

## African Holistic Health Llaila O Afrika

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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 Health as a reference guide to healthy living.

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

Afrika strongly encourages a holistic approach to healing the body and this includes stepping away from a westernized diet. All the standards apply: avoid processed foods, prescription medications, white flour, sugar; foc There's some very valuable information in this book; but there's also some very unnecessary, biased, racial supremacy talk that's difficult to overlook.

*African Holistic Health by Llaila O. Afrika*

DR. LLAILA O. AFRIKA. 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. We promote holistic lifestyle modalities that honor the whole person (mind, body, spirit) and encourage people to actively participate in their own health & wellness.

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## *African Holistic Health Chapter of NY - Home*

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 Remedies and Natural Cures | The ...*

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## *The Textbook of African Holistic Health: Afrika, Llaila O ...*

Our History Inspired by the book " Afrikan Holistic Health" by Dr. Llaila Afrika & his 6-Week Holistic Health Practitioner Training course, the African Holistic Health Chapter of New York was founded in 2004 by Yvonne "Sista S hai" Hankins, a Holistic Event Planner and Reflexologist.

## *History - African Holistic Health Chapter of NY*

Medicinal Plants for Holistic Health and Well-Being discusses, in depth, the use of South African plants to treat a variety of ailments, including tuberculosis, cancer, periodontal diseases, acne, postmacular hypomelanosis, and more. Plants were selected on the basis of their traditional use, and the book details the scientific evidence that supports their pharmacological and therapeutic potential to safely and effectively treat each disease.

## *PDF Download African Holistic Health Free - NWC Books*

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.

## *Home - Dr. Llaila Afrika*

Herbalism, divination, and spiritualism often combine in traditional African medicine, perhaps the oldest and most varied therapeutic system in the world. 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.

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

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## *Holistic and Natural Cures - African Holistic Health ...*

Gaia Holistic Health, a not for profit organization, was formed by caring, compassionate and egoless people in the wake of the World Trade Center tragedy on Sept. 11, 2001. Gaia means Mother Earth in Greek. Holistic is derived from a Greek word 'holos', which is the origin of words such as 'heal', 'health', 'holy', 'whole' etc.

## *Gaia Holistic Health*

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A pioneer work in the field of health, Nutricide gives bold insights into holistic health and clearly is a brillant fire for African nutritional liberation.

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African Holistic Health Chapter of NY: WELCOME AND HOW CAN WE BE OF SERVICE? Chapter Business Manager: Khadijah Marks Email: k.marks5258@gmail.com Phone: 347-455-5438 Hours: 11a - 9p, Monday - Sunday Fax: 718-425-0864 .

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