

# CURRICULUM VITAE

**LYDIA KEMUNTO MATOKE, HSC**

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## PERSONAL INFORMATION

NAME : LYDIA KEMUNTO MATOKE, HSC

DATE OF BIRTH : 27<sup>TH</sup> JULY 1957

NATIONALITY : KENYAN

CIVIL STATUS : MARRIED

RELIGION : CHRISTIAN

ID NO. : 0977399

## ACADEMIC BACK GROUND:

<b>1975-1976</b>	:	<b>Kenya High School</b>
Certificate	:	East African Certificate of Education (KACE) Registered and Passed Three
Subjects	:	Christian Religion (Principal B), Geography (Principal D) and Literature in English (Principal E)
<b>1971-1974</b>	:	<b>Kenya High School</b>
Certificate	:	East African School Certificate (EASC) Registered 9 subjects and passed 8 of them with Division Two (2)
<b>1964-1970</b>	:	<b>Bosiango Primary School</b>
		Certificate of Primary Education (CPE) English B+, Mathematics B- and General Paper (History, Civics, Geography, Natural Science and Agriculture) B.

## PROFESSIONAL TRAININGS:

<b>Year</b>	<b>Institution</b>
<b>2014 to 2016</b>	Birchum International University PHd Herbology and Phytotherapy .
<b>October 2004</b>	Santa Barbara College of Oriental Medicine
<b>Award:</b>	Degree Bachelor of Science in Herbology (Chinese Herbal Medicine)
<b>1994 -1995</b>	America Institute of Drugless Therapy
<b>Award:</b>	Diploma in Missionary Naturopathy
<b>Courses Completed:</b>	Divinity, Holistic Healing, Nutrition, Diet, Vitamin Therapy, Mineral Therapy, Missionary Work.

## SEMINARS & WORKSHOPS

<b>12<sup>th</sup> – 14<sup>th</sup> Oct, 2022:</b>	Inventing in Diverse Indigenous Seeds and Foods for a Healthier Future. <i>Panelist in session S: Medicinal Foods, Foods as Medicine (Cancer Palliative Care).</i>
<b>21<sup>st</sup> – 22<sup>nd</sup> Sept, 2022:</b>	Workshop on the use of Regulations, Guidelines, Standards in the improvement of Traditional Medicine, Ethnomedicine and Natural Therapies. Held at Kakamega, organized by KEBS for all key institutions in the Traditional Medicine Sector.
<b>25<sup>th</sup> – 27<sup>th</sup> May, 2022:</b>	Represented the Herbalists Society of Kenya in The External Stakeholder Meeting on Draft Traditional and Alternative Medicine Policy and Bill at Maanzoni Lodge – Machakos County. Organized by Ministry of Health, TICA and UNESCO.
<b>23<sup>rd</sup> – 26<sup>th</sup> Nov, 2021:</b>	Participated as a Panelist during the 7 <sup>th</sup> Annual Devolution Conference, in the Indigenous Knowledge Breakaway Sector Session. <b>Topic:</b> How useful is the consumption of Indigenous Foods and Medicine in the wake of climate change and Covid 19? Practical example; Conference organized by Annual Devolution Conference Steering Committee held in Makueni County at Wote Town.
<b>4<sup>th</sup> – 30<sup>th</sup> Jan, 2019:</b>	Training on Traditional Chinese Medicine Formulations and Kidney Disease at Beijing Tongshantang Hospital of TCM, China

<b>18<sup>th</sup> May, 2018:</b>	Presented Paper on Cancer and Alternative Therapies at Symposium on Prostate Cancer; past, present and future, held at UON, KNH School of Health Sciences – Kenya.
<b>8<sup>th</sup> – 10<sup>th</sup> Feb, 2018:</b>	Oral Lecture on Utilization of Natural Products for the betterment of the livelihood of mankind at International Conference of NAPRECA – Kenya held at JKUAT, Kenya.
<b>10<sup>th</sup> – 14<sup>th</sup> Sept, 2017:</b>	Oral Presentation at Exploring Kenyan Biodiversity, Chemistry Pharmacology, and Commercialization Workshop By University of Nairobi and University Survey (Naivasha)
<b>4<sup>th</sup> – 18<sup>th</sup> Sept, 2016:</b>	International Training Workshop on R&D Techniques of Medicinal Plants or Developing Countries - China
<b>26<sup>th</sup> May, 2016:</b>	Oral Presentation on Complementary and Alternative Medicine and Symposium in UON, College of Health Science, KNH – Kenya
<b>16<sup>th</sup> – 22<sup>nd</sup> March, 2016:</b>	<b>Guest Speaker</b> The Fifth Health International Congress On Ancient Midwifery Held At the University Intercultural Del Estado De Mexico.
<b>18<sup>th</sup> Aug- 16<sup>th</sup> Sept, 2015:</b>	Training Program on Systematic Knowledge of Traditional Medicine for Developing countries Organized by Xiyuan Hospital of China Academy of Chinese Medical Sciences In Beijing, People’s Republic of China.
<b>23<sup>rd</sup> Sept - 1<sup>st</sup> Dec, 2014:</b>	Training Course on Acupuncture and Tuina for English speaking countries in Africa. Organized by Second Military Medical University in Shanghai of the People’s Republic of China.
<b>25<sup>th</sup> – 29<sup>th</sup> Aug, 2014:</b>	Presented paper on Indigenous Knowledge and African Traditional Medicine. Afrika Traditional Health Practitioners Forum. Organized by Baraza la Tiba Asili Tanzania. Muhimbiri University of Health and Allied Sciences Dares Salaam Tanzania, Workshop Title: Uendelezaji WaTiba Hasili
<b>28<sup>th</sup> Sept - 1<sup>st</sup> Oct, 2012:</b>	Trained in Analysis and Synthesis of Medical Records Leadership and Organization and Finance Management conducted by the World Bank – (NCAPD, KWG MAPS) Kenya.
<b>4<sup>th</sup> – 8<sup>th</sup> July, 2014:</b>	Cluster Facilitation Training Programme, Organized by National Economic and Social Council (KENYA).
<b>28<sup>th</sup> -29<sup>th</sup> Oct, 2010:</b>	<b>Open Lectures</b> Traditional Chinese Medicine Tianjin University of Traditional Chinese Medicine (TUCM). Workshop held at Nairobi University – Kenya
<b>23<sup>rd</sup> July – 13<sup>th</sup> July, 2010:</b>	Seminar on Medicinal Plants for Officials from Developing Countries. Organized by the Ministry of Commerce People’s Republic of China, Beijing China.
<b>29<sup>th</sup> - 31<sup>st</sup> Oct, 2008:</b>	Oral Presentation at Traditional Medicine Development Seminar for Traditional Healers Organized by Ministry of Heritage Department of Culture, Nairobi – Kenya.
<b>5<sup>th</sup> – 6<sup>th</sup> March, 2008:</b>	Participate at the First Stakeholders’ meeting on the Implementation of the 2003 UNESCO Convention for Safeguarding of Intangible Cultural Heritage organized by the Department of Culture and UNESCO, Nairobi

6 <sup>th</sup> – 10 <sup>th</sup> Nov, 2006:	Training on Medicinal Plants and Traditional Medicine organized by National Museums of Kenya at SACDEP – Thika
16 <sup>th</sup> – 19 <sup>th</sup> May, 2006:	Training on Natural Medicine organized by Anamed at SMEJAK, Nairobi.
12 <sup>th</sup> – 14 <sup>th</sup> Oct, 2005:	Facilitate and Trained Traditional Medical Practitioners on HIV/AIDS and Nutrition and Traditional Medicine organized by Action Aid, Nakuru.
14 <sup>th</sup> – 16 <sup>th</sup> Oct, 2003:	Workshop on Biodiversity Conservation and Indigenous Knowledge organized by Egerton University at Egerton University.
13 <sup>th</sup> – 18 <sup>th</sup> Oct, 2002:	Workshop on setting up of procedures, Nutrition and HIV/AIDS organized by FMSA LOVE & HOPE CENTRE at Nakuru.

## EXHIBITIONS

4 <sup>th</sup> – 9 <sup>th</sup> Sept, 2022:	JAMAFEST (Arts & Culture Festival E.A). Exhibited and Represented Kenya in Herbal/ Traditional Medicines – Bujumbura (Burindi).
7 <sup>th</sup> – 15 <sup>th</sup> Sept, 2017:	JAMAFEST (Arts & Culture Festival E.A) Represented Kenya in Herbal/ Traditional Medicine in the Exhibition – Showcase of Kenyan Traditional Medicine Therapies. Kampala, Uganda.
9 <sup>th</sup> – 24 <sup>th</sup> Dec, 2004:	Represented Kenya to showcase our Kenyan Indigenous Foods during the Terre Madre World Conference in Turin, Italy.

## IN HOUSE TRAINING BY A CHINESE HERBAL DOCTOR

**Date :** 2/8 -9/8 2001 Basic Principles and Importance of Natural Foods and Traditional

**Topics:** Herbal Medicines in Home Based Care.

- ✓ Balanced Traditional Diet.
- ✓ Kenyan Indigenous Foods
- ✓ Kenyan Indigenous Vegetables
- ✓ Kenyan Indigenous Fruits.
- ✓ Kisii Traditional Medicines in Home Care.
- ✓ Nursing in Herbal Medicine Practice.

**Date :** *February- August 2000.*

Natural Health Home Based Care.

**Topics:** Eight laws of health –Air, Water, Diet, Exercise, Rest, *Temperance and Divine Power.*

- ✓ Principles of Nursing in Home Care,
- ✓ Indigenous Knowledge in Home Care,
- ✓ Home Care for the terminally ill,
- ✓ Diet therapy in Home Care,
- ✓ Counseling in Homecare setting,
- ✓ Psychology in Home Care Setting.

**Date :** *August-7 August 1999.*

Basic Principles, Procedures, and Importance of Setting up Training and Care Centre for Traditional Herbal Medicine.

**Date :** *8<sup>th</sup> February – 8<sup>th</sup> August 1998.*

**Natural Health Practice.**

*Health*

- ✓ Introduction to Anatomy
- ✓ Introduction to Physiology
- ✓ Diseases and Causes
- ✓ Drugless therapy
- ✓ Nutrition

- ✓ Introduction to traditional health
- ✓ Introduction to Holistic healing.

## MISSIONARY WORK TRAINING

**Date :** 1991 - 1996.

Trained with the Remnant Church.

- ✓ Evangelism
- ✓ Medical Health
- ✓ Medical Missionary
- ✓ Holistic Healing
- ✓ Nutrition
- ✓ Dieting
- ✓ Health Reform
- ✓ Bible Hygiene
- ✓ Prayer
- ✓ Healing by the Word (Bible)
- ✓ Missionary Volunteer
- ✓ Church Leadership.

The Trainings were held in different localities in Kenya.

### *Special Training in Traditional Medicine by Grand Parents / Verbally*

#### **(a) Herbals**

- ✓ Identification of Kisii Traditional Medicines
- ✓ Harvesting Methods
- ✓ Preparation Methods
- ✓ Storage
- ✓ Dispensing of Medicines.

#### **(b) Indigenous Cookery**

- ✓ Identifying of epical foods for such cases as liver parents, those who had undergone head surgery etc.
- ✓ Combining the foods
- ✓ Style of Cooking
- ✓ Serving / Feeding
- ✓ Preservation of the Special Foods

### *Receiving of the special gift of healing from grandmother.*

- ✓ Grandmother covered my shoulders with a Kikoi which she used to wear while attending to her patients and said in mother tongue, "Ochie kar e buna Emanga" "Nakoeire engobo yane" (You live like Mt. Manga", I've given you my clothes').
- ✓ Her spate in my right hand (palm) and said "Orwarerie okwaborio" (Heal or Treat with the right hand).

## HONOUR & AWARD

- ✓ The Head of State Commendation (Civilian Division)

Certificate of title of honor 12<sup>th</sup> Dec 2006

In appreciation of Distinguished Services to the Republic of Kenya as a researcher and health care provider, having worked consistently and selflessly to spearhead advocacy for ethical and professionalism in traditional Healthcare Services.

## RECOMMENDATION

- ✓ Recommended and authorized by Ernest Matheu, the Director of Elite Lay Activities (an International Communications Network of Natural Therapy Clinics, Headquartered in West Virginia) to build another of Elites activities sanitariums and operate it after being certified as their qualified representative – 2004 June.

## RESPONSIBILITY & ACTIVITIES

<b>Ongoing:</b>	<b>Principal Investigator 2 (PI-2)</b> Kenyatta University in Collaboration with Herbalists Society of Kenya, Funded by National Research Fund
<b>5<sup>th</sup> July, 2011-Date:</b>	<b>President</b> Herbalists Society of Kenya
<b>2014 to Date:</b>	<b>President</b> Traditional and Alternative Medical Society of East Africa
<b>1995-Date:</b>	<b>Director and Doctor In charge</b> Hope Natural Health Care Centre. Offering essential Community Based Alternative Health Services
<b>2009- Date:</b>	<b>Director</b> Kenya College of Traditional Medicine Capacity building through Training Indigenous Health Workers
<b>2006 – 2013:</b>	<b>Chairperson</b> National Traditional Health Practitioners Association ( <b>NATHEPA</b> )
<b>2009-2013:</b>	Member of Technical Committee Representing the Herbalists in <b>JSDF- WORLD BANK/GOK PROJECT</b> Capacity Building of Rural Traditional Herbalists in Kenya.

## HOBBIES

- ✓ Studying the word of GOD, prayer
- ✓ Research-Traditional Herbal Medicine
- ✓ Caring for the sick and needy
- ✓ Reading Motivational and Educative books

## REFEREES:

- 1. Prof. Paul O. Okemo, PhD.**  
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**Nairobi, Kenya**  
Cell: (+254) 722 942072  
Email: [okemo.paul@ku.ac.ke](mailto:okemo.paul@ku.ac.ke)
- 2. Nixon Ogecha**  
Businessman  
P.O. Box 15540-20100  
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- 3. Peris Kariuki**  
Research Scientist, KENRIK Section,  
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