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

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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 Laila 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

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honor the whole person (mind, body, spirit) and encourage people to actively participate in their own health & wellness.

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.

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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.

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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.

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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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African Holistic Health by Llaila O Afrika, Paperback ... inspired by the book "afrikan holistic health" by dr. llaila afrika & his 6-week holistic health practioner training course, the african holistic health chapter of new york was founded in 2004 by yvonne " sista shai " hankins, a holistic event planner and reflexologist. sista shai recognized the

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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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