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lesson learned in this  
book is the concept of

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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,

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Afrika strongly  
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approach to healing the  
body and this includes  
stepping away from a  
westernized diet. All the  
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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

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

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Holistic Health care  
does not deny the need  
for Allopathic Medicine  
(Drugs and Surgery) In  
Certain Cases.

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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

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Remedies and Natural

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Health  
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



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bodies. All people,  
regardless of nationality,  
can use African Holistic  
Health as a reference  
guide to healthy living.

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Afrika, Laila O ...  
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the book " Afrikan  
Holistic Health" by Dr.  
Llaila Afrika & his

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Health

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course, the African

Holistic Health Chapter

of New York was

founded in 2004 by

Yvonne [Sista S hai]

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History - African

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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

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the book details the scientific evidence that supports their pharmacological and therapeutic potential to safely and effectively treat each disease.

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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,

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## Afrika

Home - Dr. Laila

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

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Health. Despite its decline for a period of time, traditional African medicine has resurged across the continent in recent years.

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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

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Health. Holistic is derived from a Greek word "holos", which is the origin of words such as "heal", "health", "holy", "whole" etc.

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by dr. llaila afrika & his  
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course, the african  
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new york was founded  
in 2004 by yvonne "sista  
shai" hankins, a holistic  
event planner and  
reflexologist. sista shai  
recognized the need for  
making self  
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Health Books  
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With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While

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more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition

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of the plants used as

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with botanical names,  
common names,  
synonyms, African  
names, habitat and  
distribution,  
ethnomedicinal uses,  
chemical constituents,  
and reported  
pharmacological  
activity. The second part  
of the book provides an  
introduction to African  
traditional medicine,  
outlining African

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cosmology and beliefs

as they relate to healing

and the use of herbs,

health foods, and

medicinal plants. This

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documentation of the

correlation between the

observed folk use and

demonstrable biological

activity, as well as the

characterized

constituents of the

plants.



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methods for non-  
professional and  
professionals? Find the  
cause of a disease in less  
than a minute? Take  
control of your health?  
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examinations that reveal  
disease? Many  
Illustrations, Charts,  
Tables, and easy  
Chemical Test? Learn

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many body symptoms of  
sickness? You will  
identify the cause of an  
illness ? You can  
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souls "This book was

one of the first that

helped me start practices

as a young woman that

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spirit as one." Jada

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extraordinary

meditations,

affirmations, holistic

healing plant-based

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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

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Health, 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.

A pioneer work in the field of health, Nutricide

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Health  
gives bold insights into holistic health and clearly is a brilliant fire for African nutritional liberation. Book jacket.

Alkaline Herbal  
Medicine gives insight into many of the herbs used to reverse disease in Dr. Sebi's African Bio Mineral Balance. It covers scientifically supported properties,

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preparation, doses and

dosages, and how to

combine herbs. It

addresses alkaline foods

on the Dr. Sebi

nutritional guide, and

their chemical affinity

with and support of the

electric body. The

natural order in life

designed the body to be

healthy and heal under

the right conditions.

These conditions are

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Health  
programmed into the  
DNA of Homo sapiens,  
whose base DNA  
makeup is the African  
genome. Diets centered  
on the consumption of  
natural alkaline plant  
foods and ample  
exposure to the sun  
supported the healthy  
expression of the  
African genome. The  
environment of Africa,  
and environments



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similar to Africa, produced life that developed with a complete and balanced electrical structure. The plant life that grew in these environments grew under optimal conditions in nutrient rich soil under year long exposure to the sun. The resulting chemical makeup of these natural alkaline plants protected

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environmental stresses.

Africans originally ate diets centered on the consumption of these plants, like the great apes of Africa, and the programming of the African genome used the protective nature of these plants' nutrients to support its vibrancy. A scientific model supports the idea that

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Africans migrated out of Africa hundreds of thousands of years ago into the less hospitable environments of Europe and Asia. These environments didn't support the healthy expression of the African genome and resulted in the mutation of the gene and the development of the Neanderthal of Europe

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and Denisovan of East

Asia. Science has linked diseases like lupus,

Crohn's disease, and

type 2 diabetes to the

Neanderthal gene. The

Neanderthals, who

inhabited the Neandertal

caves in Germany, ate a

diet centered on the

consumption of meat.

The combination of

their meat-centered diet

and adverse relationship

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Health Lila ©  
Africa  
with the sun led to the development of dis-ease in the body. Now, the meat-centered diet is being globalized and is spreading disease throughout the world.

An alkaline plant-centered diet and the use of alkaline herbal medicine naturally support the healthy expression of the African genome in all

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medicine is built on the  
power of medicinal  
herbs because around  
fifty percent of its drugs  
are derived from herbs.  
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strategically conditioned  
people to forget about  
the healing power of  
natural alkaline herbs. I  
dedicate this book in the

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memory of Alfredo O

Bowman lovingly known as Dr. Sebi. He helped us to remember that natural alkaline herbs and plant foods support the healthy expression of the African genome that is in all people. He did this by sharing his African Bio Mineral Balance methodology.

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