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****The Textbook of African Holistic Health - Dr. Llaila Afrika**

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and the commitment to improve our communities' health through peer health education, increased access to health resources, and connecting community members with health providers to create positive and ...

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Dr. Llaila Afrika educates African-Americans about the numerous benefits of a holistic approach to health, which is rare in today's fat-ridden American society. This book is easy to read and contains many entries on which herbs and natural foods are used to treat what, how to apply them topically (externally), the evils of refined flour and sugar, the evils of alipathic medicine (Western ...

African Holistic Health by Llaila O. Afrika

Holistic Health care does not deny the need for Allopathic Medicine (Drugs and Surgery) In Certain Cases. NATURAL MEDICINE simply offers a safe, non-intrusive, organic approach to healing the person as opposed to medicating symptoms of a disease. Dr. Afrika is the leading authority on African Holistic Health in the world.

African Holistic Health | House of Nubian

african holistic health addresses health issues from a comprehensive african -centered viewpoint.it provides a complete guide to herbal remedies along with homeopathic disease treatments.what makes afrikan holistic health truly unique is the research dr. afrika has provided on the physiological and psychological differences between people of african descent verses people of european descent.

African Family Holistic Health Organization

Dr. Llaila Afrika and Dr. Melanie Stevenson brings you one of the world's most successful methods of holistic healing and living. Their lectures and in-person classes have been used all over the world, and now their knowledge-base, online video classroom and store are available at your fingertips.You are welcome to join our holistic family to change the needs of yourself, and others.

Traditional African Medicine and its Role in Healing in a ...

African Holistic Health can be used to naturally cure most diseases. Proper diet, nutrition and a holistic lifestyle are the keys. Feb 28, The Paperback of the African Holistic Health by Llaila O. Afrika at Barnes & Noble . FREE Shipping on \$ or more!. The holistic health movement is a vital part of this transformation.

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But the most important lesson learned in this book is the concept of holistic health.African Holistic Health is written from an African-centered viewpoint and appropriately condemns European commercialism, people of European descent as well as people of African descent will find that this book is the key to healing their bodies.All people, regardless of nationality, can use African Holistic

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African Holistic Health Remedies and Natural Cures | The ...

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.

HOME - Baytagoodah

The holistic health movement is a vital part of this transformation From practitioners and doctors to educators and healers, here are nine black women redefining what it means to be healthy ...

Home - Dr. Llaila Afrika

This holistic health care system has many practitioners and followers and despite its decline for a period of time, traditional African medicine has resurged across the continent in recent years. According to the World Health Organization (WHO), it has been estimated that "about 80% of the population in developing countries depends on traditional medicine for their Primary Health Care (PHC ...

African Holistic Health - Afrika, Llaila O ...

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This book is the first book of its kind on African Holistics. It provides a wealth of information that had been missing in health, history, medical science and holistics. African Holistic Health, by Dr. Llaila O. Afrika is the first major book which addresses health issues from a comprehensive African-centered viewpoint.

African Holistic Health

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Holistic Health Coaching For Women of Color

Dedicated to promoting African-centered holistic principles and providing a sacred support system, as a learning institute, where we advocate holistic alternatives; with a special focus on the health care needs of people of color.