

THE PHYSICIANS' GUIDE
Natural
Health for
African
Americans

**LIFESTYLE AND PRESCRIPTION-FREE
REMEDIES FOR**

- **HYPERTENSION • DIABETES**
- **KIDNEY PROBLEMS • STROKE**
- **OBESITY • STRESS • HEART DISEASE**
- **SYNDROME X • AND MORE**



Marcellus A. Walker, M.D.,
and Kenneth B. Singleton, M.D.

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—Clyde B. Jensen, Ph.D., president, National College of Naturopathic Medicine



Natural Health For African Americans The Physicians Guide

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Natural Health For African Americans The Physicians Guide:

Natural Health for African Americans Marcellus A. Walker, Kenneth B. Singleton, 2008-12-14 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 *Black Enterprise* ,2000-05 BLACK ENTERPRISE is the ultimate source for wealth creation for African

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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

Black Enterprise ,2000-05 BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals entrepreneurs and corporate executives Every month BLACK ENTERPRISE delivers timely useful information on careers small business and personal finance *African American Herbalism & Magick: A Practical Guide to Healing with Rituals, Plants and Ancestral Spells* Sofia Visconti, Are you curious about the healing traditions rooted in African American culture or are you looking to reconnect with your ancestral heritage Whether you want to reconnect or are just beginning to explore this book will show you how to start using African American herbalism and magick even if you've never practiced it before You might think you need to be an expert or spend a lot of money to get started but that's not the case This book draws from centuries of African American traditions guiding you step by step on how to use everyday plants and sacred

rituals for healing and spiritual growth Whether you re reconnecting with your cultural roots or exploring these practices for the first time you ll find everything explained in a simple accessible way Here is a small taster of what you will discover inside Learn the history and significance of African American herbalism passed down through generations Easy to follow instructions for using common herbs for healing and spiritual wellness Discover rituals and spells that honor African American traditions while helping you connect with nature and spirit Practical advice to incorporate these practices into your daily life without a big budget or lots of time Age old secrets and practical advice to enrich your life connect with your heritage and awaken your own magickal abilities All of this and much much more With easy steps real world advice and the wisdom of these time honored traditions you ll bring balance healing and a deeper understanding of this powerful heritage into your life Unlock the secrets of African American Herbalism Magick and bring the power of ancestral wisdom into your life with this book *How to Create Your Own African American Library* Dorothy L. Ferebee,2003 This is the first book written to help African Americans build a home library that celebrates the diversity of their culture and heritage

Cultural Issues in Play Therapy Eliana Gil,Athena A. Drewes,2006-07-21 Helping therapists hone their skills for working with diverse children and families this unique volume looks at play therapy through a multicultural lens Experienced practitioners examine how cultural factors may influence the ways children express themselves through play the feelings they associate with different activities and the responses of children and parents to particular interventions Filled with evocative clinical material chapters highlight specific issues to consider when working with African American Latino Native American and Asian American children The book also provides suggestions for setting up a therapeutic playroom that is engaging and welcoming to all *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 *Black Men* ,1999-03

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