TIKONDANE PROJECT

19 steps out of poverty for the subsistence farmer
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19 STEPS
STRUCTURE OF A HEALTH SERVICE
Bacteria and men have a long history together.
### Step Two

#### Means of Infection

<table>
<thead>
<tr>
<th>Source</th>
<th>Disease</th>
<th>Pathogen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air droplet</td>
<td>Colds, German Measles, TB,</td>
<td>Virus, Bacterium</td>
</tr>
<tr>
<td>Infection</td>
<td>Diphtheria</td>
<td>Bacterium</td>
</tr>
<tr>
<td>Food and Water</td>
<td>Typhoid/Cholera, Amoebic</td>
<td>Bacterium,</td>
</tr>
<tr>
<td></td>
<td>dysentery, Tape worm, Food</td>
<td>Protozoan,</td>
</tr>
<tr>
<td></td>
<td>poisoning</td>
<td>Worm, Bacterium</td>
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<tr>
<td>Reproductive</td>
<td>Syphilis, Gonorrhea, AIDS</td>
<td>Bacterium,</td>
</tr>
<tr>
<td>Anal passage</td>
<td></td>
<td>Virus</td>
</tr>
<tr>
<td>Insect bites</td>
<td>Insect</td>
<td>Malaria,</td>
</tr>
<tr>
<td>Cuts</td>
<td>Malaria</td>
<td>Protozoan</td>
</tr>
<tr>
<td>Skin surface</td>
<td>Skin contact</td>
<td>Bacterium,</td>
</tr>
<tr>
<td>Bites</td>
<td>Tetanus, Ringworm, Hook worm</td>
<td>Fungus, Worm</td>
</tr>
<tr>
<td>Animal bites</td>
<td>Rabies</td>
<td>Virus</td>
</tr>
</tbody>
</table>

**How Bacteria Enter**
HOW OUR BODY CONTROLS BACTERIA
STEP FOUR (A)

INORGANIC

RUBBISH TIP

ORGANIC

COMPOST HEAP

ENVIRONMENTAL HYGIENE
By changing our toilets from standard toilets to Eco-toilets we save on water and can eat more mangoes.

Change the full bin with an empty one and when it stops smelling use manure for your Berkeley compost heap.
Once microbes have entered the body, the white blood cells *(which are the body's soldiers)* catch them.

The way to keep the white blood cells strong is a balanced diet.

**WHITE BLOOD CELLS**
ENERGY GIVING FOOD

Maize  Cassava  Sugar cane  Potatoes

Bread  Nshima  Sweet potatoes
Eggs  Fish  Chicken

Soya beans  Milk

BODY BUILDING FOOD
Moringa  Rape  Eggplant

Papaw  Water melon  Banana  Tomato

PROTECTIVE FOOD
Katete district is one of the worst places in the world for malnutrition.

**MARASMUS**

"Little old man"
This condition is due to lack of protein.

Tiko produces ONENEPA, a food supplement, which helps miraculously.
STEP EIGHT

GREAT COMPOST CAN BE MADE IN 18 DAYS

FOR A COST EFFECTIVE & BALANCED DIET
Berkeley method works in 18 days

**COMPOST HEAP**

**MULU WA NDOWE**
Instead of maize and monoculture

ADD INOCULATION OF COW-PEAS FOR COMPANION PLANTING

CASSAVA & COW PEAS
STEP ELEVEN

THE LIVING FENCE
in the making
The stones in the middle of the bag save water and the bag garden loves grey water from the kitchen.
MORINGA
a miracle vegetable tree
The water that dribbles away from the water point is used by the pawpaw roots held by stones

PAWPAW CIRCLE
Pigeons need little food, give protein to children and teach breeding skills.
Meat, manure, fur

RABBITS
"KALULU"
CHILD SPACING
ENERGY SAVING STOVE

Cook where there is fresh air

Cut your firewood with an axe
Tiko would like to think that farmers in a model homestead would be happier than any refugee in Europe or Australia thanks to permaculture.
STARTING COMPLEMENTARY FOODS AFTER 6 MONTHS WITH CONTINUED BREASTFEEDING

VISIT A HEALTH CENTRE REGULARLY TO MAKE SURE YOUR BABY IS GROWING STRONG AND HEALTHY