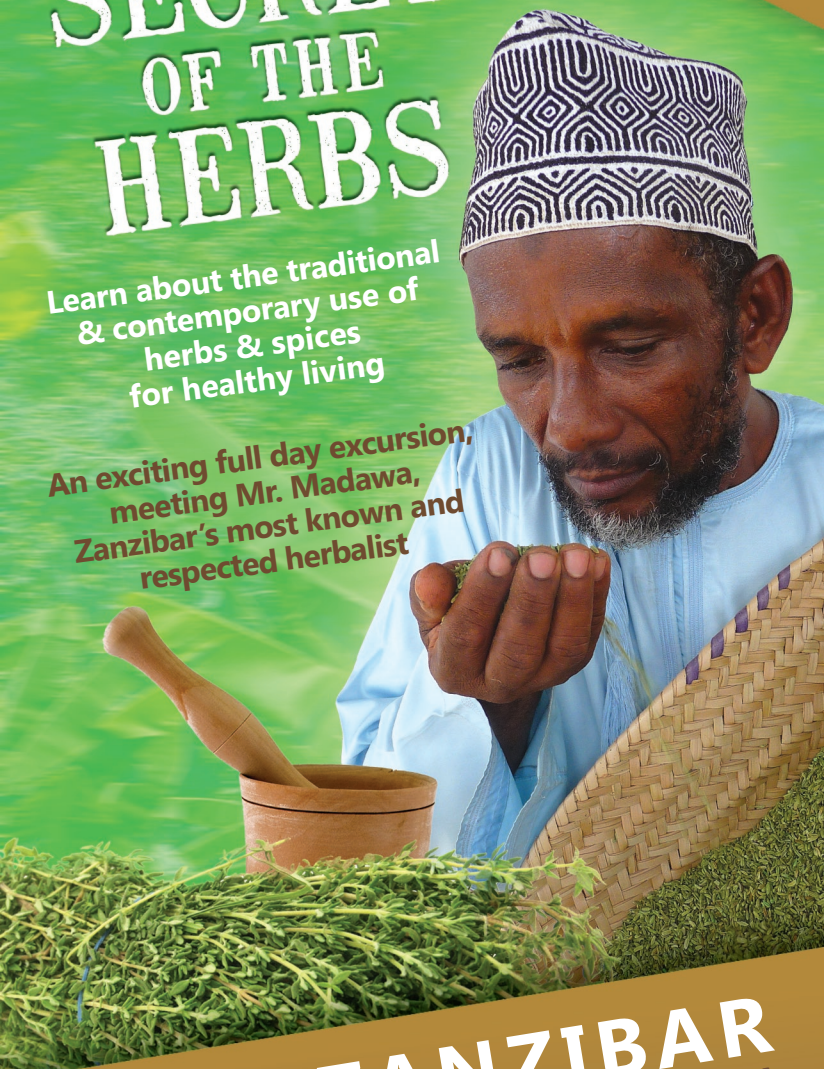


Healthy Living

SECRET OF THE HERBS

Learn about the traditional
& contemporary use of
herbs & spices
for healthy living

An exciting full day excursion,
meeting Mr. Madawa,
Zanzibar's most known and
respected herbalist



ZANZIBAR

TANZANIA

Zanzibar has a rich tradition of herbal medicine. Mr. Madawa is Zanzibar's no.1 herbal healer & nutrition specialist. He combines ancient knowledge with newest scientific findings. Original inventor of the "Zanzibar Spice Tour" in 1985, Madawa now decided to start his new tour SECRET OF THE HERBS to show visitors to Zanzibar how they can live healthily using natural food, herbs & spices.



Mohammed Said is a fifth generation Zanzibar herbalist. On the island, more than under his real name, he is generally known as "Mr. Madawa", which in Swahili means "Mr. Herbalist" - he's Zanzibar's unrivalled no.1 herbal healer and nutrition specialist.



Madawa runs his own herbal medicine clinic which even treats patients from the Arab countries. He manufactures herbal products and has published 11 books. His son who has studied medicine is working with him now.



SECRET OF THE HERBS is a full day excursion, approaching you to the art of staying healthy and fit by having a diet based on natural ingredients and the deliberate use of herbs and spices.



On a plantation you will first get to know a variety of essential herbs & spices. Then you will proceed to Bububu where Madawa's daughter will explain you what to consider when using herbs and spices for cooking. You will have a healthy lunch at Madawa's garden.



After lunch, you will visit Madawa's small processing plant for natural substances. The master himself will then give you a lecture in nutrition and how to change one's diet to prevent or alleviate problems such as high blood pressure, diabetes, obesity, impotence or skin problems.

SECRET OF THE HERBS

Zenith **WORLDUNITE!**

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Phone: +255 777 413 663

You can also book your private herbal medicine lessons and herbal medicine holidays with us! <http://www.zanzibar-herbs.com>