

## Translation of Ubhejane video transcript received from Thandiwe 04.02.08

Your face looks good. Are you a beginner? Now get the staff& .[Inaudible]. I am repeating myself again now. Oh, are you a beginner? Yea! When you begin you get two 2-litres bottles. This one with a white lid boosts the immune system. This one with a blue lid fights the virus or whatever disease you have. So as you will get both, you do not drink from both bottles in one day but you will alternate days. You will start with the one which boosts immune system. You drink half a glass three times a day. The following day you drink from the blue lid also half a glass three times a day. You will keep on alternating days. You must keep medication in the fridge. When you take it out of the fridge you must warm only the half a glass you are going to drink. You must always warm the half a glass you are going to drink. Ok, this treatment- is a two -week s treatment this is the first course. When you come back, you will not get the white one. You will carry on drinking from the blue bottle because we will be focussing on fighting the disease or the virus in your body. You will carry on drinking from the blue bottle for four months. After four months you can go to a doctor and check whether or not you still have the disease that you had been treated for.

Customer: Sorry, can I please ask you something sister [Interruptions.]& [Inaudible.] & I would like to know that, as I am HIV positive I, have been advised to take the ARVs from the hospital. Can I still carry on taking them or what?

Seller: Ok, the ARV treatment- we ask that you should not mix it with ubhejane

[Cellular rings]. If you have started with uBhejane, we request that you use just uBhejane

You drink uBhejane not the rest of your life but to treat the disease. You will drink uBhejane to treat the disease and when the disease is gone (you are healed) you will then stop and not carry on with the treatment. If you have started with the ARV treatment, we ask you to make a choice. If you wish to stop the ARV treatment you can come back and use uBhejane again.

Customer: Yes. So, this means that if I do not have money to buy it (uBhejane), there is perhaps no danger when the medication runs out (get finished)?

Seller: UBhejane can run out (get finished). And if does runs out, let us say maybe you do not have it for a week or two weeks, there is no problem. It does not cause the disease it treats the disease. When you are still waiting -not taking the medication, you must make sure that you get the medication again. If you are taking uBhejane there are things you have to stop doing. Use uBhejane and condomise, use uBhejane with you partner so you can both treat yourselves and treat the disease you have. If you use uBhejane we request that you stop drinking and smoking. [Interruptions.] [Laughter.] [Talking

off the mike.]

Male voice: That s it! [Talking off the mike continues.]

Zebulon Gwala: My name is Zebulon Gwala. I was born at Ndwedwe, Maphephethini. I now live here in Pinetown. I grew up here in Pinetown. About work, I used to drive trucks and I did long distance around Africa. I was in the FTX in Johannesburg in Selby.

## Page 2

Eh& I went on doing my job - driving trucks and would dream about the medication one by one by one and will write it down. I will go home and give this to my wife and ask her to write down and she will write down. I was just writing the medication without knowing what it will eventually treat. My grandfather was a traditional doctor (inyanga) this was my paternal grandfather (father's father). He then died and I was not a traditional doctor at the time. I kept dreaming about the medication I was dreaming about the medication. When I had all the parts -(formula) was completed. He then told me what to do with it - that I should cook (boil) it until it is cooked and ripe (ready) and then mix it like this and that. I did as I was told.

As far as I know, I can't talk very well about ARVs because I do not know where the ARVs come from and with uBhejane- people know that it comes from Gwala. They have Gwala's phone number. They can phone directly to the founder of uBhejane. We do not know where the ARVs come from. I do not remember that patients can phone the manufacturers of ARVs directly to ask and to complain that my liver is swollen; my kidneys are sore, whatever, whatever. So I will not be able to comment about ARVs. But what I do know is that my patients do not mix uBhejane with ARVs .because there is no study that has been done to monitor people who have combined the treatments of uBhejane and ARVs. I always say that a person should make a choice. She or he should take ARVs and not take uBhejane. And that they should take uBhejane if they have not started with the ARVs . In this way I do not think that there is a conflict. Although I cannot give a 100% guarantee because I do not treat people in their houses. I give a person uBhejane medication and they take it home to use it maybe that person take both treatments ubhejane and ARVs . I am not there because people use the treatment in their homes. But what I am telling you here now is that please ARVs and uBhejane do not go together.