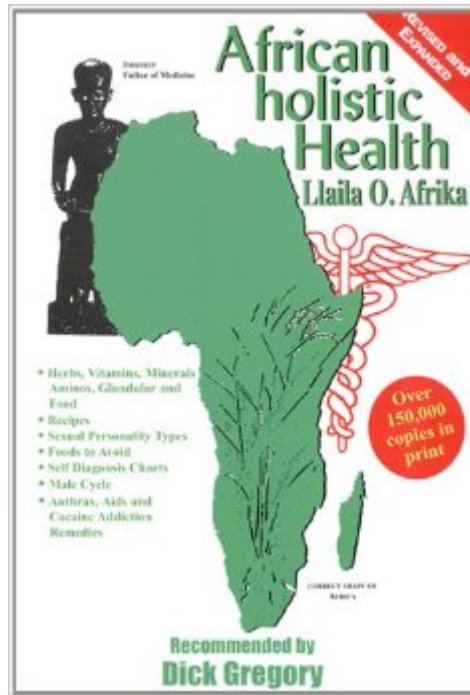


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# African Holistic Health



## Synopsis

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.

## Book Information

Paperback: 559 pages

Publisher: EWorld Inc.; 7 Exp Rev edition (June 17, 2004)

Language: English

ISBN-10: 1617590312

ISBN-13: 978-1617590313

Product Dimensions: 1.2 x 6 x 8.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (123 customer reviews)

Best Sellers Rank: #10,224 in Books (See Top 100 in Books) #8 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #28 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

This is addressed to all of the reviewers who didnt give this a 5 star.I'm not going to bash or anything. Because that is not the type of person that i represent myself as.However i must express certain truth rather if its liked or not.Afterall,for some to give Dr Afrika bad reviews and try to criticize what he knows "which is far beyond any of us". Due to somes very limited perception in which they've of himI'd then be foolish to waist precious energy correcting the misguided ignorant comments!The truth is this: What we currently hold to have always been normal throughout current generations. Well after a little in depth research is employed.It becomes apparent then that we're interpreting things from a totally unhealthy abnormal perspective now.Particular authors such as "Queen Afua" is addressing conditions and how to balance and treat them accordingly to our current conditions and circumstances.Her information on "Menstruation" should already be understood that she is purely addressing the here and now perspective on things.On the other hand: Dr.Afrika is addressing the "historical causes" in which took place throughout time. Which made the current condition manifest.After "hollistically" reading "both authors" then putting them in their deserving

perspectives. A people then does not see any contradiction nor conflict in subject matter within the two of their writings whatsoever. It's about "knowing" how to "discern" the important things spoken about in the past, and how those things've affected our way of living in the present. Example: When a family has a "Hereditary condition" in which started way back in their past. It can "Potentially" affect all current family offspring.

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