

HOW YOUR DONATIONS WILL HELP?

\$100 can serve an entire community with medicines for a whole month.

\$200 helps fuel the clinic vehicle to bring our doctors to remote villages.

\$300 will help hire translators to teach students volunteering in the field for a month.

\$500 buys homeopathic and naturopathic books to educate community workers on integrated medicine.

\$800 will repair and fuel our mobile clinic vehicle for one month. Our vehicles transport medicines, volunteers and staff to remote villages.

\$1000 will keep us going for 2 months, covering medicines, volunteer and staffing expenses.

\$10,000 will help us with fuel and medicines to reach several villages over the whole year and teach community workers naturopathic medicine.

\$28,000 will fund a naturopathic doctor to keep our mobile clinics running for a whole year.

\$35,000 funds the entire project that will give at least 4 to 5 remote communities consistent medical care throughout the year and also educate communities on integrated medicine.

To Donate by: Visa or MasterCard
Online at www.fimafrika.org
or send cheque or money order to
FIMAFRICA.

10326 - 144 Street, Edmonton, AB, T5N 2V2
Income Tax Receipts are available for
donations over \$100 upon request.

FIELD DOCTOR'S JOURNAL FIRST MOBILE CLINIC

It started on the 28th of January 2009, 7:30am, with the typical sunrise cutting through the cold African morning air. The ride was in the back of a pickup; me packed along with a suitcase of textbooks and my lunch. I was catching a ride with a friend to save on fuel costs for the foundation. On the dusty road towards our target village. I noticed Impalas grazing and I thought to myself how wonderful it would be for volunteers to come and see this on their way to mobile clinics! Well, it's beginning! We finally arrived to the only building in the area - a schoolhouse with empty desks scattered around the room. This was our clinic for the day. Initially, there was no one around. An hour after, there were heads buzzing outside the windows. It had started, everyone from the surrounding villages had gathered outside.... First patient, 50+ year old man (age is not accurate in these areas) - pointed to his tummy and said he felt pain. His pain came from his liver area. Lying down on a wooden bench, he winced painfully with the slightest touch. We knew his liver was in bad shape. Practising in these areas does not allow the typical 1 hour intake. Sometimes the best you can do is address the organ systems. Other patients came- most bringing children and some with tiny one month old babies wrapped underneath a cloth fixed around their shoulder. It was such a beautiful experience but difficult at the same time, treating so many people but not having enough time to treat everyone. Full story continued on www.fimafrika.org/8.html



FIMAfrica

Foundation For
Integrated
Medicine in Africa
(www.fimafrika.org)



Asante (Kiswahili for thanks!)

NAME: _____

ADDRESS: _____

EMAIL: _____

GIFT AMOUNT: _____

Yes, I would like to receive a receipt

THANKS FOR YOUR SUPPORT

WHO WE ARE

FIMAFRICA is a registered Canadian charity delivering integrated medicine to poor communities in remote regions of Africa using mobile clinics and Naturopathic medicines.

How FIMAFRICA is Different from other existing Organizations

We are geared to training local health workers to take on the task of continuing the health care projects so self-sustainability is maximized. FIMAFRICA often works with existing community projects so that valuable funding is not wasted on recreating resources. This also means we do not create competition with existing facilities that hire local people, but instead, add to their value and efficacy. By training and using existing facilities/ organizations, our work reaches further, and continuity is more certain as we add to the strength of communities and existing resources.

FIMAFRICA'S MISSION

FIMAFRICA is looking to improve health care in remote under served communities in northern Kenya. The provision of Mobile health clinics helps deliver integrated health services and education by using methods of conventional medicine combined with affordable methods of integrated medicine like acupuncture, homeopathic medicine, counseling, diet, clinical nutrition and herbal medicine.

WHATS GOING ON?

FIMAFRICA is beginning its unique project in the impoverished region of Laikipia, North Kenya. These communities have no access to basic medical care, and face severe drought which forces them to live a nomadic lifestyle. Our mobile clinics will provide medicines and treatments in the form of homeopathic remedies, acupuncture, counselling, diet, and clinical nutrition to over 15,000 people in need. Over 80% of the population is living below the national poverty line. Your help will bring medicines to people suffering from Malaria, Trachoma, TB, urinary tract infections, HIV/AIDS, respiratory conditions, starvation and effects of female genital mutilation (FGM). Your help can improve medical care by bringing Naturopathic and Allopathic doctors from North America to work in these remote areas. They will work with other health care practitioners in Kenya to deliver medicines, expertise, books and education in integrated medicine.



FIMAFRICA'S STYLE

FIMAFRICA's volunteers often work closely with African health workers, sharing ideas and treatments, so that medical knowledge can be left in the hands of the local people. FIMAFRICA helps medical practitioners in these communities shift towards becoming more integrated in their practices, while respecting boundaries, cultures and existing medical practices.

WHO'S INVOLVED

FIMAFRICA also provides a learning opportunity for students and health care practitioners from North America. When our volunteers work with doctors and patients in remote African environments, these challenging clinical settings help deepen our volunteer's clinical knowledge in disease treatment. FIMAFRICA also encourages allopathic medical volunteers, who get a chance to learn alternative forms of health care while helping poor communities. This training widens the scope of the volunteer and supports integration of alternative and traditional medical techniques into his/her permanent practice when returning home.