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## JORDAN SHYANN

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### **The Wellness Warrior's Journey To Self Mastery**

SCB Distributors African Holistic Health The Textbook of African Holistic Health Nutricide The Nutritional Destruction of the Black Race A & B Book Dist Incorporated

### **The Complete Textbook of Holistic Self Diagnosis**

One World Do you know who - and what - you are? Do you know who you're meant to be? Do you know how to find the answers to questions like these? Knowledge of Self is the result of a process of self-discovery, but few of us know where to begin when we're ready to start looking deeper. Although self-actualization is the highest of all human needs, it is said that only

5% of people ever attain this goal. In the culture of the Nation of Gods and Earths, commonly known as the Five Percent, students are instructed that they must first learn themselves, then their worlds, and then what they must do in order to transform their world for the better. This often intense process has produced thousands of revolutionary thinkers in otherwise desperate environments, where poverty and hopelessness dominate. Until now, few mainstream publications have captured the brilliant yet practical perspectives of these luminary men and women. Knowledge of Self: A Collection of Writings on the Science of Everything in Life presents the thoughts of Five Percenters, both young and old, male and

female, from all over the globe, in their own words. Through essays, poems, and even how-to articles, this anthology presents readers with an accurate portrait of what the Five Percent study and teach, as well as sound direction on how to answer timeless questions like: Who am I, and why am I here? Why is there so much injustice in the world, and what can be done about it? Who is God and where on Earth is he? How do I improve myself without losing myself? Why are people of color in the situations they're in? What can we do about the global problems of racism and poverty? [The Textbook of African Holistic Health](#) Sema Institute / C.M. Book Publishing Man Heal Thyself: The Wellness Warrior's

Journey to Self-Mastery is a global call to wellness addressed to men. Each man is prompted to evaluate himself regarding his activities to support of his family and do the work he creates and produces in the world. Within the text are wellness protocols to practice personal development through daily disciplines. The tasks are designed to enable strengthening social, emotional, and spiritual wellness on the journey to self-mastery. *Common Spice & Wonder Drug A & B Book Dist Incorporated*

The definitive source for choosing the optimal herbal therapy- thoroughly revised and updated. Millions of Americans are turning to herbal therapies to heal what ails them-either as an alternative or as a supplement to traditional medicine. From the most trusted name in natural healing, Phyllis A. Balch's new edition of *Prescription for Herbal Healing* provides the most current research and comprehensive facts in an easy-to-read A- to-Z format, including: Information on more than 200 herbs and herbal combination formulas, ranging from well-known

herbs, such as ginseng and St. John's Wort, to less familiar remedies, such as khella and prickly ash Chinese and ayurvedic herbal combinations Discussion of more than 150 common disorders from acne to yeast infection, and suggested herbal treatment therapies [Rearrange Your Home and Life for Health and Beauty](#) Simon and Schuster

This book teach you what Melanin is and how it functions in the body. [The Experiences, People, and Events That Shaped Our Country](#) Penguin

When Nature Power was first published twelve years ago, the practice of herbal medicine in Nigeria and in most parts of Africa was identified with witchcraft, sorcery, ritualism, and all sorts of fetish practices. Because herbal medicine was associated with paganism, African Christians secretly patronize traditional healers, and the educated elite and religious figures did not want to be associated in any way with traditional African medicine. Nature Power, like a lonely voice in a wilderness, was written to correct the misconception that African herbal medicine is synonymous with paganism, ritualism,

and fetishism. Since its publication, Nature Power has been reprinted more than eight times. It has contributed immensely in changing the attitudes of both the government and Christians toward the practice of herbal medicine. Nature Power has also helped show that health is more than an absence of disease. Health is wholeness of mind, soul, and body. Much of the information in this book is age-old secrets, which herbalists keep close to their chests. I have made them available here so that humanity may profit from them.

*Over 400 Years of Traditional African American Healing* African Amer Images

Concise dictionary to help understand how to use supplements, vitamins, minerals, amino acids, and foods.

**Prescription for Herbal Healing, 2nd Edition** Black Dog & Leventhal

The Master Cleanser: Original Edition The Master Cleanser diet otherwise known as the lemonade diet has been around close to 50 years. It's the easiest, most delicious, effective cleansing and weight loss diet available. You can feel good and get rid of

what ails you. This diet has been used for every health problem with great success.

*Controlling, Understanding, and Raising Black Children*  
Lulu Press, Inc

A pioneer work in the field of health, Nutricide gives bold insights into holistic health and clearly is a brilliant fire for African nutritional liberation. Book jacket.

### **Journey to Optimal Wellness** Bookbaby

The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system - the Detox Miracle! • Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes. • Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body. •

Details the interface of body, mind and soul in the achievement of lifelong health. • Presents the Detox Miracle Diet, and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty. EXTREMELY PRACTICAL; a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine.

CAREFULLY RESEARCHED. A "must" for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D.C., Ph.D. I HAVE USED DR.MORSE'S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE Practical Buddhism and the Search for Self African Holistic HealthThe Textbook of African Holistic HealthNutricideThe Nutritional Destruction of the Black Race More than fifty Black women write about the health issues that affect them and their communities, and includes essays by Toni Morrison, bell hooks, and Zora Neale Hurston *Natural Health for African Americans* Eworld While the notion that

"happiness can found within oneself" has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one's health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

#### Infants to Teenagers

Createspace Independent Publishing Platform  
 ? Simple easy to use methods for non-professional and professionals? Find the cause of a disease in less than a minute? Take control of your health? Many easy physical examinations that reveal disease? Many Illustrations, Charts, Tables, and easy Chemical Test? Learn many body symptoms of sickness? You will identify the cause of an illness ? You can Prevent disease and Stop illness

**Pher Ankh** Supreme Design Publishing  
 3.THE KEMETIC DIET: GUIDE TO HEALTH, DIET AND FASTING Health

issues have always been important to human beings since the beginning of time. The earliest records of history show that the art of healing was held in high esteem since the time of Ancient Egypt. In the early 20th century, medical doctors had almost attained the status of sainthood by the promotion of the idea that they alone were "scientists" while other healing modalities and traditional healers who did not follow the "scientific method" were nothing but superstitious, ignorant charlatans who at best would take the money of their clients and at worst kill them with the unscientific "snake oils" and "irrational theories." In the late 20th century, the failure of the modern medical establishment's ability to lead the general public to good health, promoted the move by many in society towards "alternative medicine." Alternative medicine disciplines are those healing modalities which do not adhere to the philosophy of allopathic medicine. Allopathic medicine is what medical doctors practice by a large. It is the theory that disease is caused by agencies outside the body

such as bacteria, viruses or physical means which affect the body. These can therefore be treated by medicines and therapies. The natural healing method began in the absence of extensive technologies with the idea that all the answers for health may be found in nature or rather, the deviation from nature. Therefore, the health of the body can be restored by correcting the aberration and thereby restoring balance. This is the area that will be covered in this volume. Allopathic techniques have their place in the art of healing. However, we should not forget that the body is a grand achievement of the spirit and built into it is the capacity to maintain itself and heal itself.

#### **The Power and Science of Melanin** Middleway Press

Not a single modern drug can rival the power of the favorite spice, Ginger. How could a spice adored worldwide for its lively flavor conceivably revolutionize medicine as we know it today. Inspired by Ginger's 5,000 year history, Paul Shulick began a revealing investigation that ultimately linked claims of the ancient herbals to the

remarkable and extensive findings of international medical research.

Supported by hundreds of scientific references, the reader is lead to discover the extraordinary personal and social benefit of Ginger.

### **Heal Thyself for Health and Longevity**

Himalayan Institute Press Ego is the feeling of being separate from God, from that which is, Since we feel we are separate or distinct from the Creator, as well as creation itself, there is no sense of connection with our inner essence, with the thing that has been in existence since the beginning of time. Some of us call it the soul some of us call it the spirit. In reality, it is nameless it simply is (total bliss, total oneness).

*A Complete Guide to Yoruba Healing Science and African Herbal Remedies* Createspace Independent Publishing Platform

"Working The Roots: Over 400 Years of Traditional African American Healing" is an engaging study of the traditional healing arts that have sustained African Americans across the Atlantic ocean for four centuries down through today. Complete with photographs and illustrations, a medicines,

remedies, and hoodoo section, interviews and stories.

Working the Roots Author House

2021 NAACP Image Award Nominee: Outstanding Literary Work – Non-Fiction Honorable Mention for the 2021 Organization of American Historians Darlene Clark Hine Award A vibrant and empowering history that emphasizes the perspectives and stories of African American women to show how they are—and have always

been—instrumental in shaping our country In centering Black women's stories, two award-winning historians seek both to empower African American women and to show their allies that Black women's unique ability to make their own communities while combatting centuries of oppression is an essential component in our continued resistance to systemic racism and sexism. Daina Ramey Berry and Kali Nicole Gross offer an examination and celebration of Black womanhood, beginning with the first African women who arrived in what became the United States to African American women of

today. A Black Women's History of the United States reaches far beyond a single narrative to showcase Black women's lives in all their fraught complexities. Berry and Gross prioritize many voices: enslaved women, freedwomen, religious leaders, artists, queer women, activists, and women who lived outside the law. The result is a starting point for exploring Black women's history and a testament to the beauty, richness, rhythm, tragedy, heartbreak, rage, and enduring love that abounds in the spirit of Black women in communities throughout the nation.

### **A Holistic Approach A & B** Book Dist Incorporated

The Sea Islands are a chain of islands in the Atlantic Ocean off the East Coast of North America. These islands extend from northern Florida to the coasts of Georgia, South Carolina and North Carolina. The Sea Islands are unique because they are the home of African Prisoners of the Race War (Gullah slaves) from West Africa, the Congo area and the African interior. This work is a piece of history of a group of people with their culture and language.

**The Black Women's Health Book**

Harper Collins

In this groundbreaking book that places Rootwork in its rightful spot among other magickal traditions, Tayannah Lee McQuillar offers a fun and practical guide to improving your life with the help of

African American folk magick. Rootwork begins with the basics, from explanations about the magickal powers of the four elements (air, earth, fire, and water) to instructions on creating talismans, charms, and mojo bags. Also included

are spells to help you: find your soul mate spice up your sex life get a new job improve your health discover your inner muse Accessible and easy to use, Rootwork offers the insights of a time-honored tradition as a means of self-empowerment and spiritual growth.