



Natural Health For African American

Ensheng Dong



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Natural Health for African Americans Marcellus A. Walker, Kenneth B. Singleton, 2008-12-05 Natural approaches to maintaining or restoring overall well being Chapters are devoted to the health concerns of particular importance to African Americans such as heart disease diabetes *Natural Health for African Americans* Marcellus A Walker, M.D., L.AC., Kenneth B Singleton, M.D., M.P.H., 2014-07-01 Offers a combination of mainstream approaches and natural therapies to help the body heal itself **The Black Woman's Health-O-Pedia** Turshá Hamilton, Safiya McCarter, Ayanna Quamina, Breana Davis, Dorian Richardson, Keshia Tate, Tracy Robinson, 2021-07-13 Color [African Holistic Health](#) Llaila O. Afrika, 1990

[HealthQuest Staying Strong](#) Sara L. Reese, Therman Evans, 1999-09-01 Back To Our Roots For Good Health The good news for African Americans is that the secrets of getting healthy and staying healthy are rooted in time honored traditions of our own heritage Staying Strong Reclaiming the Wisdom of African American Healing explains how natural healing techniques handed down through generations can be used as a complement to modern medicine to help African Americans live fuller happier healthier lives to live wholly Discover how you can overcome the frustrations of chronic fatigue depression illness or just not feeling well by applying the principles of Whole Living Whole Living is natural using herbs touch foods and the power of the mind to achieve good health Whole Living is spiritual helping you find the natural African American spirit that means living life to its fullest Whole Living combines modern medicine with the healing traditions of the past to provide the rich benefits of both methods Whole Living looks at the complete person not just isolated parts to revitalize you in body mind and spirit Staying Strong also addresses the specific health concerns of African Americans providing reliable alternative healing approaches to more than thirty diseases and health problems as well as safe and effective natural remedies and advice on prevention **The Complementary and Alternative Medicine Information Source Book** Alan

Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative

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Cultural Encyclopedia of Vegetarianism Margaret Puskar-Pasewicz,2010-09-16 Intended for students general readers vegetarians and vegans as well as those interested in animal welfare and liberation this A Z encyclopedia explores the historical and cultural significance of vegetarianism in the United States and beyond Vegetarianism in the United States did not start in the 1960s it has a much longer complex history going back to the early 1800s Cultural Encyclopedia of Vegetarianism examines that history through the lens of culture focusing on what vegetarianism has had to say to and about Americans This A Z encyclopedia brings together the work of a number of scholars from diverse fields including history sociology philosophy religious studies anthropology nutrition American studies religious studies women s and gender history and the history of medicine Approximately 100 essay entries cover cultural and historical aspects of vegetarianism primarily but not exclusively in relation to the United States shedding light on the practice s roots in ancient cultures and challenging popular myths and misconceptions related to both vegetarianism and veganism With discussions on everything from activist movements to cookbooks the encyclopedia offers a unique wide ranging exploration that will appeal to students practitioners and anyone else who wants to know more Ebony ,2001 *Black Newspapers Index* ,2005

A Path to Healing Andrea D. Sullivan,1998 Twenty years ago at age twenty nine Andrea Sullivan was a high level executive at HUD in a state of what she now calls dis ease stressed out thirty pounds overweight with a face full of acne Moved by a desire to help her community and herself in a meaningful way she quit her job and decided to become a doctor She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician

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