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medicine- it indicates
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a sign of ignorance.
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replace the human
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touching and smelling
to perform treatments
without drugs.” — 1
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Dr. Llaila Afrika is a
nutrition consultant,
massage therapist,
historian, writer and a
Doctor of Naturopathy.
He has studied in
Africa, Europe and
America. Llaila believes
that each of his clients

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(from the children to the elderly) have been among his teachers and is fully indebted to them all.

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Afrika PhD (Author) 4.7 out of 5 stars 57

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recognizes him as a natural healer. He is the only African American allowed to train and issue Ghanaian Traditional Healers licenses to African Americans.

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is the visionary behind

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Absolutely Well. As a holistic health practitioner she is dedicated to helping anyone who desires absolute wellness to achieve vibrant health and an extended lifetime. She is committed to values of integrity, compassion, and excellent customer service. She had the privilege of completing her studies under Dr. Llaila O. Afrika, a premier scholar in ...

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The film features health scholars such as herbalist Doctah B Sirius, Aris Latham and Dr. Llaila Afrika, author of Afrikan Holistic Health and Melanin: What Makes Black People Black. Urban Kryptonite (the book) also challenges Black Americans to return to spirituality as a means of deliverance and mental clarity in today's society.

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Section 1: Dis-Ease
Treatment and Health

AFRICAN HOLISTIC

HEALTH 20 Lecithin

Vegetarian Multiple

Vitamin and Mineral

Choline 1 tbsp or 2

capsules with meals.

Dissolves fat. Vital

nutrients. 500-10,000

mg. Lowers lipid (tat)

content of Calcium

Magnesium L-

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Methionine and L-
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daily. 750 mg., dally.
500 mg., each, dally.
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comprehensive African-centered viewpoint. It provides a complete guide to herbal remedies along with homeopathic disease treatments.

AFRICAN HOLISTIC HEALTH, by Llaila O. Afrika - Africa ...

Dr. Llaila Olela Afrika had made his transition to rebirth. It is his request that we all carry out his legacy. He has left a map for

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understanding the body, the mind, and the spirit. He dedicated his life for his people, so that they will have direction in all aspects of holistic living.

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lecturer and author. He
can help you
understand and
become aware of
natural remedies and
treatments. He is a

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Laila O Afrika

nutritional consultant;
massage therapist,
historian,...

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