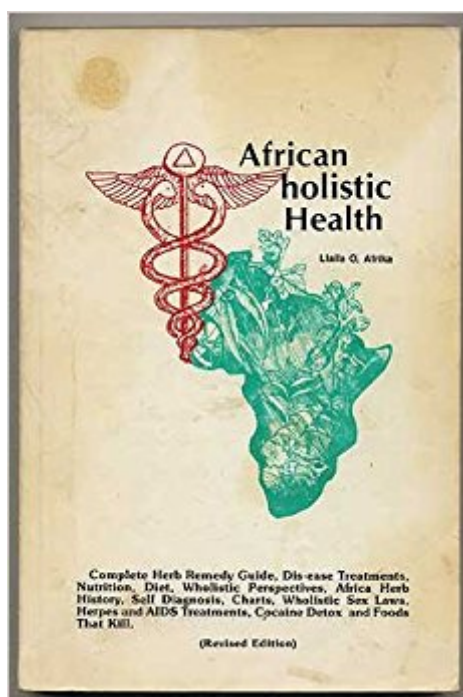


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# **African Holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, Africa Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes And AIDS Treatments, Cocaine Detox, And Foods That Kill**



## Synopsis

The philosophy of holistic health emerges from ancient African roots. It was the spiritual umbrella for civilizations cradled by a continent endowed with the richest resources in the world. This way of life, however, was interrupted by the imposition of slavery on peoples of African descent. While there has been much literature on the many areas of black life that 300+ years of bondage has taken a devastating toll, we seem to overlook the effect it has had on our nutritional needs. Today, due to mass European commercialism, we have allowed our bodies to become human garbage disposals. Technology has made it possible for us to have our chemically saturated cake and eat it too as we consume anything with flavor cooked at record breaking speeds. The rat race has made us ignore our nutritional needs while we remain preoccupied with tailoring our lives to European standards. 'African Holistic Health' by Dr. Llaila O. Afrika, is the first major book which addresses these issues from a comprehensive Afri-centric viewpoint. It provides a complete guide to herbal remedies along with homeopathic disease treatments. What makes this book truly unique is the research Dr. Afrika has provided on the physiological and psychological differences between people of African descent versus people of European descent. In addition, Dr. Afrika provides a complete history (from the 9th to the 18th century) of the European herb and drug trade and why Europe invaded Africa for healing plants. Finally, he concludes by detailing how European diseases defeated ancient Africa. After reading this book, you will learn about holistic sex laws, self diagnosis, disease treatments, the danger of commercial foods and much more. But the most important is about the concept of holistic health. Holistic health is concerned with the proper daily maintenance of the body, mind and spirit. Any nutritional approach must consider all three.

## Book Information

Paperback: 299 pages

Publisher: Adesegun, Johnson & Koram Publishers; Revised edition (1989)

Language: English

ISBN-10: 1877610003

ISBN-13: 978-1877610004

Product Dimensions: 1 x 4.8 x 8.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.2 out of 5 stars 13 customer reviews

Best Sellers Rank: #337,814 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Herpes #2262 inÂ Books > Politics & Social Sciences >

## Customer Reviews

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Be sure to get the new edition of this book for it has the measurements needed for the holistic remedies.....where the first edition neglected to include the measurements. Haven't had time to read cover to cover yet, but from what I've read to date..... this is a very complete and comprehensive holistic book that should be a part of everyones health library. I've tried Aurvedic, western, latin and american indian holistic remedies and the African remedies way surpass them in it's healing affects, and their herbs are reasonable to buy.

It breaks down diet based on nationality. The author repeated himself a lot but the information is

easy to understand, it has the feel of a textbook but interesting enough to kept my attention.

I received the book in less than a week. It was referred to me by a guy that was a vegetarian..It has alot of good information in regards to curing a variety of ailments. It has a list of wonderful herbs to help combat fibroid tumors...This was a must for me because I have problem with those...It also has alot of different diets to follow...This is a good read and a must buy!

Everyone should have one.

One of the most interesting perspectives on health I've ever read!

Great book and very lived subject matter.

Hard to understand...

again a great book and a great read nice works

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