

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

Sekalala, Seif,Niezgoda, Brandon C.

African Holistic Health Your True Source For Holistic Health:

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 African Holistic Health Lliala Afrika, 2004-03 A great amount of research in a highly organized manner It is of vital importance to the African American and the world community This information is essential for professionals and everyone to utilize in lifestyle and to self William Richardson M D Atlanta Clinic for Preventive Medicine GA **Subject Guide to Books in Print** , 1993 The Healing Source S. Bactuu Wilson, 1993 A dietary book that gives basic practical information about the health statistics diet nutritional charts spiritual health and earth changes of black people *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 **How to Be an Irresistible Woman** E. E. Kelley, 2006-03-12 In HOW TO BE AN IRRESISTIBLE WOMAN E E Kelley gives practical advice on how you can become the object of desire of men everywhere Each featured

chapter is supported with real life stories from women of all walks of life plus evidence to support the authors claims A few of the sample chapters include Learn Proper Etiquette Get Glamorous Befriend His Friends and Update Your Entourage Kelley uses the perfect mixture of wisdom wit and humor to help you achieve your goals of being better brighter and more beautiful After reading and applying the tips in HOW TO BE AN IRRESISTIBLE WOMAN your love life will soar to new heights

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

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

Small Press Record of Books in Print ,1992 *Bowker's Complete Video Directory* ,2000

Unveiling the Magic of Words: A Report on "**African Holistic Health Your True Source For Holistic Health**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**African Holistic Health Your True Source For Holistic Health**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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Table of Contents African Holistic Health Your True Source For Holistic Health

1. Understanding the eBook African Holistic Health Your True Source For Holistic Health
 - The Rise of Digital Reading African Holistic Health Your True Source For Holistic Health
 - Advantages of eBooks Over Traditional Books
2. Identifying African Holistic Health Your True Source For Holistic Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an African Holistic Health Your True Source For Holistic Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from African Holistic Health Your True Source For Holistic Health
 - Personalized Recommendations
 - African Holistic Health Your True Source For Holistic Health User Reviews and Ratings
 - African Holistic Health Your True Source For Holistic Health and Bestseller Lists

5. Accessing African Holistic Health Your True Source For Holistic Health Free and Paid eBooks
 - African Holistic Health Your True Source For Holistic Health Public Domain eBooks
 - African Holistic Health Your True Source For Holistic Health eBook Subscription Services
 - African Holistic Health Your True Source For Holistic Health Budget-Friendly Options
6. Navigating African Holistic Health Your True Source For Holistic Health eBook Formats
 - ePub, PDF, MOBI, and More
 - African Holistic Health Your True Source For Holistic Health Compatibility with Devices
 - African Holistic Health Your True Source For Holistic Health Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of African Holistic Health Your True Source For Holistic Health
 - Highlighting and Note-Taking African Holistic Health Your True Source For Holistic Health
 - Interactive Elements African Holistic Health Your True Source For Holistic Health
8. Staying Engaged with African Holistic Health Your True Source For Holistic Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers African Holistic Health Your True Source For Holistic Health
9. Balancing eBooks and Physical Books African Holistic Health Your True Source For Holistic Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection African Holistic Health Your True Source For Holistic Health
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine African Holistic Health Your True Source For Holistic Health
 - Setting Reading Goals African Holistic Health Your True Source For Holistic Health
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of African Holistic Health Your True Source For Holistic Health
 - Fact-Checking eBook Content of African Holistic Health Your True Source For Holistic Health
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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