



Community Acupuncture of St. Louis

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Healing a Suffering Continent

by Terri Miracle

The Pan-African Acupuncture Project trains health care workers in Africa to use acupuncture for HIV/AIDS, malaria and tuberculosis.



Have you ever wondered if one person can make a difference in helping soothe the suffering of many? Acupuncturist Richard Mandell wondered that very thing, and what he learned is making a huge difference in the lives of many.

In 2001, Richard Mandell, L.Ac., was grappling with reports of the AIDS epidemic in Africa. He began questioning how he could use his acupuncture training to reduce people's suffering.

Mandell had read about a program in Guatemala that trained local health care providers to provide treatment, and used it as a model for Africa. His dream became the PanAfrican Acupuncture Project, a Boston-based non-profit organization that trains health care workers in Africa to use simple and effective acupuncture techniques to treat the devastating and debilitating symptoms associated with HIV/AIDS, malaria, and tuberculosis.

Mandell now serves as the project's executive director. "In a broader sense, our hope is to improve their quality of life, and to do that by reducing their pain and suffering," Mandell says.

Building a Community of Healing

Since Mandell and his first team of trainers visited Uganda in 2003, the organization has already trained more than 120 locals, including nurses, medical doctors, midwives, and traditional healers.

"The people we train and the people who get treated have very high expectations for success," Mandell says. "They know we wouldn't come 6,000 miles if we didn't believe acupuncture would help."

According to Mandell, most people felt better in one or two treatments. "I have seen someone crawl onto the treatment table, and walk away without a cane," he says. "Everyone who has come with me has seen these seemingly miraculous cases."

Success Breeds Success

The PanAfrican Acupuncture Project is planting the seeds of success in Uganda. On a recent trip, six trainers from the United States and Canada taught 34 Ugandan health care workers acupuncture techniques. Within two weeks, the locals had treated more than 1,000 people.

The program has been so successful that the government of Malawi has requested a program, and Mandell is working with key contacts in Kenya, Ethiopia, and several

Asian Pear Salad



According to traditional Chinese medicine, crisp salad greens, iced teas, fruits and juices, and other yin foods help maintain balance during the hot summer months.

Try our Asian pear and spinach salad served alongside salmon, marinated in sake and soy with ginger, for a perfect summer meal!

Asian Pear and Spinach Salad with Peanut Dressing

Salad

- * 2 Asian pears, peeled, cored and cut into thin strips
- * 4 cups baby spinach leaves

Dressing

- * 1 ¼ teaspoons grated fresh ginger
- * 1/4 cup smooth peanut butter
- * 3 tablespoons Asian sesame oil
- * 1/4 cup rice vinegar (not seasoned)
- * 1 tablespoon soy sauce
- * 1 tablespoon brown sugar
- * 2 tablespoons water
- * 1 teaspoon Asian chili paste with garlic or garlic chili sauce
- * 1/2 teaspoon salt

Make dressing: Mix all dressing ingredients until smooth.

Prepare salad: Toss the spinach and pears well with the dressing. Divide among 4 serving plates and serve.

Individuals around the world contribute to the PanAfrican Acupuncture Project, a non-profit 501(c)(3) organization. "People need to know that the money they donate directly reduces pain and suffering," Mandell says. The project depends on financial donations, as well as supplies and its volunteer trainers.

Still wondering if one person can make a difference? Ask anyone involved in the PanAfrican Acupuncture Project.

For more information, visit www.panafricanacupuncture.org