

AFRICAN HOLISTIC HEALTH

One of the definitive works on African Health by Dr. Liaila Afrika, a nutrition consultant, massage therapist, historian, writer and a Doctor of Naturopathy. He has studied in Africa, Europe and America and believes that each of his clients (from the children to the elderly) have the right to good health and happiness.

He contends that good health does not belong exclusively to any culture or race, but is a human right and a product of nature. Liaila's background includes serving in the Medical Core in the military and several years experience as a psychotherapist.

He has used herbal and other holistic treatments exclusively since the early 1970's and is recognized as the leading advocate of health and healthy living in the African American communities in the US.

Dr. Afrika is by far the most important Advocate for Holistic Living in America today!

- Dr. Sam Chikwos

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African Holistic Health Your True Source For Holistic Health

S. Bactuu Wilson



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Heal the Body Holistically Carolyn J. Williams, 2016-06-29 There is a transcendent awareness above the five senses that we relate to as common sense that is present and readily accessible to each and every one of us When we realize it we see it is the source of true peace good health happiness satisfaction courage and joy Weve got to feel connected to something bigger than ourselves Whether you call it god universal mind love presence divine spirit life energy there is a force that beats our hearts breathes our breaths keeps the sun shining The more we struggle to live the less we live Give up the notion that you must be sure of what you are doing Instead surrender to what is real within you by detoxifying meditating quieting the mind fasting and praying for that within is sure And yet we dont know how to access it we dont know how to bring it into our awareness We dont know how to manifest it or embody it *Subject Guide to Books in Print*, 1993 **THE COMPLETE**

JAMAICAN HERBAL REMEDY GUIDE Geneva J. Brown, DISCOVER THE HEALING SECRETS JAMAICA S BUSH DOCTORS HAVE GUARDED FOR CENTURIES Are you tired of reaching for pharmaceutical solutions when your body is crying out for natural healing Imagine having access to the same powerful plant medicines that have kept Jamaican families healthy for over 500 years herbs so effective that modern research is finally validating what traditional healers have always known THE COMPLETE JAMAICAN HERBAL REMEDY GUIDE reveals 25 POWERHOUSE HEALING PLANTS scientifically proven to transform your health Master detox protocols including the famous 7 day Jamaican jumpstart that gently cleanses your entire system Ancient remedies for modern ailments diabetes high blood pressure chronic pain digestive issues and more Step by step preparation methods so simple that even complete beginners get amazing results Complete sourcing guide to find authentic Jamaican herbs anywhere in the world From the blood purifying power of cerasee to the immune boosting properties of guinea hen weed this comprehensive guide bridges 500 years of Maroon healing wisdom with modern safety standards This complete system provides exact recipes dosing guidelines and safety protocols used by generations of bush doctors Every remedy has been tested by time and validated by families who stake their health on these natural solutions Whether you re battling chronic illness seeking natural detox solutions or want to build your family s natural medicine chest This book gives you everything needed to reclaim your health the Jamaican way Transform your health naturally Order now and discover why thousands are turning to Jamaica s time tested healing wisdom **The Healing Source** S. Bactuu

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and more beautiful After reading and applying the tips in HOW TO BE AN IRRESISTIBLE WOMAN your love life will soar to new heights

Preventive Therapy in Complimentary Medicine Lumumba Umunna Ubani,2011-07-05 This marvelous new book encourages natural prevention treatment and healing It is brilliant and comprehensive journal The core focus of this most important volume is to liberate humankind from the pain and suffering of ill health It is carefully written to guide men and women from all facets of society who are presently engaged in complementary medicine freeing them from the limitations of synthetic and toxic applications of mainstream medical practice trends Dr Ubani s extensive knowledge and authentic expertise of natural medicine homeopathy African photo medicine nutrition and dietary therapy is compounded in this spectacular revelation These will educate the practitioners and laymen alike about the momentous necessity and importance of preventive therapy in our lives

Global Perspectives on Health Communication in the Age of Social Media Sekalala, Seif,Niezgoda, Brandon C.,2018-02-09 Numerous studies suggest that people with a variety of health concerns are increasingly turning to online networks for social support As a result the number of online support communities has risen over the past two decades Global Perspectives on Health Communication in the Age of Social Media is a critical scholarly resource that examines the illness and pain and suffering narrative of health communication Featuring coverage on a broad range of topics such as social networks patient empowerment and e health this book is geared towards professionals and researchers in health informatics as well as students practitioners clinicians and academics

African Holistic Health Llaila O. Afrika,2009

Critical Sustainability Sciences Stephan Rist,Patrick Bottazzi,Johanna Jacobi,2023-08-02 This book explores Critical Sustainability Sciences a new field of scientific inquiry into sustainability issues It builds on a highly novel integration of elements from relational ontologies critical theory political ecology and intercultural philosophy in support of emancipatory perspectives on sustainability and development The book begins by uncovering the weaknesses of mainstream sustainability science and debates on sustainable development The new field of Critical Sustainability Sciences has grown out of a deep engagement with relational ontologies which helps to overcome the dualist ontology underlying mainstream notions of sustainability and development Dualist ontologies reinforce problematic anthropocentric divisions for example between humans and nature subjects and objects mind and matter body and soul etc Examples from indigenous peoples in Bolivia India and Ghana as well as integrative movements in Chile Brazil and Europe show that relational conceptions of life rooted in ecosophy and cosmosophy can provide an intercultural philosophical foundation for Critical Sustainability Sciences The book concludes by describing three key topics for exploration in Critical Sustainability Sciences societal reorganization in view of emancipatory existential and cognitive self determination living labor and commons and the development of new comprehensive relational scientific paradigms This book will be of great interest to students scholars and practitioners of emancipatory and intercultural approaches to sustainability and development

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