

Revised and
Expanded

African holistic Health

Llaila O. Afrika



Foreword
Father of Medicine

- Herbs, Vitamins, Minerals, Aminos, Glandular and Food
- Recipes
- Sexual Personality Types
- Foods to Avoid
- Self Diagnosis Charts
- Male Cycle
- Anthrax, Aids and Cocaine Addiction Remedies



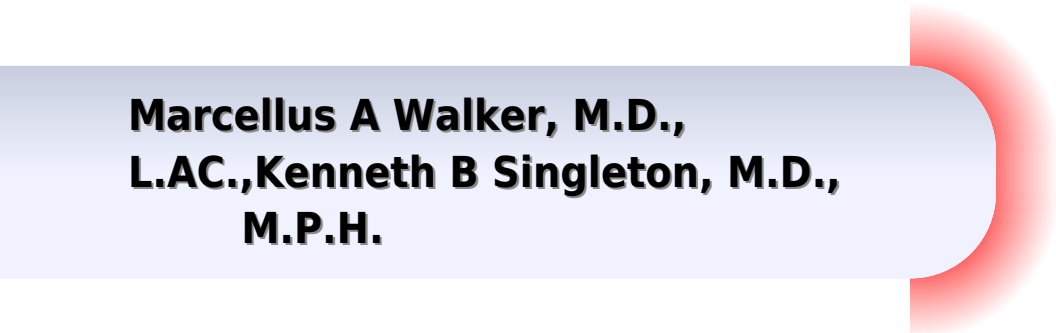
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Recommended by
Dick Gregory

Natural Health For African American

**Marcellus A Walker, M.D.,
L.AC., Kenneth B Singleton, M.D.,
M.P.H.**



Natural Health For African American:

Natural Health for African Americans Marcellus A. Walker, Kenneth B. Singleton, 2008-12-05 Natural approaches to maintaining or restoring overall well being Chapters are devoted to the health concerns of particular importance to African Americans such as heart disease diabetes

Natural Health for African Americans Marcellus A Walker, M.D., L.AC., Kenneth B Singleton, M.D., M.P.H., 2014-07-01 Offers a combination of mainstream approaches and natural therapies to help the body heal itself

African American Alternative Medicine Eric J. Bailey, 2002-08-30 In order to examine the importance of alternative medicine to the African American population this book focuses on the African American health belief system and the treatment strategies often used and documented This book includes a cultural historical view of alternative medicine s use within the African American community and shows how it was an integral part of African American culture The author highlights a number of studies that examine alternative and complementary therapies associated with specific diseases among African Americans Case studies are presented to show the types of alternative and complementary medicines used for specific diseases and to determine whether the alternative and complementary therapy was effective or not Moreover the cultural perceptions of the specific disease are presented to provide reasons why African Americans tend to use the particular alternative and complementary medical therapy for the disease The book serves as a resource guide for students healthcare professionals researchers policymakers and the general public

The Black Woman's Health-O-Pedia Turshá Hamilton, Keshia Tate, Safiya McCarter, Dorian Richardson, Tracy Robinson, Breana Davis, Ayanna Quamina, 2021-07-13

[African Holistic Health](#) Llaila O. Afrika, 1990 [The Healing Power of Self Love](#) Oscar Bamwebaze

Bamuhigire, 2009-02-06 In the field of alcoholism and drug addiction treatment there have always been questions for which there were no satisfactory answers Is substance abuse a problem of discipline or a disease Why is it that most alcoholics drug addicts do not seek for or receive treatment Why is it that only 5 10% of alcoholics drug addicts respond to treatment Why do untreated addicts have a better chance at breaking the bond of addiction than addicts who get treated Why has the incidence of recovery without the help of formal treatment continued to rise Are the successes of Alcoholics Anonymous A A nothing more than spontaneous remission Why are some people able to quit their addiction without treatment while others only get worse after treatment Why does treatment have a negative effect Why are some treatment programs more effective than others Why has the world continued to experience a steady increase in the rate of addiction and self destruction Why is it that 1 in 2 Americans has a diagnosable mental disorder each year and 81 Americans commit suicide every day Why do non Hispanic blacks bear a disproportionate burden of disease injury death and disability Why do the most successful treatment programs for addicts have a spiritual component Why do non white people suffer from a high rate of substance abuse and self destruction Why does Africa have the highest rate of suicide poverty and disease in the world Why are some treatment programs more effective than others Etc In a unique blend of psychology psychiatry metaphysics medicine orient and

western religions The Healing Power of Self Love provides answers to these and many more questions In making its revolutionary contribution to the scientific world it also explains how addicts can enhance their chances of recovery from addiction through the treatment programs of their choice by utilizing the ancient tools of discipline lateral thinking and insight from the life experiences of the worlds greatest leaders Even though this book was initially designed to meet the needs of alcoholics and drug addicts in treatment it may be of great value to people who are struggling with other types of addiction and to those who are faced with major obstacles to their self realization or self actualization The Complementary and Alternative Medicine Information Source Book Alan Rees,2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM *The Black Family Health-O-Pedia* Turshá Hamilton,Keshia Tate,Shavon Jackson-Michel,Ms. Erin Arney,2019-08-27 This book is written as a response to the growing health disparities within the African American communities in the US The goals are to encourage a movement of greater holistic health awareness empower the reader with knowledge that can be implemented immediately and provide resources for the future needs of the community The Big Book of Soul Stephanie Rose Bird,2025-09-12 Soul is the ultimate expression and experience of African American culture The Big Book of Soul is the first popular reference book to provide an in depth examination of the source of soul in African culture and how soul finds its expression today Author Stephanie Rose Bird takes readers on a breathtaking journey of soul by examining the spirit of animism and how it evolved in contemporary African American culture She explores spiritual practices related to diet dance beauty healing and the arts and provides readers with ancient healing rituals and practices they can use today Filled with fun facts practical advice and ancient spiritual wisdom

The Big Book of Soul is for any reader who wants a genuine rooted experience of soul today **Ebony** ,1999-05 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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