

APRIL 2019: **BACK TO HEALTH**

Come with us to a rustic location in Guinea. Fields filled and livings gained by the sweat of brows under dry, very hot conditions in the manner of centuries past. By hand.

So Ruth and I come with a Kissien man charged with encouraging agricultural endeavors in this region. My paternal grandpa was a fantastic farmer with gifts in bearing fruit from the earth. Sharing these with his family, granddaughter. Memories of sitting on his knee atop his tractor at his Michigan farm. For love of him and his love of sharing produce, fruit, I come.



I teach about lower back exercises to stave off kyphosis (hunchback) at too young ages all too frequently seen here. Watch me show a lady farmer friend. 3 times a day for 10 minutes stretching extension exercises!



We spoke too of accidents. Hazards in fields. Injuries by machetes...saw a foot almost amputated by one at CEH. Telling how to apply pressure, staunch bleeding, and elevate arm above heart level. Taught on fractures and limb stabilization for CEH transport and care.



Wonderful, warm, sun-filled morning. Fields full of workers. Preparing the land for planting with local fertilizer, canals of lake water, and seeds in preparation. Peanuts. Tomatoes. Peppers- hot ones! Eggplants. Later in the year...rice. Manioc (cassava). Sweet and regular potatoes. Garden area of Guinea.

Would love to eat these with you, my friends! **Praise God for the bounty of your prayers and support for this Community Health Program.**

*Kristen Schmaltz, MD
CHP in Guinea, West Africa*