

Greetings from



GHANA HOMEOPATHY PROJECT

~SUMMER 2023 EDITION~



ADAFIENU

“While the rest of the world has been improving technology, Ghana has been improving the quality of man's humanity to man”

Maya Angelou



SEIZING THE OPPORTUNITIES – SETTING UP MOBILE CLINICS

In April, I was invited on two separate occasions to do presentations on homeopathy and its approach to healthcare, to communities where there is little or no immediate access to a health facility. The first to a community in Adafienu, a town in the Volta region, and the second in Tokwai Asuboi, a rural village in the Asante region,

The aim: to assess the potential to set up mobile homeopathic clinics, in those communities.

An opportunity not to be overlooked, as this could be another avenue for our recent graduates to build their clinical skills and experience.

So of course, I obliged!

NUBUEKE (New Beginnings) ADAFIENU COMMUNITY – VOLTA REGION

Over the Easter weekend, I gave a presentation to an audience of traditional chiefs, MPs, health professionals, residents and a cultural troupe, many of whom make up the towns planning committee. The committee was formed by proactive members, to drive the objective to establish a permanent health facility, as a basic right for its residents. The members have set up a fundraising initiative called ‘Adafienu Clinic Project, Club 200.’

Adafienu is a traditional fishing community in the Ketu South municipality in the Volta region, approximately 10km from the Aflao border. There is no primary health facility in the town. The nearest hospital is the IHDN Mission Hospital in Agbozume, approx a 40 min drive away, making access in an emergency difficult for most residents. Residents report that the hospital supports all the surrounding communities in the municipality, making waiting times in the out-patients department excessive, including waiting overnight to be seen!

I discussed the history of our outreach and on-site clinics in urban and rural settings, and education and training programmes, where as a result we have a team of qualified Ghanaian homeopaths, in the Volta, Asante and Greater Accra regions.

Cont...

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I received a warm welcome, and was given a lot of time to talk about homeopathy and its approach to healthcare, and the work of the **Ghana Homeopathy Project** in Ghana.

I discussed the history of our outreach and on-site clinics in urban and rural settings, and education and training programmes, where as a result we have a team of qualified Ghanaian homeopaths, in the Volta, Asante and Greater Accra regions.

Community members were very receptive to our offer of setting up a mobile homeopathic clinic, many nods of approval and applause as translators relayed my information to them. All we asked is for a sheltered space to run the clinic and a room for an overnight accommodation!

A rewarding day, with ongoing informal discussion with some members of the planning committee into the evening!

TOKWAI ASUBOI - AKOKOBENOM - ASANTE REGION

My second presentation at the end of April was in a small village Tokwai Asuboi, Akokobenom in the Asante Region.

Akokobeuom is in the Akim South Municipality in the Ashanti Region. Akokobenom is traditionally a cocoa farming village, alongside subsistence farming to meet household needs. Tokwai Asuboi is one of many villages and there is a primary school ie Tokwai Asuboi M/A primary school in its centre. About an hour and a half from Konongo main station and about 30 mins to Ofoase where there is a primary health facility, providing ante-natal care. Transport in and out of the village is scanty for most of the week except Fridays, market days.

Access to clean water is poor in Tokwai Asuboi itself, there is a neighbouring borehole a 30 min walk one way. Mobile network is poor, but there is an electricity supply.

Cont...



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VIP COMMITTEE**

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A Case of Attack by African bees.

African bees are known to be notorious for their capacity to defend the hive with great aggression and viciousness. There are even films and books about their ferocity, e.g. if one bee stings a person, others will often follow. Even if after a few days the stung person approaches the hive, the attack will resume!

A couple of months ago, some eight men had gone to a farm in Ghana to help the elderly farmer. This is a good tradition that persists in Ghana where people voluntarily go to help other members of the community.

While the party were working, they were attacked by a large swarm of bees. The bees severely stung all the members of the working party, including the elderly farmer. Six, including the farmer, were very badly stung.

Suffering from pain, swelling and breathing difficulties, they were rushed towards the hospital.

On the way, the driver of the vehicle mentioned **The Hope Homeopathy Clinic in the Volta region** run by our homeopath colleague **Emperor**. Four were dropped off at this clinic, the mother of one of the guys remarking: *"They only give sugar pills, take us to hospital!"* At the hospital, the elderly farmer and one of the men were put on oxygen.

In contrast, the stung patients at the clinic were given Apis Mellifica (A remedy made from the honey bee) a few times and within a couple of hours were out of danger. Sadly, overnight the elderly farmer died at the hospital!

The news had gone around the community and the relatives of the other man at the hospital went to Emperor and took some Apis Mellifica from him and administered it to the surviving but suffering patient at the hospital. Soon he was breathing normally and off oxygen and the next day he was allowed home.

The widow of the farmer, a lady in her 70s, on hearing that her husband and companion of many years had passed, went into a shocked state and suffered paralysis of her lower limbs. She was also brought to Emperor. The people who brought her also asked for a remedy for two more people who had been stung by the bees, but not too badly.

All homeopathic remedies are tested on healthy volunteers and the process is called 'Proving'. These symptoms are carefully logged and collated to produce books of Materia Medica.

Another aspect, is where remedies are listed according to the type of symptoms they produce. These are called Repertories and have now also been computerised and thus finding remedies associated with specific symptoms is much easier.

From observations and the description by the patient, the most relevant symptom for the widowed lady was: Extremities Paralysis, hemiplegia (one sided), mental shock from.

And interestingly, only Apis was listed! So, guided by this indication, Emperor prescribed Apis. Unfortunately, though palliated somewhat, the woman still died several weeks later.

When homeopathic remedies are made, they are in solution and importantly, succeeded to enable the solution to become dynamised and active. To enable easier administration, a few drops can then be added to lactose (milk sugar) pills and when needed are given to the patient. Hence the misconception that only a sugar pill is given to the patient. So all the remedies look the same, but the label on the bottle stating the remedy source is all important.

The Ghana Homeopathy Project first started some 15 years ago and our colleague Emperor was one of the first to be trained and now trains others. **Cont...**



**EMPEROR TREAT-
ING PATIENTS AT
HOPE CLINIC**

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HOMEOPATHY IN AFRICA



CAROLINE JURDON
GHP GEN CO-ORD FROM
SEPT 2023

*“Only freedom
from prejudice and
tireless zeal avail
for the most holy
of the endeavours
of mankind, the
practice of the true
art of healing.”*

Samuel Hahnemann



WELCOME TO OUR NEW GHP GENERAL COORDINATOR!

Caroline discovered homeopathy over 35 years ago when it made a clear difference to her health. Prior to that she studied languages at university and worked in training and IT in the finance and insurance industry. Since qualifying as a homeopath in 1996, she works in private practice and has a special interest in developing charitable clinics and making homeopathy accessible to marginalised communities. She is a founder member of the charity Homeopathy in the Sussex Community <https://www.homeopathsussex.org.uk/>

She has worked as a lecturer and supervisor at South Downs School of Homeopathy for 20 years. Abroad, Caroline has practised and taught homeopathy in Central America, Serbia, Croatia and The Gambia. In 2022, Caroline received a Fellowship award from the UK Society of Homeopaths.

Caroline is being mentored by our outgoing Coordinator Richard Pitt until September, and who will then shift positions to focus as the GHP Education Officer

GRATITUDE & FUNDRAISING CHALLENGES

We are always looking for continued support as we plan our programme for 2023-24. We have been fortunate to receive ongoing support from Charles Wansborough, a long-term supporter of the project. We have also appreciated the support of The Tanner Trust over the years. Additionally, we are working with The Welsh School of Homeopathy as well as The Society of Homeopaths and this gives us an excellent foundation to work with as we consider future educational goals in Ghana and other African countries under the auspices of our charity, Homeopathy in Africa.

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