

AFRICAN AMERICAN HERBALISM



A Practical Guide to Healing Plants
and Folk Traditions

Lucretia VanDyke

Path To Healing An African American Guide To Wellness

**Marilyn Hughes Gaston, Gayle K.
Porter**



Path To Healing An African American Guide To Wellness:

Prime Time Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African American women are living in their prime experiencing the joys and challenges of middle age Now at last here is the book that addresses our total health needs physical emotional and spiritual Written by a distinguished physician and a clinical psychologist *Prime Time* is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve In many ways it's true that we are better off today than our foremothers were We earn more money command more respect Yet in spite of these advances we still experience more chronic health problems endure more stress and live shorter lives than women of other races That's why *Prime Time* is both urgent and essential This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health *Prime Time* will help you Reframe priorities to put yourself and your own health needs first Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age Profile your current health with worksheets quizzes and assessment tools Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure Reduce anger and attitude that block you from attaining good health Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive straight talking and grounded in science and spiritual truth *Prime Time* is at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African American women in their second half of life **A Path to Healing** Andrea D. Sullivan, 1998 Twenty years ago at age twenty nine Andrea Sullivan was a high level executive at HUD in a state of what she now calls dis ease stressed out thirty pounds overweight with a face full of acne Moved by a desire to help her community and herself in a meaningful way she quit her job and decided to become a doctor She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician Since then Dr Sullivan has been at the vanguard of naturopathic medicine and has helped hundreds of African Americans create dramatic and lasting lifestyle changes Unlike traditional doctors naturopathic physicians with the aid of herbs roots and other natural remedies treat the patient not the disease Here in easy to understand language Dr Sullivan provides an overview of alternative medicine paying close attention to naturopathy discusses the African American tradition and its link to naturopathic medicine and delves into stress high blood pressure arthritis obesity depression and diabetes all problems that plague African Americans and prescribes an overall guide to maintaining health and keeping disease at bay In *A Path to Healing* Dr Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses while not discounting the use of traditional Western medicine especially in cases of traumatic injury **African American Herbalism** Lucretia VanDyke, 2022-10-04 This first of its kind herbal guide takes you through the origins of herbal practices rooted in African American tradition from Ancient Egypt and the African tropics to the Caribbean and the USA Inside you'll find the

stories of healers like Emma Dupree and Henrietta Jeffries who made modern American herbalism what it is today After rediscovering the forgotten legacies of these healers African American Herbalism dives into the important contributions they made to the world of herbalism You ll also find a comprehensive guide to the most commonly used herbs alongside gorgeous botanical illustrations

Daily Cornbread Stephanie Stokes Oliver, 2011-09-14 Heart to schedule a personal retreat and to develop a strategic plan for the upcoming year Reminiscent of Sarah Ban Breathnach s Simple Abundance and Iyanla Vanzant s Acts of Faith Daily Meditations for People of Color but with a special emphasis on nurturing the body as well as the mind Daily Cornbread shows African American women how to make each day better

Ebony , 1998-05 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

Cultural Food Practices Cynthia M. Goody, Lorena Drago, 2010 Provides information on food practices for 15 cultures Each chapter focuses on a particular culture including such factors as diabetes risk factors traditional foods dishes and meal plans special holiday foods traditional health beliefs current food practices and more Culturally appropriate counselling recommendations are also discussed

The Detox Guide Olivia Parker, 2025-01-05 The Detox Guide offers a comprehensive science based approach to purifying both body and mind in our increasingly toxic world The book uniquely integrates three essential pillars physical detoxification through nutrition and lifestyle changes mental decluttering via cognitive restructuring and environmental purification through habitat optimization Drawing from both Western medicine and traditional healing practices it establishes a solid foundation in human biochemistry and neurophysiology helping readers understand how the body s natural detoxification systems function through organs like the liver kidneys and lymphatic system The book progresses systematically through three main sections beginning with toxic burden assessment moving to cleansing protocol implementation and concluding with maintenance strategies What sets this guide apart is its integration of validated assessment tools and customizable protocols based on individual needs supported by peer reviewed medical research and clinical studies Rather than promoting quick fixes it emphasizes sustainable lifestyle modifications and practical solutions that address both internal and external factors affecting health Throughout its chapters readers receive actionable insights for optimizing their physical and mental well being through evidence based methods The approach acknowledges modern lifestyle challenges while offering realistic solutions for reducing toxic burden managing stress and improving overall wellness By maintaining an educational yet accessible tone the book serves both health conscious individuals and healthcare practitioners looking to expand their knowledge of integrative approaches to detoxification and holistic health

Today's Black Woman , 1999 *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 **Library Journal** ,2004 **Library Journal** Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2004 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Sacred Woman** Queen Afua,2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing featuring new material and gateways from the renowned herbalist natural health expert and healer of women s bodies and souls This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one Jada Pinkett Smith Through extraordinary meditations affirmations holistic healing plant based medicine KMT temple teachings and The Rites of Passage guidance Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak the foods we eat the relationships we attract the spaces we live and work in and the transcendent woman spirit we manifest With love wisdom and passion Queen Afua guides us to accept our mission and our mantle as Sacred Women to heal ourselves the generations of women in our families our communities and our world **The Unapologetic Guide to Black Mental Health** Rheeda Walker,2020-05-01 There is an unaddressed Black mental health crisis in our world today In The Unapologetic Guide to Black Mental Health psychologist Reeda Walker offers a comprehensive guide to help African Americans combat stigma increase awareness around mental illness practice emotional wellness and get the best care possible for Black people in an unequal system **Like a Natural Woman** Ziba Kashef,2001 Introduces alternative healing techniques including African folk remedies that can be used alone or in conjunction with conventional medical therapies to help African American women cope with common health problems **New Age Journal** ,1998 **The Big Book of Soul** Stephanie Rose Bird,2010-02-01 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 Multicultural Counseling

Jerry Trusty,2002 Multicultural Counseling Context Theory Practice Competence **The Art of Feeling Good** Robbin Alston,2012-12 The Art Of Feeling Good unveils se Yoga a self healing practice that transcends our obstacles and transforms our lives African American women in the United States and the Diaspora share a unique history which has affected how we feel about ourselves Something happen yet we don t talk about it But even if we choose not to deal with the chaos of the past the suffering of our foremothers will not fade away Knowing the history is not enough Healing from the enslavement process is crucial to connecting with our beauty and feeling good In The Art of Feeling Good Dr Robbin Alston takes us on a journey to the balancing power of se Yoga As a guide this book encourages African American women to begin embracing and re claiming yoga as practice for healing Using our ancient mystical systems knowing who we are reconnecting with a universal holistic spirit mind body energy practice with se Yoga we begin to re member to re discover our real identity Dr Alston introduces the balancing power of se Yoga a blend of personal energy healing asanas healthy lifestyles breath connection rhythmic movements and guided meditations designed to activate our vital energy centers rebalance our life force and engender authentic relationships with self and others It s time to feel good The Art of Feeling Good offers a path to wellness right relationships and mindful choices This book shares with you an empowering healing process that supports your journey toward self realization and feeling good *African Americans and Depression* Julia F. Hastings,Lani V. Jones,Pamela P. Martin,2015-06-04 Depression does not discriminate and yet the ways in which people and communities view and react to depression differ The unique experiences of African Americans are often taken into account when examining other topics of interest but mental health in general is often overlooked African Americans and Depression helps to uncover the realities of depression among African Americans and the various ways in which sufferers and their families address or don t address it The authors provide guidance for understanding the illness suggestions on how to heal and recover holistically and pathways for getting help With a primary focus on the psychological and medical needs of African Americans the authors explore and offer an overview of clinical depression among African Americans discuss the signs of and cultural myths surrounding clinical depression outline the mental health help seeking process for African Americans and suggest potential barriers and strategies for healing Further they discuss community based interventions and innovations in service programs Lastly the authors offer insight on mental health and health policy in the United States care systems Including firsthand accounts from sufferers and families this work will aid readers to better understand depression and how and where to find help The

Search for Wholeness and Diaspora Literacy in Contemporary African American Literature Silvia Castro-Borrego, 2011-05-25

This volume has as a cohesive argument the exploration of the different manifestations of the search for wholeness and spirituality in the writings of contemporary African American women writers covering different literary genres such as fiction both novels and short stories drama and poetry Together with the issue of spirituality the African American search for wholeness is analyzed as a source of creativity and agency As expressed in the contemporary literature of black women writers starting in the 1980s the search for wholeness reflects a beauty realized through the healing of the spirit and the body and is a process that takes on dimensions of reconciling the past and the present the mythical and the real the spiritual and the physical all in the context of an emerging world view that welcomes synthesis and expects both synthesis and generative contradictions The book will be a valuable collection for scholars of African American literature comparative American Ethnic literature American literature and spirituality as well as women s studies In addition it will be an important text for both undergraduate and graduate students in those fields As Professor Johnnella Butler 2006 points out the African American search for wholeness is tightly linked to the search for freedom and agency Ever since the 19th century African American writers have given expression to an African American self which functions in Western civilization simultaneously as a colonized other and an assertive self Due to the continuous ordeal of the African Diaspora this self is caught in between the binaries proposed by the material and the spiritual world seeking a balance where the person can become whole The search for wholeness feeds from cultural roots that imply the presence of ancestral spiritualism rememory and double consciousness Contemporary black women writers reflect the metaphor of building spiritual bridges seeking the possibilities of building a bridge to the archetypal African past that is carried in their memories as a presence that offers sustenance via spiritual reconnection Their works seek to bridge the gap between the myths and traditions of the past and contemporary African American culture The texts included in this collection are examples of writing as an exercise of what V v Clark calls Diaspora literacy The texts written by contemporary African American women writers explicitly show how to recognize and read the cultural signs left scattered along the road of progress In this way material acquisition is achieved along with cultural dispossession becoming a metaphor for the history of the African in America The powerful message is that one should not exclude the other

Reviewing **Path To Healing An African American Guide To Wellness**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Path To Healing An African American Guide To Wellness**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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