

Image of the Week...



Sun, surf and wind

Visitors enjoyed a long Easter weekend of sun, surf and wind. Tidy Towns Shelly Beach to Margate made sure beaches, like Lucien were spotless and in tip top condition for holidaymakers. **PHOTO BY SOPHIA NEL**

Letters to the Editor

Write to us: All letters to the Herald must carry the sender's full name, signature, home address and day phone number for verification. Letters to the Editor and other editorial matters must be sent to: PO Box 1263, Port Shepstone, 4240. E-mail: davidr@dbn.caxton.co.za. Fax: 086 512 2101. Ideally, letters should not exceed 250 words and may be edited. Anonymous letters will not be published. However, nom de plumes may be used.

Covid-19: Doctor Chetty should be celebrated, not vilified

It is with sadness that I share with my followers that a colleague, Dr Shankara Chetty, will be put on trial by the Health Professions Council of South Africa (HPCSA) on April 8 for his views and experiences on the treatment of Covid-19, and for his outspoken views on mRNA technology.

He is being charged for malfeasance.

In my opinion, Dr Chetty made an outstanding contribution during the Covid-19 pandemic.

He saved thousands of people in KZN from dying of Covid-19 with his novel and unorthodox approach to treating the disease.

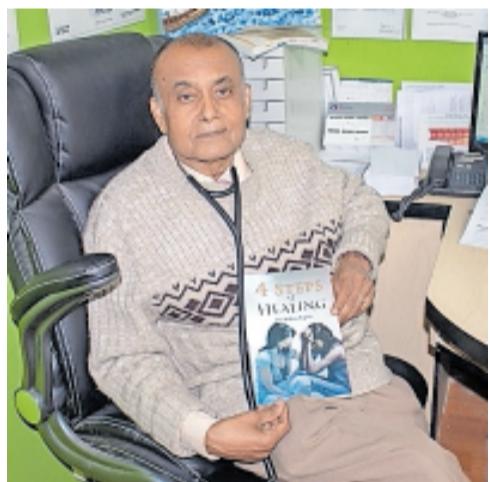
He treated Covid-19 at a time when the World Health Organisation, academic institutions and regulatory authorities, locally and abroad, declared that there was no treatment for Covid-19.

Dr Chetty used simple, safe, inexpensive repurposed medicines without requiring supplemental oxygen.

This was an amazing achievement considering that the same type of patients were dying in droves in our sophisticated intensive care units, kitted out with costly artificial ventilators.

Dr Chetty challenges the narrative of the regulatory authorities.

The advice that was given to the medical profession was that doctors should not see or treat patients with Covid-19, but send them home to isolate; patients were advised to go to our over-flooded hospitals when they became short of breath or went blue in the face.



Dr E V Rapiti.

Dr Chetty, in accordance with his Hippocratic oath, challenged the prevailing advice/narrative by our health authorities and chose to treat and understand the disease.

He came to the conclusion that people weren't dying from the virus but from the body's response to the virus.

He felt that the lungs were being assaulted by an allergic reaction to the spike protein, which presented on the eighth day and responded favourably to a dose of a cheap drug, Phenergan.

Dr Chetty willingly shared his knowledge and experience in a paper that was published in the journal Modern Medicine, which is a journal for frontline doctors all over the world.

His successful treatment of Covid-19 went viral throughout the world.

He became an guest educator to doctors in Malaysia at the request of the Malaysian government.

He shared his knowledge and expertise on a variety of platforms, not just on Covid-19, but he also expressed his overwhelming concern about the efficacy and safety of the Covid-19 mRNA vaccine technology.

Having a difference in opinion in medicine is the norm and a catalyst for new ideas to treat medical conditions that defy conventional treatment.

Doctors, like Dr Chetty, are innovators, who dare to find solutions where conventional medicine fails.

They should be celebrated in the textbooks of medical history for their intuitiveness, their inquisitive minds and bravery for thinking outside the box to find unique solutions for unique problems.

The last thing we should be doing to these critical thinkers and heroes is to burn them at the stake like dangerous criminals.

Let's hope truth and justice will prevail.

I sincerely hope that on the day of the hearing/trial, the truth will be given a hearing, justice will prevail and Dr Chetty will be rightfully acquitted of the charges against him so that he can walk out a free man to do what he does best and that is: to treat his patients with compassion and caring without any interference.

DR EV RAPITI
Cape Town
(Letter shortened)

Reviving Paradise:

How to build a permaculture food forest



Helen Dodge

The word permaculture comes from two words: perma (as in permanent) and culture (something people do, a human activity like horticulture).

A permaculture garden is designed to last forever and be self-supporting.

Unlike conventional large-scale agriculture (the farms we're used to seeing), permaculture employs lots of different plants in one place, like a forest.

This biodiversity keeps the soil strong and balanced because plants take different minerals from the soil and put nutrients back into the soil.

We don't need any chemical fertilizers, herbicides or pesticides in a permaculture system.

Plants keep the soil balanced, structural elements reduce water needs and, because seeds are harvested directly from the garden, it becomes an inexpensive way to grow one's own food.

To build a simple permaculture garden:

1. Set up a compost system, with grass cuttings, leaves, kitchen scraps and manure (if possible).

2. Mark the first site for a planting circle (2m across) and dig a trench all the way around this bed, about 20cm wide and 20-30cm deep.

3. Fill the trench with small sticks and dried grass. The dry grass acts as a sponge, soaking up water and keeping the soil moist.

4. Create a trellis for plants (e.g., beans) to climb up on the northern side of the planting circle.

5. Put seedlings/plants into the circle according to the seven layers needed (as shown in the drawing below).

The plants can be placed directly into the soil (with compost) or in a layer of compost and soil on top of a piece of cardboard (this is the no-dig method). The cardboard can be placed directly on top of the lawn or weeds.

6. Once your first bed is established and you have extra compost, feel free to keep adding planting circles (and other shapes, if you like) until you have a food forest.



Planting circle. Image by Matt Kroll of Vuka Valley.

Weekend weather

Friday
Temp:
Min 18
Max 25

Wind: N



Saturday
Temp:
Min 17
Max 19

Wind: N



Sunday
Temp:
Min 18
Max 20

Wind: SE



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