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Llaila O Afrika

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Health

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Afrika

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unconditionally
discover a new
experience and
carrying out by

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spending more

cash. still

when? pull off

you acknowledge

that you require

to acquire those

all needs taking

into

consideration

having

significantly

cash? Why don't

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get something

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basic in the
beginning?

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that will guide
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places,
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lot more?

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(BOOK REVIEW) Dr

.Llaila O.

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Black people

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Techniques for

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commercialism,

people of

European descent

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people of
African descent
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key to healing
their bodies. All
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approach to

healing the body

and this

includes

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from a
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westernized

diet. All the

standards apply:

avoid processed

foods,

prescription

medications,

white flour,

sugar; foc

There's some

very valuable

information in

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this book; but
there's also
some very
unnecessary,
biased, racial
supremacy talk
that's difficult
to overlook.

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DR. LLAILA O.
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principles and

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system, as a

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institute, where

we advocate

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alternatives;

with a special

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health care
needs of people

of color. We
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modalities that
honor the whole
person (mind,
body, spirit)

and encourage
people to
actively

participate in

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their own health
& wellness.

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care does not

deny the need

for Allopathic

Medicine (Drugs

and Surgery) In

Certain Cases.

NATURAL MEDICINE

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Simply offers a

safe, non-
intrusive,

organic approach
to healing the
person as

opposed to
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symptoms of a
disease. Dr.

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as well as

people of

African descent

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key to healing
their bodies. All
people,
regardless of
nationality, can
use African
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as a reference
guide to healthy
living.

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Health: Afrika,
Llaila O ...*

Our History

Inspired by the
book " Afrikan
Holistic Health"

by Dr. Llaila

Afrika & his

6-Week Holistic

Health

Practitioner

Training course,

the African

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Chapter of New
York was founded

in 2004 by

Yvonne “Sista S
hai” Hankins, a

Holistic Event
Planner and

Reflexologist.

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Health Chapter
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variety of
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including
tuberculosis,
cancer,
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and therapeutic

potential to

safely and

effectively

treat each

disease.

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Dr. Llaila

Afrika and Dr.

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store are

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your

fingertips. You
are welcome to
join our
holistic family
to change the
needs of
yourself, and
others.

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Home – Dr.

Llaila Afrika

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divination, and
spiritualism
often combine in
traditional
African
medicine,
perhaps the
oldest and most
varied
therapeutic
system in the

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world. This holistic health care system has many

practitioners and followers and despite its decline for a period of time, traditional African medicine has resurged across the continent in

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recent years. Holistic Health

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and its Role in

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for profit
organization,
was formed by
caring,

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compassionate

and egoless

people in the

wake of the

World Trade

Center tragedy

on Sept. 11,

2001. Gaia means

Mother Earth in

Greek. Holistic

is derived from

a Greek word

'holos', which

is the origin of

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words such as

‘heal’,
Llaila O Afrika

‘health’,

‘holy’, ‘whole’

etc.

Gaia Holistic

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Health 554. by

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chapter of 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 empowering

health ...

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*of NY - Jamaica,
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Manager: Health

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