HOMOEOPATHY IN SCHOOL

Our 11 year old son, Ike, prepared his final junior school project on Homoeopathy and AIDS, and presented it to the whole school and parents. There was much interest in the presentation by all who attended.

500 (in September 2009) to 300 in January 2010.

The ARVs have been changed four times, and each time she is growing weaker. This indicates treatment failure which is usually a terminal situation.

Her husband passed away in 1993 from AIDS. She has been infected since and on ARVs since 2007. She has 3 children.

Her main problem is menstrual periods; she bleeds heavily, and hardly has a break in between the periods. They come three times in a month. This has continued for 2 years.

The blood is thick with black clots. Now the periods are continuous with no stopping in between.

She is very weak. She likes to be happy. She is very animated and has a lightness about her, which seems strange in this situation.

Her legs are numb and she can't move her fingers well, worse for cold.

Her skin has pale patches and she can still feel a pain from herpes zoster 2 years ago.

She has no appetite, but she likes spicy foods.

Homoeopathic remedy given.

#### **Follow-up 4 weeks later:**

Immediately after the remedy she got her appetite back. Her weight has increased from 43kg to 55 kg in 4 weeks! Her CD4 is now 374 –up 74 points.

The bleeding stopped and her periods are now normal (this was confirmed 2 months later; once a month with no clots, regular blood flow and no pains)

Herpes zoster-pain is gone.

She didn't mention it but it turns out her mouth and tongue were full of ulcers, which after the remedy have totally disappeared.

She continues to do extremely well. She has gone back to work and all her relatives and friends want to know what she is 'on'!

#### **CASE 2**

Yusufu was diagnosed HIV-positive in 2004. He started on ARVs immediately and now his CD4 is 1048, very high.

But even with the high CD4 he is feeling very unwell.

His skin is shiny, swollen, and with pimples or small boils on the face.

When he began ARVs his breasts became painful. This continued to become so bad that he stopped ARVs 3 weeks ago because he cannot stand the side effects any more.

He has a lot of waist pain.

Numb toes.

He says that when he takes ARVs he feels bad in the heart, feels sick inside the heart, feels good only for 2 hours after taking ARV.

He is very tired and weak, has no energy.

Appetite very low, can't eat, losing weight.

He suffered from rashes when on ARVs, that turned into boils with pus inside.

Dreams are very rare: He can't sleep due to anxiety.

Since his girlfriend passed away he can't sleep.

He looks after his old mother, which is hard because he is very tired.

'Even my neck is tired. I'm so tired I just want to stay alone.'

He is very depressed and has tried to commit suicide twice. He has no work and he can't work because he is too weak. He has no money, no food. He is very thin. In the consultation he breaks down and starts to weep uncontrollably. He worries about his mother who is too old and sick to work. Sometimes he can only give her a piece of bread to eat all day, sometimes there is nothing at all.

Homoeopathic remedy prescribed.

### Follow-up 3 weeks later:

Feels great. No more pains in breasts or waist. Numbness in his toes is gone. He sleeps all night without anxiety. He feels much more energy in the day. Happier, more positive. His appetite is back. There is still a problem with no work and no food. But there is no more depression and the suicidal thoughts are gone.

He is a landscape gardener and we decide to hire him for our garden.

I see him every day now, and he is doing extremely well. He hasn't missed a day of work and is getting stronger every day. 'I am strong, I am happy! I have no more pains anywhere, I sleep so well, I feel good, this is like a miracle to me.'

We went to his mother's house to treat her.

Yusufu is one of our best advocates for homoeopathy. His brother came to visit us from Arusha. He works with a garden-project for PLWHA and volunteered to come and help us establish a garden for the patients, together with education on nutrition and agriculture.

Here is Yusufu's picture one month after taking the remedy.



### CASE 3

Woman, age 39

She is an upright, proud and aware person.

She was diagnosed with AIDS in 2006 but she believes she has had it much longer, maybe 18 years.

Her kids were infected from her at birth.

Last year her CD4 count was 340.

She has been on ARVs since 2006.

Her husband ran away when he found that she was infected, and she is very angry and sad about this. (She got infected by him, he is now dead).

Her angry brother took away all their things after the husband died, which is a common but deadly reaction to the stigma of AIDS.

Now the house is falling down with no one take care of it.

She has no appetite.

Feels pain in under her sternum, thinks it's an ulcer.

Peeling lips.

Sleep is poor. She worries about her kids, there is no money to feed them.

Pain in the joints in knees and elbows.

Losing weight, used to be 68kg now 56kg.

Before taking ARVs she suffered from diarrhoea, eruptions and itch.

Her vision is poor since AIDS.

Feels very weak, has tired legs, so can't work.

Headache in temples and vertex.

Occasional flu and malaria (flu can kill AIDS patients easily).

Has fungal problem in mouth and ulcers on lips.

Tongue black base with white coating.

Chest tight with cough.

Chilly.

Back pain in lumbar region.

Dreams she is in a mortuary, washing dead bodies.

Dream she is chased by a lion and leopard.

Dream she is going to be married.

She would like to be like a lion. Strong and fast. If she was like that no one could hurt her. She would like to kill her brother if she was a lion, for taking their stuff.

Homoeopathic remedy given

### **Follow-up one month**

Her sleep is much better.  
The bad dreams are gone.  
She is eating better, her weight is up.  
She is feeling stronger.

Rx: Continue remedy

### **Follow-up 2 months**

She says the remedy helped a lot.  
The doctors checked her blood and there is no virus!!!!!! Doctors are baffled.  
Since taking the remedy, no malaria.  
She feels strong, can work better.  
Is not tired any more.  
Feels very strong.  
Ulcer has improved.  
Her appetite is much better, weight is now 59 kg, up 3 kg.  
Peeling lips better.  
Joints feel better.  
Vision is very much better. She now sees very well.  
No mouth fungus.

She had a dream that she was talking to her dead father who gave her support and advice, and said he would help her.

Rx: Continue remedy

### **HOW YOU CAN HELP**

To donate please go to the website [www.dynamis.edu](http://www.dynamis.edu) or for any queries or foundation contacts, email our Project Manager, Tina Quirk at [tinqui@aol.com](mailto:tinqui@aol.com) or phone 212-479-7959

For tax deductible donations via our supportive charities:

In the UK, make cheque payable to Homeopathy Action Trust, BE SURE TO WRITE '*JEREMY SHERR AIDS PROJECT*' on the cheque and post to: HAT, PO Box 9022m, Melton Mowbray, Leicestershire LE13 9BZ Please notify us by email that you've sent it.

In the US, make cheque payable to Homeopaths Without Borders, BE SURE TO WRITE '*JEREMY SHERR AIDS PROJECT*' on the cheque and post to: Tina Quirk, PO Box 136, 1202 Lexington Avenue, NY, NY 10028.

### **YOUR DONATIONS MAKE A DIFFERENCE:**

6\$	pays for a translator for one day
30\$	feeds 30 kids in our child centre for a week
40\$	keeps our Pharmacist busy for a month
50\$	pays a month's rent for our Positive Health Centre
60\$	buys fuel for our car to get to distant clinics for two weeks
120\$	is four bags of seeds or four goats, to feed lots of AIDS patients who can't work
400\$	sponsors a new homoeopathic clinic for a month

**WE CAN NOW ACCEPT SUBSCRIPTION DONATIONS. GO TO**

<http://www.homeopathyforhealthinafrica.org/subs/>

