



IDEAS FOR POSITIVE LIVING.



There are only two kinds of people in Africa:
Those infected with HIV and those affected by it.

This booklet is written for people who:

- are living with HIV.
- care for people living with HIV
- are interested in the practical aspects of Positive Living.



DAPP in Zambia



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INTRODUCTION

To the reader.

This booklet is especially for you, who wish to live positively - and for you who care for people with HIV. It covers many aspects of how you can practice Positive Living. Please share these ideas with many people infected and affected by HIV/AIDS.

Thank you to the following for information and material used in this booklet:

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You CAN have a long life

You may believe that if you have HIV you will definitely someday die from AIDS. This is not necessarily true. Although many people do indeed die from AIDS, there are also those HIV-positive people who do not get ill and die from AIDS.

Presently, about five people out of a hundred HIV-positive people do not get ill from AIDS, even 15 to 20 years after infection, these people are called long-term survivors.

There are even some long-term survivors who were very ill from AIDS, and who have regained their health, and have stayed healthy since. How did they do it? These short notes are a summary of some of the ideas to live long and healthy lives with the virus.

Try them out for yourself and choose the methods, which you find helpful. If you feel uncomfortable with any of the remedies, have certain allergies etc. consult your doctor and never stop taking drugs prescribed by your doctor.

True stories of long-term survival

EDNA

We met Edna at an AIDS conference several years ago, in Cape Town. She is from Kenya, and at the time we met her she was 32 years old. She had been infected for about ten years, and she was healthy and fit. In fact, she almost shone with health and happiness. Today — five years later she is still healthy, and has been HIV-infected for 15 years.

When Edna was diagnosed as being HIV-positive she was shocked because she had been faithful to her husband for many years, and the diagnosis meant that he had sex with other women while he was married to her. Furthermore, when she told her husband about the HIV test, he told her to leave, and he kept their two children. Her family also rejected her, as they did not know that you cannot get HIV just from being near someone.

Having no home, no family and no job, she left the village where she lived and moved to the city of Nairobi in order to get a job so that she could feed herself. This was not easy, and many nights she slept outside on the pavement. One day she was desperate, and she went to the local church to seek help. At first the people there did not want her to stay. However, a kind man gave her food, and helped her get a job at a fish factory nearby.

Edna is a religious woman. She often prayed to God, asking why he was punishing her in this way, and she was angry at God for doing this. One night, as she was praying, a voice said to her that God loved her. She was surprised, as she thought that God was punishing her! Over the next few months she began to think about why this was happening to her. Was it punishment by God, or was it some kind of test? Eventually she came to the conclusion that God does not hurt his children, and that it was people who were causing the pain.

When she read the Bible, it said that God loved all his creatures. This was another surprise to her, as this meant that God loved HIV as well! How is this possible? She did not understand, but accepted that this might be true. So she pretended to have a discussion with the virus in her body, and came to an agreement that she would not kill it if it did not kill her.

Edna says that this was an important event for her, as she no longer felt as if there was an enemy in her body, and perhaps she could learn something from it.

Over the next few years she realized that there were many people with HIV and AIDS who were being rejected by their families and communities. So she began to speak to people about her experiences, and offered help where she could.

At the time when we spoke to her, her husband and one of her children had already died from AIDS, and she had reconciled with her family.

We asked Edna about exercise and diet. She says that she is always busy (except for Sundays), and she tries to eat as much fruit and vegetables as possible. She does not smoke or drink alcohol.

We also asked her how she deals with the rejection of other people when they find out that she is HIV-positive. She says that it was her faith in God that has helped her, because she knows that she is never alone and is always loved.

She laughs when she says that she does not care what people think of her anymore — she knows that she is following the path that God intends for her. She says that she has also faced all the things she feared the most — being rejected, losing her family and children, illness and death, and she has little to fear anymore

She says that she is not concerned for the future, as she knows that her life will end when her task is done, and not before. She is happy, and has even remarried.

REMMY



My name is Remmy Pongolati aged 44 years married with 3 children (2 boys and a girl) and 2 grandchildren.

I was working for Zambia Army for 12 years. I took advantage of my job. I was in and out from the hospital until in 1998 I was tested at hope Humana in Ndola and I was found to be HIV positive. I was told by the counselor to bring my wife for the same. I brought her and after being tested the first time she was found to be HIV negative, but after 6 months, that's when she was found to be HIV positive.

We started the positive living course at hope Humana in health and nutrition together and my wife for 6 months and I was proud to be mentioned as the best student in personality and practical!

The project decided to send me to Zimbabwe (Frontline Institute) where I learned more about the programme called Total Control of the Epidemic. When I came back I was employed as a Programme Officer for the Hope Stations. I worked in Chipata, Lusaka and Livingstone.

I finally came to work in Ndola, where I am now taking care of the Herbal garden. I have planted different herbs and I also grow lots of different vegetables and fruits. I teach people how they can use the herbs, fruits and vegetables to improve their health and to treat sickness such as headaches.

I recently started to feel ill and when I saw the doctor, he suggested that I should start on ARVs. At first I was a bit worried because I had heard stories from some people that these drugs have very bad side effects. Anyway, I started taking them because the Doctor said I would only become more sick if I did not. Now I am happy because my health is improving and I believe that it is because of both the healthy lifestyle and the ARVs together that I am doing so well.

I am gaining energy every day and I do still remember what I learned about how to prepare the basic foods in ways that give our bodies the nutrition they need. I also do exercises everyday in the morning together with my wife.

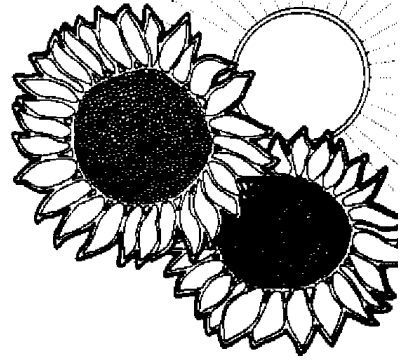
The thing that I can say is that it is better to know your status in time because you can look after yourself and have enough time to decide and plan for the future – for your family and yourself and remember to pray to God every time.

It is more helpful to be open and to talk to people because they can help you and often you can help them. Don't feel shy about it because talking helps.

Facts for Positive Living

You must deal with

- keeping you body healthy.
- keeping your mind healthy.
- keeping you soul healthy



How they did it

Edna and Remmy represent what other People Living with HIV do to stay healthy and happy.

They did not do only one thing which changed their lives

They did many different things.

It did not happen overnight.

It took time to change certain parts of their lives.

They...

- ✍ Accept that the virus is in their bodies.
- ✍ Eat properly and regularly.
- ✍ Drink only clean water
- ✍ Keep a good hygiene.
- ✍ Keep the body strong through immune boosting remedies.
- ✍ Lead active lives.
- ✍ Exercise regularly
- ✍ Do not give up.
- ✍ Take time to relax.
- ✍ Grow stronger as a result of rejection, death, and upsetting events.
- ✍ Have strong spiritual beliefs and values.
- ✍ Strive to make the world a better place to live in, for themselves and for other people.
- ✍ Are honest about thoughts and feelings - they express their feelings.
- ✍ Keep a sense of humour
- ✍ Do not believe that they are being punished by God.
- ✍ Believe that HIV and AIDS is simply a challenge to be faced and dealt with as best they can.
- ✍ Focus their attention on the future, and not the past.
- ✍ Educate them selves about HIV and AIDS.

WHAT IS HIV/AIDS

HIV is an abbreviation for Human Immuno-deficiency Virus.

A virus is a kind of germ. It is extremely small and cannot be seen with your eye. You could fit thousands of HIV on the head of a pin. The Human Immuno-deficiency Virus (HIV) attacks the immune system and makes it difficult for the body to fight diseases.

How is HIV transmitted:

Once a person is infected with HIV, they can infect other people. This can happen in 4 main ways:

- ✍ Through unprotected sex.
- ✍ From an infected mother to her baby during:
 - ✍ Pregnancy
 - ✍ Birth or
 - ✍ Breast feeding
- ✍ Through untested blood transfusions,
- ✍ Use of UN-sterilised instruments, syringes, needles, razor blades, etc.

How many people in Zambia live with HIV?

It is estimated that over 1 million people are living with HIV. The latest Ministry of Health figures put the infection rate amongst adults at 16%, meaning that more than one out of every 10 are living with the virus. The only way to know your HIV status is to go for Voluntary Counselling and Testing (VCT). Before testing you will receive counselling and you will decide with the counsellor if you want to take a test. You will also be counselled after the test. The result is confidential and it is up to you with whom you want to share your status.

How does your body fight HIV?

Your body is made up of small living building blocks, called *cells*. HIV mainly attacks one kind of cell, called the T-Cell (also called the *helper cell* or the *CD4 cell*).

When you have a disease or injury the CD4 cells move to the part of the body, which is under attack and start to fight the infection or disease. Unfortunately, the number of CD4 cells in the body is reduced due to the attack of HIV, and the body's ability to fight the disease reduces. With Positive Living measures it is possible to improve the number of CD4 cells.

What is the difference between HIV and AIDS?

It is important to remember that a person can live with HIV for a long time. There are often several years between being infected with HIV and the time when a person shows the first signs or symptoms. This is the stage that is often called HIV disease or illness stage. At this stage there is still a lot that can be done to stay fit and healthy for a number of years.

After a number of years, HIV multiplies to the stage where your immune system is starting to get weak and you start to get sick. This is when your Health Worker will suggest a CD4 blood test - this will tell you if you need to take Anti-Retro viral Therapy (ART). In Zambia, ART is usually started when your CD4 cell falls below 200.

ART is not a cure for HIV/AIDS. It helps make your immune system stronger so that you can be healthier. It also helps your body to fight off and prevent illnesses such as pneumonia, TB and diarrhoea.

Once a person becomes ill and their body is having difficulty in coping with infections, they are said to have **Acquired Immuno Deficiency Syndrome - AIDS**.

Acquired : Obtained from some outside source.

Immuno: the immune system is the body's ability to fight illness.

Deficiency: Not enough ability to fight illness.

Syndrome: Not just one kind of illness - can be one of several illnesses.

The World Health Organisation has produced a clinical case definition for Africa. AIDS in an adult is defined by the existence of at least 2 major signs and 1 minor sign.

Major signs	Loss of 10% of body weight within a short period Chronic diarrhoea for more than 1 month Chronic fever for more than 1 month (especially with night sweats)
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Minor Signs	Persistent cough for more than 1 month Generalised itchy skin (dermatitis) Recurrent Herpes Zooster (shingles) Pneumocystis carinii pneumonia Oral thrush Chronic Herpes Simplex Enlargement of Lymph Nodes
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Karposi's sarcoma or Cryptococcal meningitis in a person living with HIV are enough by themselves for a Health Worker to diagnose AIDS.

Karposi's sarcoma is a cancer like growth of the blood vessels which appears as dark, raised areas on the skin. These first appear on the trunk or upper body and on the ears and nose.

Cryptococcal meningitis is caused by a fungus. Early symptoms include fever and mild headache, followed by nausea, vomiting, headache and blurred vision. If untreated this disease is fatal.

There is no way to remove HIV from your body - only ways to strengthen your body to live long with the virus. Some people have been diagnosed with AIDS and been very sick - later they have recovered and lived many years. It is possible to move from AIDS back into HIV.

How the Virus is spread

Infection can happen by...

- ✍ Having sex without a condom. You can get diseases from the other person such as STD's and possibly get re-infected with the virus. I
- ✍ Sharing an injection needle with someone else.
- ✍ Bleeding directly into the open wound of someone else.
- ✍ When an HIV-positive woman has a baby.
- ✍ Breast-feeding.
- ✍ Sharing your toothbrush with anyone else.
- ✍ Using the same razor blade as someone else.
- ✍ If you participate in a traditional ceremony where you are cut with a blade, ensure that the same blade is not used on someone else.



HIV can not be spread by...

- ✍ Sharing food, pots, knives and forks.
- ✍ Sleeping in the same bed. I
- ✍ Using the same toilet or chair
- ✍ Touching, hugging, and kissing.
- ✍ Mosquito Bites: It is not possible for someone else to get infected with HIV if they are bitten by the same mosquito that has drunk your blood.
- ✍ Vomit, excrement (feces), tears and pee (urine): There is not enough HIV in these body substances to infect anyone else.

Wounds and cuts

Clean the wound with clean water and an antiseptic. Cover the wound with a bandage or plaster. This reduces the chances of infection getting into your body through the wound and if you are living with HIV it will reduce the risk of others coming in contact with the Virus in your blood.

A HEALTHY BODY and A HEALTHY

Healthy practices

Good health starts with self- help. Healthy practices include:

- ✍ Working normally and exercising daily, within your personal physical limits.
- ✍ Eating a balanced diet and taking small, regular meals
- ✍ Sleeping regularly
- ✍ Taking drugs as directed by your health worker
- ✍ Keeping the living area lean, well ventilated and allowing direct sunlight to shine in
- ✍ PLHA can have normal sexual lives, but must always use condoms

Be Responsible for your own health

When a person is first infected with HIV they may not look or feel any different. A person living with HIV may be perfectly healthy and go on feeling well for many years. HIV may also affect a person's health in many ways:

- ✍ feeling generally unwell, tired or exhausted
- ✍ fevers and night sweats
- ✍ Diarrhea
- ✍ Weight loss
- ✍ Mouth infections

Any of these problems can have other causes and may be nothing to do with HIV. Even worrying about HIV may be enough to start these problems, or make them worse. If you are feeling unwell, or you notice changes in your health it is important to talk to your health care provider. By learning as much as possible you will be better able to make a good plan of action to improve and maintain your health.

Taking good care of yourself will help you to feel better in body and mind, and to be more in control of your life. It will also give your body's defense system a better chance of fighting infection.

Take time to adjust and manage your feelings

There is no right way to react to an HIV positive test result, and different people have different thoughts and emotions. The most important thing is to give yourself time to adjust. One of the most unsettling things about being HIV positive is the range of feelings you can have, even in a day! This can affect your health, how you feel about yourself, how you feel and act toward others and your attitude to life.

Get all the information and support you can ... And don't make any major decisions in your life until you have given yourself time to adjust.

Remember to:

- ✍ Accept whatever feelings you are having
- ✍ Love and respect yourself
- ✍ Realise that life is different now, but you are still you!
- ✍ Accept yourself with all your strengths and weaknesses
- ✍ Be a good friend to yourself
- ✍ Have a reason for living

Who needs to know?

Being told that you are HIV positive is usually a shock, even if a person I prepared. You will have a lot of questions about your future. You may also be worried about how your partner(s), friend and family will react. Sharing your status with others may not be easy, even if you feel that you can rely on them for support.

You should think through who you will share your status with. It is your decision who to tell and how you will tell them. A health worker or counselor is not allowed to give your test result to anyone else without your permission. However, a counselor will be able to help you to think about who to share your status with and may be able to offer practical help and support to help you to do this if you find it difficult.

When you have decided who to share your status with, make a plan of how to tell them. Think about how you were told about your test result. How did you feel then? What did you appreciate most from the person who told you? What might have been done differently? The answers to these questions can guide you in how to tell others and what reactions to expect.

If you think you may have passed HIV to someone else, you have a responsibility to tell them that they should attend Voluntary Counseling and Testing to know their HIV status. Remember that when a person is infected with HIV it can take up to 3 months (and sometimes longer) for it to show up in the test result.

It is also important to consider telling your doctor or health worker that you are living with HIV. This will enable them to give you the right care and is very important if you are getting any drugs or treatments. Knowing you are HIV positive can help your health worker to recognize symptoms that could be related to HIV. Your health worker can give you treatment, or refer you for advice from a specialist. However, if you are in good health you may feel that you need more time to get to know your health worker ... And how she /he will protect the information you give - so you may decide to keep the result to yourself for the time being.

Treatment

At the moment, we do not have a cure for HIV. However, there are treatments which can help a person living with HIV:

ARVs

Anti Retro Viral drugs can help to prolong your life. They can help to reduce the amount of HIV in your body (sometimes it falls so low that it cannot be measured) and help your immune system to work normally, but they cannot get rid of the HIV altogether.

This treatment is often called combination therapy because it uses a combination of 3 drugs which work together to attack HIV in different ways. Not everyone who is HIV positive needs to be on ARVs.

Before you start ARVs you will have to see a doctor. The doctor will examine you and measure the number of CD4 cells in your blood. If you are showing signs of illness and have a CD4 count below 200, the doctor will advise you to start treatment and prescribe the ARVs at a minimal cost. (Currently K40,000 per month - June 2004).

If you can not get on the government programme, or you can afford to pay more, a private doctor can also prescribe ARVs for you. Try to find one with experience of dealing with HIV.

How to make ARVs work for you

ARV treatment is usually with 3 drugs. Here in Zambia they are combined into a single tablet. It is important to take the tablets exactly as prescribed by the doctor.

Sometimes ARVs have side effects including nausea, vomiting and feeling dizzy. If you have these problems you should not stop taking the tablets, but should see the doctor for advice.

If you do not take the tablets in exactly the right way, the HIV can become familiar with the drugs and can fight against them - this is known as drug resistance.

So, once you start taking ARVs you must take them for the rest of your life ... It is very dangerous to your health to take ARVs for a short time or to miss a dose.

Prophylaxis

There are drugs which can help to protect you from specific infections before you get them. E.g. there are drugs that reduce your chances of getting TB.

Medical Care

Many of the infections a Person Living with HIV is likely to get (such as TB or Malaria) can be treated as and when necessary. It is important to get treatment as early as possible so that the immune system is not stressed.

Alternative or Complementary Medicine

There are a number of herbal remedies and simple nonprescription treatments, e.g. multivitamins that can make you feel better and more in control of your health. If you are using any of these you should always tell your health worker.

Diet, exercise and home remedies help your body to stay healthy

WHAT TO AVOID

- ✍ Cut down on the use of sugar. Sugar is not healthy for people living with HIV.
- ✍ Cut down on the use of oil. Eat less fried food and include food that is boiled, steamed or raw
- ✍ Cut down on drinking soft drinks, tea and coffee
- ✍ Stop smoking
- ✍ Stop drinking alcohol or drink in very small quantities.
- ✍ Eat less processed food - roller meal is better than breakfast meal, fresh food is better than canned food, brown bread is better than white bread.

INGREDIENTS IN A HEALTHY MEAL

- ✍ Eat more vegetables - always include green vegetables in your meals (Cassava leaves, Rape, Bondwe, Okra or salad)
- ✍ Eat less meat - and get more proteins from vegetarian food such as Soya, beans, cow peas and ground nuts.
- ✍ Eat more kapenta and fish.
- ✍ Eat more fruits
- ✍ Eat unrefined carbohydrates such as roller meal and brown bread.

FOODS WHICH STRENGTHEN YOUR BODY.

- ✍ Eat 2 cloves of Garlic every day (preferably raw). It assists your body to fight many infections.
- ✍ Eat 1 raw carrots every day - they are good for the stomach and give vitamins.
- ✍ Drink Herbal tea - you can produce your own tea. A good and immune boosting mixture is: Lemon grass, Pennyworth and Peppermint. Use dry or fresh leaves and drink at least one cup every day.
- ✍ Eat natural yogurt/ sour water or sour milk - especially after diarrhea and stomach problems. It gives back some necessary natural bacteria to the stomach and intestines.
- ✍ Eat a variety of herbs and spices such as Cayenne Pepper, Parsley, Fennel, Ginger, Cloves, Cinnamon etc. They give a good flavour to the food and is good for the body.
- ✍ Eat a variety of seeds: You can dry the pumpkin seeds, fry them or pound them and use in relish. Sunflower seeds and Sesame are very healthy as well.
- ✍ Watermelon. The flesh has lots of antioxidants - which help the body to fight disease, and the seeds are rich in vitamins and minerals.



There are not 2 people who are exactly the same, so it is important to listen to your body when planning your diet. If you feel bad after eating a certain food, then cut it out of your diet for a while, then try to start eating it again in small amounts.

Your body will also tell you how often you should eat and how much. However, it is better not to wait until you are thirsty to drink. If your body is telling you it is thirsty, it is already late to be drinking water. See page 19 for more about water.

VITAMINS AND MINERALS ARE IMPORTANT

The body needs vitamins and minerals to work well. There are many different vitamins and minerals, each with its special uses in the body. Anyone with a weakened immune system must take special care to meet their body's needs for vitamins and minerals.

Selenium: People who do not have enough Selenium in their body can develop AIDS illnesses twenty times faster than someone who has enough Selenium. It is difficult to get Selenium from food and therefore it's good to take vitamin supplements if you can afford them. Selenium is found in most seeds and nuts (e.g. sunflower seeds, Brazil nuts). It is also present in brown rice, egg yolk, onion, garlic, alfalfa and milk.

Vitamin A: Yellow and orange fruits and vegetables contain this vitamin (e.g. sweet potatoes). One of the best ways to get vitamin A (Beta Carotene) is from carrots. All dark green leaves also have a lot of vitamin A - therefore eat Cassava leaves, Bondwe, Rape etc.

Vitamin B: There are many types of vitamin B - it is especially important to get B12. You can get vitamin B from milk, fish, groundnuts, eggs and meat.

Iron: It is important to get enough iron to avoid anemia. This is especially important for women. Iron is found in dark green leaves (Cassava, Bondwe, Rape etc.), fish and offals. Iron is also found in Cowpeas (note cowpeas are more nutritious in terms of iron and vitamins than beans). V

Vitamin C: This vitamin help the body to use the iron in food and is vital in the body's fight against infections of all kinds. All fruits contain vitamin C - especially lemons. Also Oranges, Pawpaws, Guava and Mango's contain much vitamin C. However to get the amount needed to fight viruses you would need to eat 8 Guavas daily. It is therefore beneficial to take vitamin supplements, especially if you are ill. Vitamin C tablets can be bought from the chemist and used as a supplement when needed.

Zinc: You will get this mineral through legumes, fish and meat. However it is difficult to get enough and vitamin supplements are recommended.

Vitamin supplements.

Even if you eat a balanced and good diet, it can be difficult to get enough vitamins, because People Living with HIV need more vitamins and minerals than the average person. Most vitamin tablets do not contain Selenium, which is an important mineral for people living with HIV. Therefore it is good to ask for multivitamins with Selenium.

PROTEINS

Proteins are very important to keep the body strong . Proteins are used to build and repair the body. People living with HIV need more protein to stay healthy. Meat, eggs, fish, milk and other products from animals contains much proteins. Soya is the vegetarian product that contains most protein - just as much as meat. Other vegetable high in protein are groundnuts, beans, cowpeas and peas.

Cheap sources of protein are:

- Kapenta which has a very high content of protein (45 g of protein per 100 g)
- Soya beans/ Soya crunch/ Soya flour (38 g of protein per 100 g)
- A variety of other legumes such as cow peas, beans and groundnuts (25 g protein per 100 g)

CARBOHYDRATES

Carbohydrates provide the body with energy . Every part of our body needs energy to work properly. There are 2 groups of carbohydrates:

Light carbohydrates - grains like oats and rice and fruits (which contain natural sugars). These are easy to digest and give fast energy.

Heavy carbohydrates - like nshima, potato, sweet potato and bread contain a lot of starch so they take longer to digest.

Sugar, white bread and breakfast meal is not so healthy for the body as it digests fast and will bring the blood sugar out of balance.

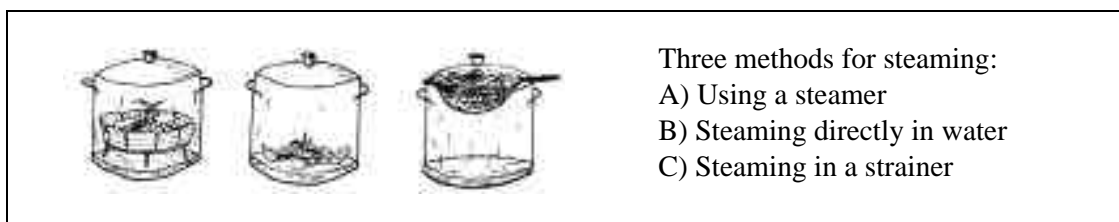
A BALANCED DIET.

A balanced diet will need ingredients from the various food groups: Vitamins, proteins and carbohydrates. Examples of good balanced meals are:

- Nshima with rape and groundnuts.
- Nshima with rape and kapenta,
- Rice with scrambled eggs and salad

A very common mistake is to eat too much carbohydrates and little relish resulting in an unbalanced meal. Balance the meal - let the portion of relish be as big as the portion of nshima.

COOKING METHODS



Three methods for steaming:

- A) Using a steamer
- B) Steaming directly in water
- C) Steaming in a strainer

It is very important to use good cooking methods in order to keep the nutrients in the food.

Some basic cooking advice:

- ✍ Never overcook vegetables. It's better they are a little crisp when eating them.
- ✍ Do not use soda (or ash) - it destroys all nutrients !!!
Try to cook without soda - you will find it works out well.
- ✍ Stir-frying vegetables: Fry the vegetables in a little hot cooking oil for about five minutes. Add water and turn down the heat. Let simmer until the vegetables are ready (still crisp) - you can use this method cooking small pieces of meat and chicken as well.

- ✍ Steam the vegetables using one of the three methods illustrated above

CONSERVATION OF VEGETABLES.

If you dry vegetables correctly they will keep most of the vitamins. Before drying it is important to blanch them:

- ✍ Bring a pot of water to a boil.
- ✍ Chop the vegetables / green leaves etc. and put them in a thin piece of cloth or a sieve.
- ✍ Dip the cloth with the vegetables in the boiling water for 2 minutes for green leaves and 3 minutes for green beans, green pepper etc. (use a big pot in order to keep the water from not boiling when you put in the vegetables)
- ✍ Put them in cold water so they cool down immediately
- ✍ Dry in the shade in a place with good air circulation.
- ✍ Carry out the same exercise before freezing vegetables.

USE OF A SOLAR DRIER

Green leaves will maintain most nutrients when they have been blanched. For fruits and mushrooms which cannot be blanched it is good to construct a solar cooker. This can also be used for vegetables which take a longer time to dry.

The solar dryer is especially beneficial if part of the year you have a lot of fruits such as Mango in the Mango season and the rest of the year nothing. It is also very good to dry wild fruits such as Ngayi and Cheenje. These fruits can be found cheaply or even for free in the season and provide you with vitamins the whole year after drying. Get detailed information on how to construct a solar dryer from your nearest DAPP project or from an Agriculture Extension Officer.

SPROUTING AND MALTING OF GRAINS








Sprouts are germinating seeds. A germinating seed is one that is starting to grow into a new plant. You can sprout beans, cowpeas, green graham, peas, sorghum, millet, maize and sunflower (without the shells). There are many advantages of sprouting:

- ✍ the sprouting increases the vitamin, mineral and protein content in the food that you sprout.
- ✍ sprouts contain many live enzymes that help in digesting food.
- ✍ sprouts are green and fresh vegetables which can be grown without a garden and without much water.

Sprouting of maize/ millet and sorghum is know traditionally in Zambia and are especially practiced by old people. This valuable knowledge should not be forgotten but instead promoted.

Sprouted maize is dried and later ground. This millie meal can be used for nshima and for porridge and is more nutritious than that made of not sprouted maize. It is especially good for people gaining strength after a disease and for babies.

Sprouted legumes are not well known. The sprouts can be used fresh in salads or cooked as relish. Sprouted beans shall only cook for a short time.

SPROUTING CHART		Time to soak seeds	Approximate time until ready	Length of sprout when ready to eat
alfalfa/ lucerne		4 hours	4-6 days or until they develop green leaves	3 cm
beans		12 hours	4-7 days	1 cm
lentils		12 hours	2-5 days	½-1 cm
peas		12 hours	2-5 days	1 cm
sorghum or millet		8 hours	2-3 days	½ cm
maize		12 hours	3-4 days	1 cm
sunflower (without shells)		12 hours	1-3 days	½-1 cm

How to prepare the sprouts.

- ✍ Clean the grains/ legumes. Put them into a bowl/ jar and cover with water and with a cloth.
- ✍ Leave the grains to soak for 12 hours (8 hours for small seeds like millet and sorghum).
- ✍ Rinse the grains and drain the water.
- ✍ If you prepare a large quantity you can spread out the grains on some clean sacks in a 2 cm layer. If you prepare a small quantity (ex legumes) you can leave in a basin.
- ✍ Cover with a moisture cloth/ banana leaf or similar. Keep in a dark place.
- ✍ Note - the grains shall be kept moist all the time. Sprinkle with water at least twice a day. If you prepare smaller quantities in a basin rinse twice a day.
- ✍ The sprouted grains/ legumes are ready to eat after 3 to 5 days (when the first leaf has developed)
- ✍ Use the sprouted legumes directly - dry the maize/ millet/ sorghum and grind.

FERMENTED FOODS.

Foods, like sour milk and sour porridge, which are left to stand for a period of time before they are eaten, are called fermented foods. These foods are commonly found in Africa - an example is “sweet beer” - like Chibaunto in Southern Province. Fermenting changes the taste and nutrient content of foods and helps to preserve them. Special harmless bacteria multiply in the food during fermenting. Fermenting makes food easier to digest and the food contains a friendly flora, which further helps digestion. They are good for all digestive problems such as diarrhea, candida (thrush) and weight loss.

SOUR WATER.

Excellent for all digestive problems. It contains a friendly flora, enzymes, vitamins and minerals. Sour water is good for diarrhea, thrush, weight gains and ulcers. Drink it for two weeks after taking antibiotics to replace friendly flora. Drink it regularly to prevent digestive infections.

To make sour water, you can use any grain, millet, sorghum or rice.

- ✍ Sprout 1 cup of grains (see how to sprout grains on page 8) - sprouts are best but you can also use grains, which are not sprouted.
- ✍ Soak the grain in 3 cups of clean water (boiled or solar treated, not using chlorine)
- ✍ Cover tightly and leave for 2 to 3 days. The water is ready to drink when it starts to form bubbles. The warmer the weather, the sooner it will be ready.
- ✍ Strain the water from the grains.
- ✍ Store the sour water in a cool place or in a fridge.
- ✍ Use the same grains again. This time it will only take one day to produce the sour water. A third batch can be made from the same grain. Hereafter it shall be thrown away (given to chickens).
- ✍ Drink ½ cup 3 times a day. For a better taste and smell you can add lemon or spiced tea. Do NOT heat the sour water.

SOUR PORRIDGE.

- ✍ Make “normal” porridge out of millie meal, sorghum, millet or rice.
- ✍ Let it cool down to 30 degrees (luke warm).
- ✍ Add a little malted grains (1 small cup per 2 liters of porridge).
- ✍ Leave the porridge covered overnight.
- ✍ The following morning it will have fermented and it will have a fresh sour taste. It’s ready to eat.

PROTECT YOUR STOMACH.

Protect yourself against diseases brought though bad food, bad water and bad hygiene.

Good hygiene is very important.

- ✍ Always wash hands after using the toilet, before eating, before cooking and after handling babies.
- ✍ Always use ash or soap for washing hands and wash in running water (not in the same basin with other people, who might have germs on their hands when washing)
- ✍ Keep your home, your body and your surroundings clean
- ✍ Always use a toilet/ latrine. Teach small children to use it correc



Always drink clean water.

- ✍ Do not trust the water from the tap. Water straight from a bore h is more safe. The best is to treat all drinking water.
- ✍ This can be done through boiling, chlorinating or using rays from the sun.
 - ✍ Method 1: The method to clean the water using sun rays: Use a clear container (for example en empty Manzi bottle), put it in the sun with a black background. Leave it in the sun the whole day before drinking.
 - ✍ Method 2: Boil the water for 10 minutes.
 - ✍ Buy a filter and let all water pass through this filter
- ✍ Keep drinking water in closed containers.

DRINK 2 LITERS OF CLEAN WATER EVERY DAY !

Drinking enough water assists the body to fight diseases. Drink 8 glasses of clean water every day.

Food hygiene

- ✍ Germs easily live in left over food. Avoid eating left over food - or boil it thoroughly before eating.
- ✍ Cover all food
- ✍ Wash fruit and vegetables - especially those used for raw salad in water with chlorine (or 1 teaspoon Jik in each liter of water)



PROTECT YOURSELF AGAINST MALARIA.

Malaria is the number one killing disease in Zambia. A mosquito bites especially between 21 hours in the evening and 5 in the morning. The mosquitos which spread malaria only move around in the night. Sleep under insecticide treated mosquito nets. Cover stagnant water ponds and keep the surroundings clean - to avoid breeding of mosquitoes.



Seek early treatment if you get sick. If the medicine does not work, you must go back to the hospital/ clinic for a different type of medicine.

DEWORMING MEDICINE.

It has been found that regular (twice a year) - deworming helps to keep the viral load down. It is important to treat the whole family. Mebendazole can be bought cheap if bought in big quantities. Support Groups for People Living with HIV/ AIDS can organise this. Pregnant mothers and children under 2 years should not take the regular deworming tablets but need special attention for the doctor.

KEEP YOUR BODY TEMPERATURE

Normal body temperature is 37° C. HIV often reduces the body temperature and that weakens the body's ability to fight all kind of infections. It is even better if the body temperature is a bit higher than normal.

The following are methods to increase the body temperature and the metabolism (the speed in which the body works):

- ✍ You need to rest and sleep properly, especially if you work hard. Hard work and stress only become a problem if you don't rest properly .
- ✍ Regular exercise and physical activity
- ✍ Use warming spices: cayenne, ginger, garlic and cinnamon.

POWER DRINKS.

The following drinks bring up the body temperature and the metabolism








- Mix ¼ of a teaspoon Cayenne Pepper (hot spice) in one glass of milk or water - or half milk and half water. Drink it cold or hot as you like best - one glass three times a day.

- Boil ginger (fresh or powdered), whole cloves and whole cinnamon in water. Add milk and tea leaves. Sweeten with a little sugar or honey.

- Boil 1 garlic clove, ¼ teaspoon turmeric, 1 teaspoon finely copped fresh or ½ teaspoon ginger, ½ cup water and ½ cup milk (you can also use water only). You can add a little sugar or honey.

USE OF VARIOUS SPICES

SPICE CHART

Spice or herb	Use in the body	Use in cooking
Cayenne 	stimulates circulation, stimulates the appetite, heals ulcers and intestinal inflammation, helps fight infections, stimulating, warming	Very strong. Add a pinch to cooked or raw foods. For an energizing drink, add cayenne to fruit juice or water (¼-½ teaspoon in 1 cup).
Cinnamon 	warming, diarrhoea, nausea, cramps, weak digestion, as a rinse or gargle for mouth sores, for skin fungi, controls infections	Stick or powdered. Use in soups, stews, desserts, milk, warmed fruit juice, tea (¼ teaspoon in 1 cup water).
Cloves 	warming, stimulates appetite, for weak digestion, diarrhoea, vomiting, nausea	Whole or powdered. Use in soups, stews, warmed fruit juice, tea (4 cloves or ¼ teaspoon in 1 cup water).
Coriander 	flatulence, indigestion, controls bacteria and fungi, stimulates the appetite	Fresh, dried seeds or powdered. Excellent flavour. In salads, stews and soups.
Fennel (Banishap) 	cramp, flatulence, expels gas, stimulates appetite	Seeds or powdered. In stews, tea (1 teaspoon seeds in 1 cup water).
Ginger 	improves digestion, warming, energizing, nausea, diarrhoea, stomach cramps, gas, promotes gastric secretions, cleanses the colon, colds, flu, stimulates appetite	Fresh, dried or powdered. Fresh is best. In stir-fries, stews, soups, tea (Fresh: 1 teaspoon finely chopped in 1 cup water, simmer for 10 minutes. Powdered: ¼ teaspoon in 1 cup water).
Turmeric 	digestive aid, antiseptic, antioxidant	Powdered. Gives yellow colour to curry and rice.

PHYSICAL EXERCISE

It is important to exercise daily. Part of your work and daily activities might include exercises such as working in the field or garden, carry water, bicycling, cleaning the home etc.

There are different types of exercises:

- those which keep the body temperature, strengthen the blood circulation and the heart such as walking, running, bicycling, swimming, jogging, gymnastic exercises such as running on the spot with high knee lifts, jumping, arm swing etc. If you don't move much during your work you should at least carry out one these activities for 10 to 20 minutes every day. In order to strengthen the heart, lungs and blood circulation you need to challenge your body.
- those which build up the muscles, such as push ups, lifting etc.
- those which stretch the body, muscles and joints, including a variety of gymnastic stretching exercises and yoga. These exercises strengthen your body, relaxes it and provide energy.

Yoga exercises

Yoga has been practiced in India for 5000 years and it has been proven to work on improving the well being of body and mind. The word means "joining together" and it builds on the idea that mind and body should work together. In Yoga exercises you stretch your body, fill your lungs with air and rest your mind. The best is to learn Yoga from an experienced person - you can also study more about the various exercises in a book about Yoga.

How to do Yoga exercises

- there exists a variety of positions (exercises). Each of these assist the body in various ways - some strengthen the body, some give energy, some improve digestion etc.
- exercise on a mat or blanket.
- use comfortable and loose clothes.
- exercise 2 hours after a meal - never exercise shortly after eating.
- do the exercises slowly, keep the position for some time (count to 10).
- breath deeply and slowly through your nose.
- do the exercises the same time every day.
- do not stretch yourself so it inflicts pain. In the beginning you will therefore not reach the full positions - it will come with time.

YOGA EXERCISES

EXERCISES ON WHEEL 1			EXERCISES ON WHEEL 2			EXERCISES ON WHEEL 3		
Number	Grade	Body parts exercised	Number	Grade	Body parts exercised	Number	Grade	Body parts exercised
	easy	Limbers the spine and strengthens the lower back.		hard	Allows fluids to flow easily to the upper regions.		hard	Improves balance, posture, stretches front of body.
	easy	Improves balance, coordination. Exercises ankles, legs, back.		hard	Stretches whole body, tones hips, legs and abdomen, blood flow.		easy	Energises, improves posture, nervous system, strengthens
	easy	Good for posture, circulation. Exercises lungs and thorax.		medium	Loosens & strengthens hamstrings, back, legs and spine.		medium	Loosens shoulders, strengthens back, shoulders, arms.
	easy	Tones legs, hips and abdomen.		medium	Encourages circulation in the spine and front of the body.		medium	Loosens spine. Helps digestion & constipation.
	medium	Massages spine and abdomen. Benefits liver and spleen.		hard	Stretches whole body, encourages circulation and breathing.		medium	Loosens the feet, legs and spine. Tones the neck, back
	easy	Eases tension, fatigue, lets the mind rest.		easy	Gives a sense of physical & mental ease, better posture.		medium	Loosens spine, help nervous system, circulation, digestion
	easy	Good for meditation. Encourages deep breathing.		medium	Improves balance, posture and equilibrium.		medium	Loosens hips, legs. Massages internal organs, helps digestion
	easy	Good for meditation, concentration and deep breathing.		medium	Improves balance, posture, concentration. Strengthens ankles.		hard	Strengthens back, neck legs. Nourishes brain, facial tissues, scalp.
	easy	Loosens spine, stretches front of body. Stimulates circulation.		easy	Improves posture, circulation, loosens spine, tones muscles.		medium	Strengthens abdominal muscles, removes fat, massages organs.
	easy	Improves posture, loosens shoulders, upper back muscles.		medium	Improves balance, posture, loosens & strengthens legs.		medium	Good for posture, strengthens back. Loosens hips, legs.
	medium	Loosens shoulder, spine, upper back. Strengthens arms, hips and legs.		easy	Encourages deep breathing, using the lower lungs, diaphragm.		medium	Massages abdominal organs and muscles, helps digestion.
	hard	Loosens spine, hamstrings. Massages organs.		easy	Good for meditation, enhances concentration, deep breathing.		medium	Good for posture, lungs, abdomen and shoulders.

PREVENTION AND CURE

AVOID RE-INFECTION - AVOID INFECTING OTHERS.

Always use a condom when having sex - even when having sex with your spouse or permanent partner - in order to avoid re-infection. Re-infection will give you a higher viral load and will therefore weaken your body's defense system and you can more easily get sick.

In order not to infect others:

- ✍ Avoid having many partners
- ✍ tell your partner(s) your HIV status
- ✍ always use a condom when having sex.

Condoms are now part of everyday life. They can be obtained for free at some Health Centres and are also available to buy from chemists, supermarkets, bars and many other places. In order to be effective, condoms must be used correctly - follow the instruction on the packet very carefully.

Safer Sex

Many people know the risks of Sexually Transmitted Infections (STIs) and pregnancy and have a good idea what is safe and what is not. Safer sex is an issue for everyone - not just People Living with HIV!

However, talking about sex can still be a problem and it may take some thought, careful handling and courage. It is important to think things through and make a good plan. Remember to:

- ✍ Be straightforward and honest.
Think through what you want and what you don't want. Value yourself, your partner and the judgments you make.
- ✍ Get advice if you are uncertain
A Health Worker can give you more detailed advice about safer sex, and help you to make a good plan for how to discuss the issue with your partner.
- ✍ Choose the right time
When you are already physically close to someone, you may not be able to discuss things calmly and properly ... you may end up doing something you regret later. Pick a time when your head still rules your feelings. Remember that alcohol and other drugs can affect your decision making skills.

AVOID STIs - TREAT STIs.

The most common Sexually Transmitted Diseases (STIs) are Syphilis and Gonorrhoea. STIs are very dangerous, especially for people living with HIV. You can protect yourself from STIs by using a condom correctly every time you have sex.

Symptoms for STIs include sores on and around the genitals, pain and discharge when urinating and swollen glands. Men have generally more symptoms than women. That is a reason for it being so important that a person infected always informs present and former partners about the STI, so the partner(s) can be treated as well.

Seek early treatment. All STIs except for HIV/AIDS can be treated. If these diseases are not treated they can cause infertility and syphilis can in a later stage even cause the person to become mad.

OPPORTUNISTIC INFECTIONS

A number of diseases are common for people who are infected with HIV. The following is some of the common diseases and some home remedies to prevent / reduce the effect of the disease. HIV negative people can also suffer from the same diseases.

TUBERCULOSIS (TB).

<p>Symptoms: Chronic coughing, fever, chest pain or pain in upper back, rapid loss of weight</p>	<p>Home Treatment: TB can be treated. Take the tablets as prescribed by the hospital - the medicine has got many side-effects, but you <u>must</u> continue. Even if you think that you are cured from TB. If you stop before you should TB will come back. Never forget one tablet. Eat healthy food with many proteins and vitamins</p>	<p>Go to the Clinic at once if you suspect TB. The clinic will take a sputum test. If you are in doubt about the result - insist on an X-ray.</p>
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SHINGLES HERPES ZOSTER

<p>Symptoms: A painful rash with blisters.</p>	<p>Home Treatment: * Rub the liquid from the Aloe Vera leaf on the rash. * Apply calamine lotion twice daily. * Put a few drops of pure lemon juice directly on the rash. * Keep the sores dry, avoid letting clothes rub on them. * Bathe the sores with warm salt water four times a day or apply gentian violet once a day.</p>	<p>Go to the Clinic If: Shingles is in the face involving the eyes.</p>
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NAUSEA

<p>Symptoms: It is common to feel nausea, which is uncomfortable and make you lose your appetite. This can again lead you to lose weight</p>	<p>Home Treatment: * Drink fresh lemon juice in hot water to cleanse the digestive organs. Especially in the morning. * Use the three spices (ginger, cloves and cinnamon) - as a drink or in tea. * Drink lots of clean water. * Avoid fatty and sweet foods. * Eat frequent small meals and rest after eating * Make exercises such as fast walking and yoga * Get plenty of fresh air</p>
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DIARRHEA:

<p>Prevention:</p> <p>Drink only clean, boiled or treated water</p> <p>Eat clean, safe food.</p> <p>Clean your hands often especially after using the toilet and before eating.</p> <p>Eat raw garlic regularly</p>	<p>Symptoms:</p> <p>Three or more loose watery stools in a day.</p>	<p>Home Treatment:</p> <p>Eat garlic, ginger, cinnamon and cloves and other spices and herbs.</p> <p>Replace the liquid you lose through drinking a lot. If the diarrhea is very bad prepare and drink one cup of dehydration drink after every stool. (1 cup of water, 2 teaspoon sugar, ¼ teaspoon salt and if available juice from a lemon or orange)</p> <p>Eat soup, sweet potatoes and other nutritious food.</p> <p>Take yogurt, sour milk or sour water in order to replace the friendly bacteria in the stomach.</p> <p>Crush charcoal and add to water. Drink it to clean the stomach.</p>	<p>Go to the Clinic If:</p> <p>It does not get better or if you have fever or are vomiting and cannot keep fluids down.</p>
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CANDIDA / THRUSH

<p>Symptoms:</p> <p>Candida causes white patches and sores in the mouth, often as well as the throat, diarrhea, night sweats and vaginal yeast infections in women.</p>	<p>Home Treatment:</p> <p>The following can be used for prevention as well as cure:</p> <ul style="list-style-type: none"> * Drink Sour Water and use it as a mouth rinse. * Eat fermented food such as sour milk. * Rinse mouth with salt, lemon water or garlic tea. * Garlic tea is made by pouring boiling water over 2 peeled and chopped cloves, allow it to cool and then drink * Eat plenty of garlic - best to chew raw garlic. * Candida feeds off sugar so avoid eating sugar, alcohol and too much sweet fruit. * Gently scrub tongue and gums with a soft toothbrush after meals. 	<p>Go to the Clinic If:</p> <p>You are unable to swallow properly. or Burning pain in the chest or deep pain when swallowing.</p>
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SORE MOUTH

<p>Symptoms: Sore in the mouth due to a weakened immune system .</p>	<p>Home Treatment: The following can ease sore mouths:</p> <ul style="list-style-type: none"> * Drink nutrient-rich liquids such as vegetable soup and lemon juice. * Eat soft and mashed foods. * Avoid spicy and acidic foods * Insert a clove of Garlic in the anus. * Apply Garlic ointment on the sores * Chew raw garlic every few hours. * Rinse your mouth with warm salt water or a mixture of baking soda a water.
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WEIGHT LOSS

<p>Symptoms:</p> <p>Serious weight loss is a common problem caused by HIV infection.</p>	<p>Home Treatment:</p> <ul style="list-style-type: none"> * Eat many meals - or eat snacks between the meals -eat more. * Eat extra food when you have been sick in order to put on the weight you lost. * Control the body temperature (which is important for digestion) * De-worm yourself regularly * Drink sour water and fermented food.
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SKIN PROBLEMS

<p>Common Problems:</p> <p>Rashes, Itching skin, Painful sores, Slow healing of wounds, Boils and abscesses</p>	<p>Reduce Itching by:</p> <p>Cooling the skin with water or fanning. Applying lotions like Calamine. Applying Vaseline, glycerin or vegetable oil. Apply Aloe Vera on the skin. 30 minutes of sunbathing early in the morning or late in the afternoon can help to relieve rashes</p>	<p>Prevention:</p> <p>Keep nails short.</p> <p>Use soap and water to wash the kin, and keep it dry in-between washing.</p> <p>Rubbing or gentle slapping instead of scratching</p>
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WOUNDS

<p>Wounds which are NOT infected:</p> <p>Wash the area with clean water (mixed with a little salt or Gentian violet) Protect by covering with gauze or bandage or cloth Put a warm compresses of weak salt water on the area four times a day (1 tsp. salt per 1 litre water)</p>	<p>OPEN wounds which are INFECTED:</p> <p>Wound is red, swollen, hot, painful, pus, bad smell. Apply hot compress over the wound for 20 minutes four times a day. Wounds on the hand or foot soak in a bucket of hot water with soap. If there is dead tissue use hydrogen peroxide to clean it.</p>	<p>CLOSED wounds INFECTED:</p> <p>Most common in groin, buttocks, back and upper legs. Apply a warm compress so that the boil might mature. Go to the clinic</p>
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PREGNANCY and Mother to Child Transmission (MTCT)

Choosing to become a parent is often a difficult decision, and HIV makes it even more complicated. Couples who know that one or both of them are HIV positive should use family planning and think carefully before deciding to have a child.

This because pregnancy and birth are more difficult for an HIV positive women and there is a risk for the child to be HIV positive.

Statistically 1 out of 3 babies born to mothers who are HIV positive will also be HIV positive. This means that most babies born to women living with HIV will be HIV negative.

The transmission of HIV to the baby can happen either:

- ✍ during pregnancy - it is especially dangerous if the mother has an STI or becomes HIV positive while pregnant
- ✍ during birth
- ✍ during breast feeding.



It is possible to reduce the transmission of HIV to the baby to at least half and to reduce the mother's risk of becoming ill through using the following advice.

Methods to reduce the risk to infect the child and to improve the health of the mother

- ✍ Anti Retro Viral Therapy. This is offered in most Districts today, and it is expected that it will soon be available in all districts. The therapy is carried out by the hospitals / clinics in the government programme and by private practices. There exist two types of therapy:
 - ✍ AZT drugs are given from week 36 of the pregnancy though to delivery
 - ✍ Nevirapine is given in a single dose at the start of labor followed by a single dose of the same drug to the baby within 72 hours after birth.

- ✍ Eating enough food and a balanced diet is important during pregnancy - this will reduce the chance for the child to get the virus. Eat enough food with vitamin A, B and iron rich foods as well. Such foods include carrots, dark green leaves, pawpaw, pumpkins and sweet potatoes. Also eat enough proteins through kapenta, Soya, legumes, milk etc. Work on reducing the viral load because the higher the viral load the more risk for the baby to get infected.

- ✍ Ensure that an expectant mother gets enough rest during pregnancy. The husband and family should be very attentive to her needs and assist with house work where needed.

- ✍ Avoid taking any medicine - if you are unwell, check with your health worker before starting any treatment (even herbal remedies).

This advice is always important for all pregnant mothers. However they are even more important to HIV positive women, because stress is known to boost the viral load. Pregnancy and birth is a stressful situation and the additional stress must be reduced as much as possible.

- ✍ Breast feed exclusively for 6 months.
 - ✍ This means that the child should only be given breast milk for the first 6 months. Do NOT give any water or other type of food. Exclusive breast feeding will build up strength in the body of the baby (whether negative or positive) and will help the baby to avoid disease.
 - ✍ Mixed feeding also causes tiny microscopic cuts and bruises to the inside of the baby's stomach, through which the HIV in the breast milk can enter the baby's blood stream.

- ✍ Wean the baby after 6 months and start giving milk formula if you can afford. If you can not afford this, or you are not able to keep very strict standards of hygiene, get advice on alternative feeding from the clinic. They will have specially trained nurses who can advise you on the right way to feed your baby. This may include giving milk from animals (diluted) and additional nutritious porridge with mashed eggs, ground nut powder, Soya flour etc.

KEEP YOUR MIND HEALTHY



How your attitude can help you stay healthy.

Your mind affects your health in powerful ways.

HOW DOES IT WORK?

There are two powerful ways in which your thoughts and feelings can affect your body:

1. Your nerves

When you think or feel something, your brain sends messages to your body through your nerves. A good example is when you think about sex or food: Your body responds AS IF what you are thinking about is real, such as becoming sexually aroused or saliva being released in your mouth.

2. Hormones

These are substances released by various parts of your body (glands). For example, when you get a fright your body releases hormones (adrenaline) which causes your body to produce the energy to run away or fight. Stress and worry causes your body to release a hormone called CORTISOL.

So what?

There is no harm in feeling upset or worried for a short period of time, such as for a few days, or even a week or two. When you stop feeling upset your body returns to normal.

However, when you worry for a long time - such as worrying about your future and getting ill - this causes your nerves and hormones to become out of balance.

For example, if you have higher than normal levels of Cortisol for too long, this can cause your body's ability to fight illnesses (e.g. HIV, cancer, colds and flu) to become weak. **Cortisol also helps HIV to infect your body's cells.**

The opposite is also true: Feeling confident about the future, and having goals to work towards, causes other hormones (e.g. human growth hormone) to be released which strengthens your body.

The Shock

It is perfectly normal to be shocked when you receive bad news, such as finding out that you have HIV.

It is perfectly normal to feel angry, depressed, and that your world has exploded into millions of pieces.

It is normal to feel confused about what this means, and what you can do about it.

It is also normal to try to not think about it, and to think that if you do this, it will somehow go away. This is called DENIAL, and it is your mind's way of coping with a terrible shock. It is OK to feel this way for a while. However ... after a few months this can become harmful, as it prevents you from dealing with the real issues of your health and future.

I am alive: now what?

After you have gone through a period of shock, and probably denial, you will notice that you are still alive ... what a surprise!

And here's another shock: unless you are seriously ill or get knocked over by a taxi or bus, you are going to be alive for quite a few more years!

You now have to make a choice:

1. Do I want to continue pretending that nothing is wrong knowing inside of me that this is not true - and live in misery?

Yes, you can do this. Many people do this - it is easy. Miserable, but easy.

2. Do I want to deal with the truth and live a life full of challenges and fulfilment, no matter what happens?

HOW LONG WILL I LIVE?

There is no such thing as a fixed time period between infection and AIDS, and then death. It is not even certain that you will get sick with AIDS. This makes HIV infection different from many other illness conditions. All that can be said is that there is an average period of time. Some people get sick quickly, some never get sick. There are two main factors which determine the length of time:

- How well you take care of your body (food, exercise, etc.)
- Your attitude

A doctor, nurse or counsellor can only tell you the average amount of years that it takes from infection until AIDS illnesses, which varies from 9 to 12 years. Some people never get sick with AIDS. You may be one of those, if you take care of yourself.

This does not mean that you will fit into that average - you may live longer or shorter, depending on how well you take care of yourself.

However, even if you live longer or shorter than the average, a more important question is:

How well do I want to live?

FUTURE GOALS

You have a future. What are you going to do with it? What are you going to fill it with?

You need pleasure in your life. You need challenges and excitement. These things cause your body to work well. Without these things your body does not work well, and you will get sick at some point.

If you are studying, then continue to do so.

If you enjoy your work, then carry on with it.

DO NOT GIVE UP YOUR FUTURE!

The truth is that no-one knows what the future will bring in terms of treatment or a cure. Why give up now?

If you are bored with your job then try to find a more exciting job, or make your job more fulfilling. Perhaps you could learn a new skill which you find interesting.

MAKE A LIST OF AT LEAST THREE EXCITING GOALS THAT YOU WANT TO ACHIEVE IN THE NEXT FEW YEARS. THEN START DOING THEM ... NOW! WHAT DO YOU HAVE TO LOSE?

HOPE MEANS ACTION

‘Positive’ thinking and ‘Realistic’ thinking

Most people think that all you need is a ‘positive attitude’, and all will be well. What do they mean by a ‘positive attitude’? Does it mean that you just pretend everything is fine, even when it is not? No, not at all! When you pretend that everything is fine even when it is not, this is called being dishonest with yourself and other people.

Every long-term survivor will tell you that you have to be

REALISTICALLY POSITIVE:

- If things are not ok, then admit that it is not ok, and do something about it.
- If you want something to happen, do something about it - do not just dream about it.

TURN YOUR WISH-BONE INTO A BACK-BONE!

TAKE ACTION, DO SOMETHING!

There is no proof that ‘positive thinking’ by itself will improve your health for more than just a little while. If you want to remain healthy for a long time, you need to deal with reality, decide what you want, and then TAKE ACTION.

-People who just dream, and just hope something will happen, tend to get sick sooner.

People who dream and then do something to make the dream come true tend to live longer and more happily.

It is no-one else’s job to make you happy. It is YOUR job to make yourself happy.

ACTION FOR A FUTURE

Here are true stories of how some people put hope into realistic action:

Mavis

When Mavis was diagnosed as being HIV-positive, she was shocked. The doctor said that she would probably live for five to eight years more. A little voice inside of her said ‘Wait a minute! Is this a fact? Maybe not...

The first thing that Mavis did when she got home was to eat an avocado, and she planted the pit in the ground. She said to the avocado pit: “Your name is Hope. I will water you every day and one day I will eat from your fruit. With this action, she created hope that she could see every day.

Mavis is still healthy and well. Just as she took action to create hope, so she has taken action to eat well, learn what she can do to stay healthy, and she says that she is happier than she has been for a long time. She continues her studies as she says she wants to help other people one day with her skills and knowledge.

John

When John was diagnosed he did two things: he went to a funeral parlour and bought a coffin, and paid for his funeral. He said that he had to be realistic that he might die, and did not want his family to have to deal with these issues. Then he went and bought a piece of land and started to build a house. He said that it was possible that he might NOT die, and so he wanted to ensure that he would live in a house that was comfortable.

Both these people were realistically positive. They both realized that it was POSSIBLE (not certain) that they would die. However, they also realized that it was POSSIBLE that they would live, and they acted accordingly.

GOOD AND BAD STRESS

There are two kinds of ‘stress’:

What is stressful to one person will not always be stressful to another person. Only you can say what is stressful for you.

Good Stress

Activity, excitement and challenge, even if it involves hard work. This is called eustress. You can work hard and long hours, and it can be good for your health. If you enjoy what you are doing, AND you take time to rest and eat properly.

Bad Stress

Boredom, or doing things you do not enjoy, or being hurt. This is called distress. You can sit around doing very little, feeling bored, or you can do something which does not require much effort, and it can be very bad for your health IF you do not enjoy what you are doing.

Beware of Boredom: It is dangerous to your health!

You need excitement every now and again - some kind of interest and challenge - for your body to work well. This is because some good hormones are only released by your body when you are interested and active with exciting things.

As far as possible, do less of the things that you do not enjoy, and do more of the things that you do enjoy. If your life is boring, make it more interesting - start new projects, learn something new, climb a mountain ... anything that will get you excited about being alive. Remember to rest as well

DEAL WITH FEAR

Fear is a powerful feeling, and it has a strong effect on your body. If fear is not resolved; it can cause great damage to your body's ability to fight infections. This is because fear causes the release of the hormone cortisol. Releasing fears has a dramatic healing effect on your body.

Dealing with your fear doesn't mean that the feared event will not happen. It may still happen. However, because you have a realistic plan of action on how you will deal with it, you will not spend much time worrying about it. This is good for your health. Even if it did happen, you know how you can deal with it. Knowing this will lower the amount of bad stress.

Deal with major long-term Fears

- * Fear of being rejected by people.
- * Fear of getting sick and dying.

HOW?

Every fear starts with the words "What if ..?" To deal with a fear **REALISTICALLY**, you have to answer the "What If?" question in the following way:

1. State what the fear is – be specific and honest.
2. Ask yourself: what is the worst thing that can happen?
3. Think: if the worst thing actually happened, how would I deal with it? Make a **PLAN OF ACTION - BE REALISTIC**,

It does not help to 'think positive when dealing with fears. The only thing that works to remove the fear is a **REALISTIC PLAN OF ACTION** that you can use **IF** it happened.

Think about **HOW** you have managed to get through difficult times in the past. How did you do that?

GET YOUR FEELINGS OUT

It has been shown scientifically that when you keep your feelings inside of yourself, this causes distress to your body. People who do not express their feelings have a weaker immune system. This is especially true for anger.

Get it out of your body

Does this mean that you have to scream and shout at every one about how you feel? No! **Talking** to someone else is only one way of getting your feelings outside of your body.

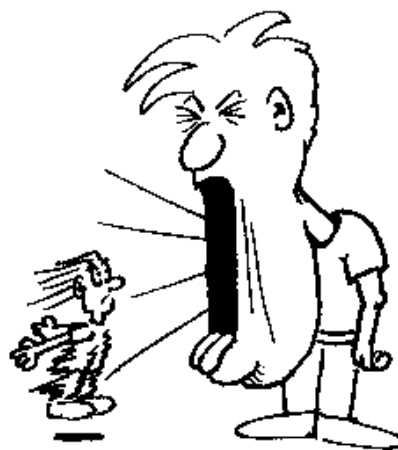
Other methods include:

- Write a letter to the person. Then burn the letter.

- Talk to a picture of the person.
- Scream your anger into a pillow.
- Hit a chair with a rolled newspaper if you are angry.

These methods work IF....

1. You PRETEND that you are talking to that person.
2. You say EXACTLY what you really want to say
3. You say it OUT LOUD or with ACTION



-thinking does not work!

It takes a lot of energy to keep your feelings locked up inside of yourself. You can not waste your energy in that way - you need it to stay healthy. Get your feelings outside of yourself, and you will feel much better.

Say what you really feel to:

- * **The person who infected you.**
- * **The people who reject you.**
- * **The person(s) who hurt you in the past.**

DEEP BREATHING

There are times when you need to calm yourself down, such as when you are frightened or anxious. Deep breathing generally assist to improve health.

Breath deeply and let the air fill you lungs. Do not only use the breast for breathing but as well the stomach. Breath through your nose - slowly and deeply. Concentrate on the breathing.

Breathe to relieve stress

GET SUPPORT AND GIVE SUPPORT

There are two main kinds of support that you may need from other people in order to deal most effectively with being HIV-infected:

1. Emotional support

Someone to talk to about how you feel. This can be a friend or family member or a counsellor. Remember that such a person may not be able to provide solutions to your problems. Such a person needs only to listen to you, and provide emotional comfort.

2 Practical support

Someone (or more than one person) who can provide you with the practical information and assistance that you may need from time to time to deal with problems.

People living with HIV can support each other.

By creating a support group or a positive living club in the community, people with HIV can support each other both practically and emotionally. You can share ideas of how the various remedies work, get new ideas, assist friends who are sick - share fears, discuss feelings, help each other to make decisions, make plans and realise the plans.

The members of the support group together decide which activities they want to carry out such as:

- ✍ Weekly meetings sharing ideas and new information.
- ✍ Carry out community campaigns.
- ✍ Visit schools and youth clubs to assist giving the youth information of HIV.
- ✍ Grow vegetables.
- ✍ Make craft, knitting etc. for sale.
- ✍ Assist members in the group who are sick.



Counselling:

A professional counsellor can assist you where you have personal doubts and questions. Some Positive living advocates are trained as community counsellors and assist others.

The main functions of counseling are;

- To give comfort and support
- To Listen and provide the person someone to talk with
- To help the person to cope by offering hope and care
- To provide information
- To make referrals as needed

The 5 most important attitudes for a good counselor are:

- ✍ Listening
- ✍ Caring
- ✍ Empathy (understanding)
- ✍ Acceptance
- ✍ Confidentiality

Positive Living Advocacy is:

- ✍ Sharing good ideas of how to live positively with friends and relatives.
- ✍ Reducing stigma within the community towards people living with HIV/ AIDS.
- ✍ Fighting the spread of HIV through sharing of information and discussions - publicly and privately
- ✍ Promoting Voluntary Counselling and Testing for HIV (VCT)
- ✍ Many more ideas

HEALTHY SOUL - LOVE HEALS

CHOICE - The greatest power that you have is your ability to choose - free will.

What do you choose to do with your life? Do you feel as if you are a victim? Or do you see yourself as having choices? Other people may do things to you, but only you can choose how you view and respond to those situations, including being HIV infected. You have a choice, whether you accept it or not. Even being a victim is a choice, because it is a chosen way of seeing yourself in a situation, and not the situation itself.

INTEGRITY - Integrity (self-respect) is the ability to think, say, act and feel the same thing.

For example, if you think that you want to be a long-term survivor: then you need to act accordingly, and focus upon feeling alive too. If you think that you are a victim, then act, speak and feel accordingly. Either way, you have the right to choose, and you can change your mind any time you like. Your integrity (free will) is more important than your body.

GRATITUDE - The fact that you are reading or hearing this means that you are alive. This is a fact, not a belief. How much time are you spending worrying about the future and fearing all sorts of things which may or may not happen? While you are doing this, are you aware of the wonders and beauty around you at this moment?

Take action! Make a point of giving thanks for all the small and big things of beauty around you, and that you have the ability (sight, smell, touch, taste and hearing) to appreciate them. Notice that you are alive at this moment.

Four years after David was diagnosed with HIV, he was taking care of a friend who was very ill. His friend had lost his sight, was breathing with difficulty, and could not walk anymore. David was sitting around; feeling depressed about the fact that he might one day also be ill.

His friend called him closer ... "Listen, you miserable person' Here I am, blind, unable to walk, and gasping for breath, while you can go outside, smell the air, watch your children grow and see the sun rise and set. How dare you be so miserable - I am the one who is dying, not you! You are surrounded by beauty, and are free to choose what you want to see and do, and yet you sit here feeling unhappy? Get out, you ungrateful piece of rubbish!" As you can imagine David was shocked at his friend's anger towards him. Yet he knew that his friend was right - every second of life is precious and full of possibilities. It did not matter whether he was ill or healthy. What mattered was that he lived life to the fullest, appreciating every second as it came his way.

LOVE HEALS

Love heals the soul, the mind, and the body. Give love to yourself and to the people surrounding you. Do what you can to appreciate the life you have today and to help those who are with you. Giving love to others make you more alive, more happy and give strength to you body, mind and soul

GOOD IDEAS for A SUCCESSFUL

To support a healthy diet it is very good to have a garden. Many people have only a small amount of land and very little water, but with good management it can support your diet well.

Plan well - grow the things which are difficult to buy and which are expensive. It is very good to grow a variety of herbs and spices - these take very little space. You can have a few plants for medicine such as Pennyworth, Aloe Vera etc.

Do not forget Garlic and Carrots, which are so important for good health.

FENCING



Fence your garden to protect it against chickens and animals as well as protecting the plants against strong wind. You can use grass, thorny branches or make a live fence. On the picture is shown how Jatropha can be used to as a live fence. The cutting are planted in two rows and with a distance of approximately 20 cm apart.

SOIL PREPARATION

Permanent beds / pits.



The soil in these beds become more and more fertile as you add new manure and compost. The soil between the beds becomes hard as we walk on them - therefore it is better to keep the beds permanent.

You can also do pit or trench farming. Dig holes or trenches with a depth of at least 30 cm and fill them up with compost and plant material. The soil in these holes/ trenches will be very fertile and keep water nicely. This is a good idea if you have little water (or pay for every drop).

Double digging is necessary where there is a hard pan. You will then need to dig deep to break this hard pan. Note: Whether you choose permanent beds, permanent trenches or pit you will need to dig at least 30 cm and mix all the soil with manure compost and manure. This in order to create a futile foundation for the vegetable roots to penetrate.

Production of compost.

Using fertilizer is food for the plants. Using manure and compost is food for the plants and for the soil. This is necessary to keep the fertility of the soil and hereby a good crop production.

	
<p><i>Dig a pit for example 50 cm deep, 2 m long and 1,5 m wide.</i></p>	<p><i>Fill the compost pit. Add layers of plant material - and thin layers of animal manure, ash and soil</i></p>

A good method to make compost is to put a layer of plant material, a layer of manure (for example from chickens) - a layer of ash and a little layer of soil. The soil makes the process work faster as it contains bacteria. Put the compost in the shade and if possible cover with a piece of plastic in the dry season to keep moisture.

The compost can be a heap or in a pit. Always have more than one pit/ heap, so you don't mix the compost nearly ready with new materials. Preferably have three hips/ pits so you can fill up one, have one that decompose and one ready for use.

The seize of the compost pit/ hip depends of availability of plant materials and the need for compost. Dig the pit around 50 cm deep so it is easy to turn over the plant material and to empty it. Continue placing compost material after reaching the ground level.

Liquid nitrogen manure (top dressing)

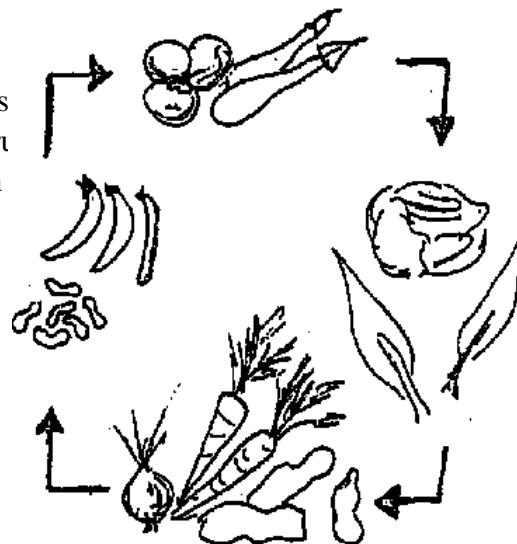
If the plants turn yellow it means that they need nitrogen. It can be made by putting two to four handfuls of chicken manure in a bucket of water and leaving it for 2 days. Stir and water the beds on the ground - not on the leaves as it can burn them.

Another method is to fill a drum or an opened 20 liter container with water. Fill the manure in a sack and put the sack into the water for 1 to 2 weeks. Use the "tea" as a top dressing. You can use the same manure twice and hereafter use manure to mix in the soil as "normal" manure. Because of having stayed in the water it will spread less weeds.

Crop rotation.

Rotate between root crops (carrots, sweet potatoes, beet roots), leaf crops (rape, cabbage, bondwe), fru crops (tomatoes, green peber) and legumes (green beans, cow peas etc.).

- to prevent diseases and improve soil fertility.



Fruit vegetables (tomatoes, okra, egg plant)

Legumes plants (beans, ground nuts)

Root vegetables (carrots, onions, sweet potatoes)

Growing legumes

If you have a farm and extra land - remember that it is very important to grow legumes such as cow peas, soya beans and groundnuts. In your garden you can grow green beans

Inter cropping.

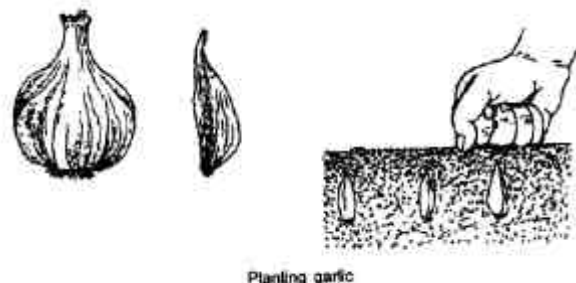
You can plant Pawpaw in the rows. When watering the vegetables the Pawpaw will benefit from the water going deep down. Choose a good variety of Pawpaw and it will provide you with a lot of fruits. You can also mix the various crops in the beds. Some vegetables repel insects - especially those with a strong smell. Marigold is a flower, that is good to grow between the vegetables as it repels some pests.

Indigenous vegetables.

It is a good idea to plant indigenous vegetables such as Bondwe and Delele. These crops are very nutritious (for example more nutritious than cabbage) - and they don't easily get diseases. It is also easy to make your own seeds from these crops. Amaranths is a good crop to grow. It grows very fast and easy.

Growing of herbs.

Herbs give a good flavor to the food. Many herbs prevent various diseases and some ca assist to cure diseases. See the spice chart on page no.....



- Ginger Plant a piece of the ginger and it will multiply (like potatoes)

- Garlic Plant a piece and it will grow - use good compost soil.

- Aloe Vera - find a plant in the nature and plant it in your garden or get a sucker from you neighbour

- Pennyworth, peppermint, oregano - get some runners and plant

- Lemon grass: Get a small piece of lemon grass - many grow it as an ornamental plant. You cannot miss the lemon smell.

- Fennel, Parsley: Sow the seeds - you can leave the plant to grow and harvest your own seeds the second year.



Dry the herbs: Sometimes you can have a lot of herbs - remember to dry them for use when you have few. In order to keep the nutrition and the taste. Put them in boiling water for 2 minutes - take them up and put them in cold water immediately. Dry them on a good ventilated place in the shade.

Grow and use a variety of herbs such as

Pennyworth to strengthen the immune system, skin diseases, pains in joints. (1 teaspoon dry leaves in a cup of hot water every day)

Parsley against nausea.

Pepper Mint against diarrhea (in food and as a tea)

Aloe Vera for digestive and skin problems.

Garlic: Antibiotic - prevent a good number of diseases.

Lemon grass: Against high blood pressure, nutritious, against nausea.

Growing of carrots.

Buy the carrot seeds. Mix it with 2 parts of fine sand. Prepare a seed bed and sow the seeds directly in a 2 cm deep row. The reason for mixing with sand is to be able to sow the seeds thinly. Cover with soil and grass. Move the grass after germination - use it to mulch between the lines.

Good planting methods.

Making seed beds.

Do not space the seeds too closely. Give shade and water

Transplanting.

Take care that the roots do not bend when planting - meaning the hole must be bigger than the plant. Press the soil firmly around the plant because it will dry out if the soil is too loose. Plant in the evening or morning.

Mulching

Put dry grass or other plant material between the plants. This will avoid the water to evaporate too much. It will save water, it will save your labour and it will improve the growth of the plants.

Spacing.

Correct spacing of vegetables is important.

Rape:	50 cm x 25 cm
Amaranthus and wild okra :	Sow thinly in lines 30 cm apart
Cabbage:	60 cm x 50 cm
Tomatoes:	60 cm x 30 cm
Onions:	15 cm x 15 cm
Green beans:	30 cm x 3 cm
Carrots:	Sow thinly in rows 30 cm apart

Pest management.

Use fungicide against fungus and pesticide against pests. Know the difference. Follow the instructions on the package. Do not eat the vegetables before the recommended date. Pesticides normally take between 1 to 3 weeks before you can eat, while fungicide can be eaten shortly after spraying (just wash the vegetables)

Natural pesticides.

Natural pesticides are better for your health and for the life of the garden than chemical pesticides. You can grow Tephrosia. This is a powerful pesticide against many pests. Pick the leaves. Pound the leaves and soak overnight. Use 5 cups of water for every cut of Tephrosia leaves (before pounding). Squeeze out the liquid and spray. Neem, tobacco and chili are also very good remedies.

Garden hygiene :

- Burn diseased material.
- Sterilize soil with diseases such as soil nematodes (microscopic worms which attach the roots) by covering the soil with clear plastic for 2 weeks (the sun rays kill the germs) or putting a 5 cm layer of dry grass and burn.

Grow trees.

If you have space, don't forget the lemon tree in your garden.

Lemon trees do not need much water and are quite easy to grow.

It is very beneficial towards many health problems.

- other fruit trees could include Guava, Pawpaw, Banana, Orange and Neem (for medicine and as a pesticide). Pawpaw can provide fruits the same year it is planted - and can even be used as a vegetable (see the recipes).
- Drumstick also called Moringa provide very nutritious leaves that can be used the same way as pumpkin leaves.

- How to plant the trees: Dig a hole 1 m wide and 1 m deep and fill the first half meter with compost and manure of plant material that turn into compost.

- How to maintain trees: Make a basin around the tree for irrigation. The basin will grow with the tree and need to follow the canopy of tree. A common mistake is to make the basin too small.



The feeding roots are not near the stem but under the edge of the canopy. Mulch inside the basin to minimize evaporation and to provide nutrition.

RECIPES FOR HEALTH

SOYA FLOUR.

Put the Soya beans into boiling water. Boil for 30 minutes. Dry the Soya beans and grind it. You can take it to the grinding mill and get it ground just like maize or use a mortar.

The Soya Flour can be used as a nutritious porridge (1 part Soya Flour to 5 parts of millie meal - or more concentrated in order to boost the health of a person, who has been sick or a malnourished child. It can also be added to green leaves such as Rape instead of ground nuts. It can be added to the millie meal and cooked as nshima (1 part Soya Flour to 10 parts of millie meal).

SOYA/ COW PEA SAUSAGES.

Ingredients: 500 g Soya beans or Cow peas, 1 onion, 1 cup flour, 2 eggs, garlic, salt and spices such as pepper, Cayenne pepper, mixed herbs and paprika. You can vary the spices as you like.

Soak the Soya beans or cow peas over night to reduce the time for cooking. Cook until tender. Pound in a mortar together with the onion. Mix with the eggs, the flour and spices. Form sausages and fry in a pan in cooking oil.

Serve with nshima, rice or pasta and a tomato sauce or green leaves in ground nut sauce.

SOYA/ COW PEA BURGERS.

Same ingredients as above, but instead of sausages you form "beefs" for the burger. Serve in the middle of a roll a bun with a slice of tomato, onion and green lettuce if available.



SOYA RELISH - USING SOYA PIECES

125 g of Soya Pieces (can be bought in many shops), tomatoes, onions, a little cooking oil and a variety of spices and herbs. Enough for 4 servings.

Vary the above ingredients in many ways: You can use a variety of spices and herbs, potatoes, carrots, cabbage - etc. Experiment yourself and find out what you like better for you and your family.

Stir fry the vegetables and add the herbs. Soak the Soya in a little hot water. Add to the vegetables. Add more water to make a soup and boil until the Soya is tender (20 minutes)

Or pour one large cup of water (500 ml) water and the Soya into a pot. Bring to boil and simmer for 5 minutes. Add the sliced tomatoes, onions and spices and simmer for 20 minutes. Ready to eat.

Serve with Nshima, rice, pasta or potatoes. Enough for 4 servings.

SOYA RELISH - Ready to cook meal.

You can buy 400 g of Soya Relish mixed with all the needed ingredients. Follow the instructions on the packet - just adding water. Enough for 10 servings.

OKRA without soda.

Ingredients: Okra, cooking oil, onions, tomatoes and eventually a variety of herbs and spices, green pepper, green beans etc.

Slice the ingredients. Stir fry in cooking oil until tender. Do not add soda, as it will destroy all nutrients.

Serve with Nshima or rice.

PAWPAW DISH.

Ingredients: 1 unripe pawpaw, onion, milk, groundnut powder, salt.

Peel the pawpaw, remove the seeds and cut it into pieces.

Boil the pawpaw until nearly tender, add a cup of milk and the sliced onion. Continue to boil until tender and add the ground nut powder and salt.

Serve with Nshima or Rice.

SALADS.

Salads are made from fresh uncooked fruits and vegetables. Most raw vegetables are good for salad and you can combine the salads in many various ways. A little dressing over the salad will add flavour.

Examples of salads.

1. Cabbage and carrots with mayonnaise/ lemon dressing.
2. Lettuce, tomato, green pepper and onions with a oil/ lemon dressing.
3. Cabbage, tomato, carrots, onions with a oil/ lemon dressing or a mayonnaise/ lemon dressing.
4. Cold boiled beans, little cold boiled potatoes, onions, parsley with a oil/ garlic/ lemon dressing.

Lemon/ oil dressing: Use 1 part of lemon juice (squeeze from fresh lemons) and 2 part of oil. Mix with a variety of herbs / species such as fennel, parsley, garlic, paprika, cayenne pepper or ginger. Add salt and a little sugar (1/4 teaspoon). Shake well before pouring over the salad - shortly before serving. Can be kept in a fridge for 1 month.

Lemon/ Mayonnaise dressing: Add little lemon to the Mayonnaise and a little milk to make it more light. Add spices such as paprika, mixed Masala, garlic, ginger, fennel and parsley. Instead of Mayonnaise use sour milk or yoghurt - it's much more healthy and tasty as well.

SOUPS.

There are large variety of recipes for soups. You can easily experiment and make your own.

The simple way to prepare soups is as follows:

- Cut the various ingredients into pieces.
- Stir fry in a little cooking oil. Add water, salt, herbs an spices.
- Boil until the ingredients are tender. Do not start to fry the ingredients at the same time if some take less time. I example potatoes need more time than green peppers. Remember that overcooking reduces the nutrients.
- Thicken the soup with flour stirred in cold water.



Examples of soups

1: Tomato soup.

Ingredients: Tomatoes (even concentrated tomato paste), onions, green pepper, parsley, garlic, paprika, fennel and oregano.

2. Mixed vegetable soup.

Ingredients: Potatoes, onions, tomatoes, green pepper, green beans, garlic, parsley, ginger and fennel.

3. Cabbage soup.

Ingredients: Cabbage, carrots, leek, tomatoes, parsley, paprika and black pepper.

4. Rice soup.

This soup is good for treating diarrhea, vomiting and other digestive problems.

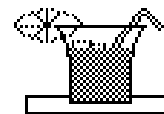
Ingredients: 1 cup of rice to 5 cups of water. Cover the pot and simmer for 1 hour.

Make different rice soups by adding:

- * Grated carrots and cinnamon.
- * Coconut and ginger
- * Finely chopped garlic, grated liver and grated carrot.

DRINKS.

Pennyworth Tea: Add 1 teaspoon of dried Pennyworth leaves or a small handful fresh leaves into 1 cup of hot water. Drink once a day - to give a better taste, you can add fresh mint leaves.



Energizing Cayenne Pepper Drink: ¼ of a teaspoon in hot or cold milk or water. Drink 1 to 3 times daily.

Spiced tea - energizing, warming, stimulates appetite and digestion. Boil whole cinnamon, cloves, finely sliced fresh ginger and tea leaves in water. Add milk and boil again. Add honey or sugar

Ginger drink - healthy cool-drink. Drink during and after meals to help digestion.

8 cups of warm clean water, 3 teaspoons of powdered or fresh pounded ginger, 2 teaspoons sugar. If available add a small chopped up pineapple and the pineapple skin. Mix and cover with a lid - leave in a warm place for 1 day. Drink.

You can also grind a teaspoon of ginger into a cup of hot or cold water and drink directly.

SOYA MILK

Ingredients: One cup of Soya Beans, salt and Sugar (optional), mashed fruit (optional)

Method:

- * Drop the Soya beans in boiling water
- * Let them boil for at least 30 minutes
- * Wash the beans in clean water
- * Pound the Soya beans until they are completely mashed.
- * Add two cups of water to the pounded mash and mix well
- * Pour the Soya bean liquid onto a cloth and squeeze out the liquid (Soya milk)
- * Pound the mash again
- * Add two cups of water and steer well
- * Squish out the liquid again (Soya milk)
- * Add little bit of sugar and salt to the Soya milk to taste (optional)
- * Flavor with mashed fruit (optional)
- * Boil the milk for two minutes

COW PEA AND SAMPLE

Ingredients: Cow peas, Maize sample, salt, sour milk (optional)

Method:

- * Boil cow peas until soft and drain excess water
- * Boil sample in a separate pot until soft
- * Mix peas with sample in one pot
- * Cook mixture for a few minutes
- * Add eventually sour milk and serve

SOUR PORRIDGE

Ingredients: Millie meal, sugar or honey (optional)

Method:

- * Soak millie meal in water
- * Leave it to stand for 2-3 days
- * Cook porridge as usual.

Note: Soaking the millie meal for 2 to 3 days is called fermenting. The method increases the nutrition of the maize and makes it easier to digest.

SOYA PORRIDGE

Ingredients: Three table spoons cooked Soya Flour, one cup millie meal, two to three cups of water, salt and sugar

Method:

- * Drop the Soya flour into boiling water and stir
- * Let it boil and
- * Add water to the millie meal to make a paste
- * Add the paste to the boiling Soya flour
- * Stir all the time to prevent sticking
- * Let the porridge cook for 20 minutes
- * Add salt and sugar

VEGETABLES WITH SOYA FLOUR

Ingredients: One cup cooked Soya flour or one cup cooked and pounded Soya bean mash, vegetables, tomatoes and onion, salt

Method:

- * Add water to the cooked Soya flour or Soya mash to make a paste
- * Wash and cut the vegetables
- * Start to cook the vegetables and add the Soya mash when the vegetables start to boil
- * Let it cook for about 5 minutes until vegetables are tender.
- * Add salt to taste.
- * Serve with nshima

You can use leaves from the tree called Drumstick (also called Moringa). The leaves can be pounded or cut and used as any other green leaves. These leaves are very healthy and can be harvested throughout the year.

KAPENTA WITH GROUNDNUTS

Ingredients: Half a kg of Kapenta, onion, one cup groundnut flour or peanut butter, salt.

Method

- * Wash Kapenta in hot water
- * Boil kapenta for 10 minutes
- * Add peanut butter / groundnut flour to the kapenta
- * Add onion and tomato
- * Simmer for a few minutes

PUMPKIN SOUP

Ingredients Pumpkin, garlic (optional), onion, oil, three spice mix (ground ginger, ground clover and ground cinnamon)

Method:

- * Wash and chop the pumpkin, onion, garlic
- * Steer fry the onion , garlic and spices in little oil
- * Add chopped pumpkin
- * Add water and bring to boil - simmer until is soft