



## Consol homes orphan care

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- r ...for orphan education..
- ...seff reliant skills..
- > ...orphan economic upliftment-...
- ...orphan household food security'....
- ...psychosocial support..

## RE: FEED BACK ON RICE-X - NUTRACEA SUPPUMENTS:

### Background:

Consol Homes was formed in March, 2000 with a primary aim of providing a charitable service to orphans to address the dehumanizing impacts of HIV and AIDS. This service for the orphan upliftment of academic and social economic status was to provided through community based childcare approaches which were and are the core matter of the Malawi Government Policy on Orphans and other vulnerable children.

The organization therefore started with one childcare center, 63 children under 7 volunteers covering 3 villages which has steadily grown to 72 childcare centers, with over 14,600 children (Orphans and other non orphans that have made vulnerable by HIV and AIBS), under over 350 volunteers covering over 341 villages in two districts of Ntchewu and Lilongwe in Malawi. The services have also diversified to include grandmothers and widows totaling to around 1,900 and chronically ill HIV infected AIDS patients totaling to around 260.

Major problems faced by these children and the chronically ill (most of who suffer from malaria) has been malnutrition which has in most cases lead to premature deaths against which Consol Homes had no immediate solution.

### Introduction of Rice-X from NutraCea:

It was on the basis of this background that Consol Homes saw it as an opportunity to address these complexities on the aforementioned disadvantaged and marginalized groups when a Team from NutraCea and Malaria Solution from the USA lead by Margie Adelman and James Christiansen, visited Consol Homes to introduce Rice-X. Thanks to the collaborative partnership and efforts between the team and The Raising Malawi Trust.

,. . the rights of the child .

"...A help to help the orphan build a foundation for a sustainable

Registered under the Malawi Government Ministry responsible for NGOs as a charity

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## Initial Supply.

The team brought into the country some supplies that would meet for providing the supplements to around 500 children for a tentative period of 6 months. However, as Consol Homes, we had to reconsider widening the piloting base (constituency) to include the chronically ill in view of addressing the aspect of Nutritional balance for those AIDS patients on ARVs or otherwise.

## Piloting Began:

After an initial induction by the visiting team which was done at Kalolo Main Center of Consol Homes, we provided the supplements to the whole number of children as long as they reported to the centers' activities and feeding program.

Noting that we work with a huge number of children which is difficult to monitor progress, isolated manageable cases were identified which were a composition of those that were severely & moderately malnourished, the chronically ill patients on ARVs and others not yet taking ARVs. We also included the wasted that are living with the virus but are not bed ridden so to speak.

## Observed Changes (Results):

The product has shown that it is a very outstanding source of solving nutritional problems in children and adults who are HIV infected and malnourished. Much more so, it has proved to be a solution for malnutrition in general.

Trials so far done show that there is a rapid increase in body weight for the malnourished persons besides making the user beneficiaries stronger and energetic as may be seen from the following closely monitored cases:

- An 8 (eight) year old child who is HIV positive and on ARVs, started to take Rice-X at 17 kilos which jumped to 25 kilos in a space of 3 weeks.
- An HIV positive adult who is on ARVs started NutraCea's RiceX at 50 kilos and jumped to 55 kilos in a space of 3 weeks;



Ethel bailesi - 42 who is on ARVs and had her weight increase from 43 kilos to 58 kilos in three weeks of taking RiceX.

- **The other HIV positive adult had his weight jump by 10 kilos after he started taking the product as regular supplement since he is on ARVs.**



Judith Yotamu taking RiceX being on ARVs. She had her weight and energy increase that she can now do her regular chores and travel to places as any other person and looks healthier.

- **As an added advantage, NutraCea's RiceX has proved very highly effective in treating skin infections for both HIV positive and negative people.**

**One member of the Orphan Affairs Unit (OAU) at the main center Sosten, who had a long time skin infection had to wake up to a surprise when the powder dissolved in water was applied on the affected area for only three times and the infection was**



gone. •\* - v

Sosten Maenje who used RiceX to treat skin rash around his neck which disappeared after three applications.

- **Then we have the case of Olipa (14) that has been sick on off since she was diagnosed HIV positive at a younger age and is on ARVs. She reported increased energy and also disappearance of skin rash after using RiceX through oral intake and skin application as in the case of Sosten above.**



*Jlipa (14) who had HIV transmission from her mother and has been using RiceX as in the story above.*

*Another interesting case is the case of Siyenji Tsogolani who started RiceX at an initial weight of 33 kilos which steadily increased his body weight to 37 Kilos.*

**A Letter from Chipata general Hospital:**

Report On Patient No: 097154339 - Chipata General Hospital. Zambia: (Note that Consol Homes work area is not far from the boundary between Malawi and Zambia)

**Nutrition in HIV Infection:**

Wasting and malnutrition are known to have a deleterious effect on the immune systems and other host defence mechanisms. Furthermore, drugs and many other drugs used to treat HIV infected individuals constitute additional threats to Nutritional Quality of life and status.

However, with Nutritional Support, clients are assured of progressing with health lives.

From my personal experience when I was supplied with a bag of RiceX Soluble, I was indeed helped to gain weight (from 45 kilos to 57 kilos) and energy more quickly and be able to return to work within a period of two months. This was however after I had been diagnosed to be HIV positive.

It can also be appreciated that at the time that I started taking the product, my Cb4 count was below 100 and my blood levels at as low as 3 grams and had just got a 3 pint blood transfusion. I think I was almost gone.

I therefore recommend that the RiceX Supplements to be effective to malnourished children and HIV positive people to help them recover quickly as seen from my

*personal experience. I am thankful to the donor community and Mr. Chapomba of **Consol Homes, Malawi**, who has helped me and is coordinating this programme and hope that it will continue. Yours faithfully,*

*Charles Kachale - Psychiatric Clinician. Chipata  
General Hospital. Box 510110. Chipata. Zambia.*

Parting Thoughts (Conclusion):

RiceX is not just another Nutrition inconvenience so to speak but rather Mother Nature's special nutritional gift is my definite opinion.

For sure, if it is not taken regularly and properly by the client, then it does not help as much though it does. Other children have surely died within the time due to other various causes but if well take and according to instructions which are easy though, RiceX Soluble has proved to be a solution to a diversity of problems that HIV has brought besides treating malnutrition. /And it is also reported unofficially that patients with stomach ulcers have an added advantage that RiceX can treat in due course according to what was reported by Ethel as having been told by her examining doctor at St. Gabriel's Hospital (an ARV site).

My deep personal admiration of the product is that it is easy to use since one can take it as easily dissolved as tea (though not with boiled water), Others enjoy taking it in its powder form, Others love it spread on porridge or other food stuffs while others dissolve in water to apply on the infected skin surfaces.

In whichever way one takes it or applies it, as long it is regular and consistent, notable results are achieved. One does not need to a specialized Nutritionist to appreciate its effectiveness or its usage since it is all easy to use and apply.

It is my definite opinion that as a country, Malawi would benefit quite a lot if this went to scale especially in the fight against AIDS. Respectfully submitted,

Alfred Chisomo Chapomba  
EXECUTIVE GUARDIAN \_\_\_\_\_ April 19, 2007.

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