

# HOLISTIC BENEFITS

Healthy Lifestyle



Presented by Alexis, Baron & Shaun

# AFRICAN HOLISTIC HEALTH

## “KOSI EWE, KOSI ORISA.”

This is a phrase in the Yoruba language from West Africa that means, *No forces of nature can exist without the herbal plants that contain their sacred properties.* It reminds us that plants are the fundamental building blocks of life.

Since the beginning of time, we've depended on nature to survive. Herbs have the ability to cure every possible disease. In the African diaspora, we've used our ancestral indigenous knowledge and cultural practices to heal ourselves for thousands of years, long before European colonization disconnected us from our native lands.







# THE ROYAL HISTORY OF HERBS

Ancient civilizations along the Nile River, such as Kemet, known as **The Black Land**, and Nubia, **The Land of Gold**, flourished in prosperity while living in balance with nature's rhythms.

The healing traditions of these early Africans are the origin of all medicine systems across the world, including Ayurvedic medicine in India, traditional Chinese medicine, and western European medicine in the United States. Pharmaceutical drugs are synthetic versions of natural plant remedies.



# DID YOU KNOW?



***Aspirin, a pharmaceutical drug used to help with pain relief, is artificially derived from Evening Primrose, a medicinal herb native to North America. It's a wildflower that grows in Florida and other southern states.***



# HIBISCUS

*also known as Roselle, Sorrel, Japa, Guai Shu Shu, and Flor de Jamaica*

Hibiscus is a small tree in the mallow family, related to okra and cotton. It's native to warm tropical regions across the globe, such as the Caribbean, West Africa, China and India.

The flowers, leaves and seeds of the plant can be used in a multitude of ways to improve cardiovascular, immune and reproductive health. The bright red color of hibiscus reveals its high iron content, which is beneficial for the blood.







# FUN FACT ABOUT HIBISCUS

## DID YOU KNOW?



The origin of koolaid is a traditional red drink made from hibiscus in the African diaspora. The red color symbolizes our faith and courage during colonization. Other ingredients can be added in this tea to boost its nutrient content and healing power, such as ginger, cinnamon, lemon, cardamom and cloves.



# KOLA NUT

*also known as Orogbo*

Kola is a tree native to the tropical rainforests and western coast of Africa. It has a close kinship with other plants in the mallow family, such as hibiscus and cacao. This tree grows in Nigeria, Cameroon, Sierra Leone and Gabon. The nuts are primarily consumed for their health benefits and spiritual uses in divination. Kola is high in caffeine. It helps to boost energy levels and support brain function. It's bitter taste also supports digestion and immunity.





# FUN FACT ABOUT KOLA NUT

## DID YOU KNOW?



**Coca-Cola was originally made from two natural ingredients: kola nuts from West Africa and coca leaf from South America. During the 19th century, kola nuts were shipped to Europe for tonic medicines that provided an energy boost. In Atlanta, it was mixed with sugary syrup to create soda. Today, Coca-Cola is an artificial imitation of these plants and contains chemicals that are harmful for our health.**



# NATURAL BODY CARE & SKINCARE

## For moisturizing:

- shea butter
- olive oil

## For hydration:

- aloe vera

## For toning and cleansing:

- apple cider vinegar

## For dental health:

- activated charcoal
- cinnamon powder
- kaolin clay

## For cleansing:

- african black soap
- handmade soap with no artificial chemicals or dyes





# The Benefits of a Plant-Based Lifestyle



# 4 REASONS TO INCLUDE MORE PLANTS INTO YOUR DIET

- Decreases the risk of diseases like diabetes, high blood pressure, and cancer
- Boosts mood and energy
- Mental clarity
- Increased longevity



# BUT HOW?

- Shop locally (Farmers market)
- Take advantage of sales, discounts, and coupons
- Use social media for inspiration
- Slowly make changes to your lifestyle
- Have grace and patience with yourself!

# CHANGES YOU CAN MAKE

## AS A COLLEGE STUDENT

- Adding whole foods to your diet
- Swapping white rice and flour for healthier choices
- Ensuring you have healthy options on hand (take advantage of food pantry)
- Add supplements/ teas to daily routine
- Cook when possible!
- Have a variety

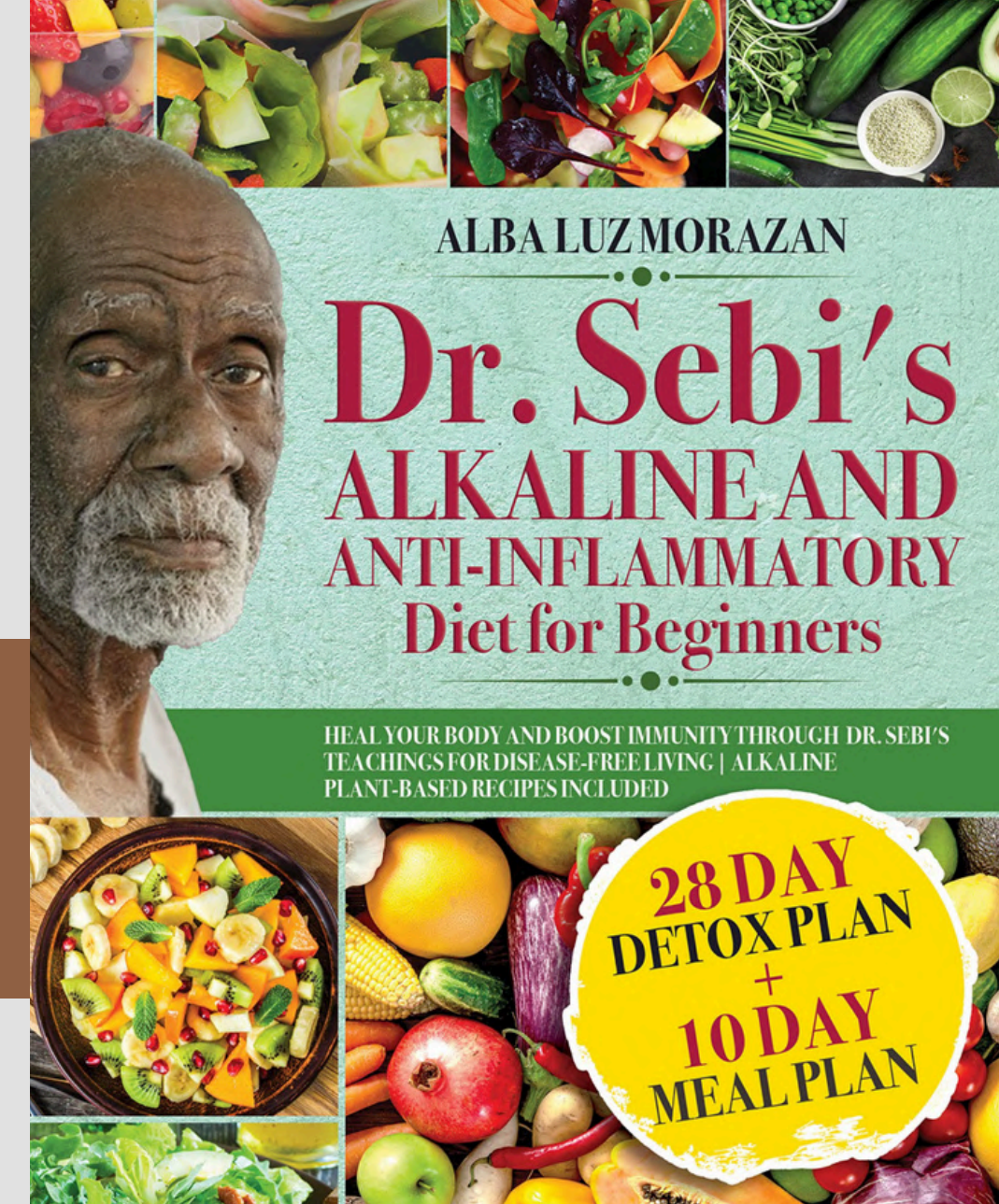




# FUN FACT

## DR. SEBI

### DID YOU KNOW?



***Dr. Sebi (1933–2016) was a healer and herbalist known for his transformative research in chemistry and biology, developing the Alkaline Diet.***

***This diet consists of foods and herbs that reduce mucus build up in the body. This reduces the chances of illness and disease. The Alkaline Diet has been known to cure cancer, fibroids, and other harmful diseases.***

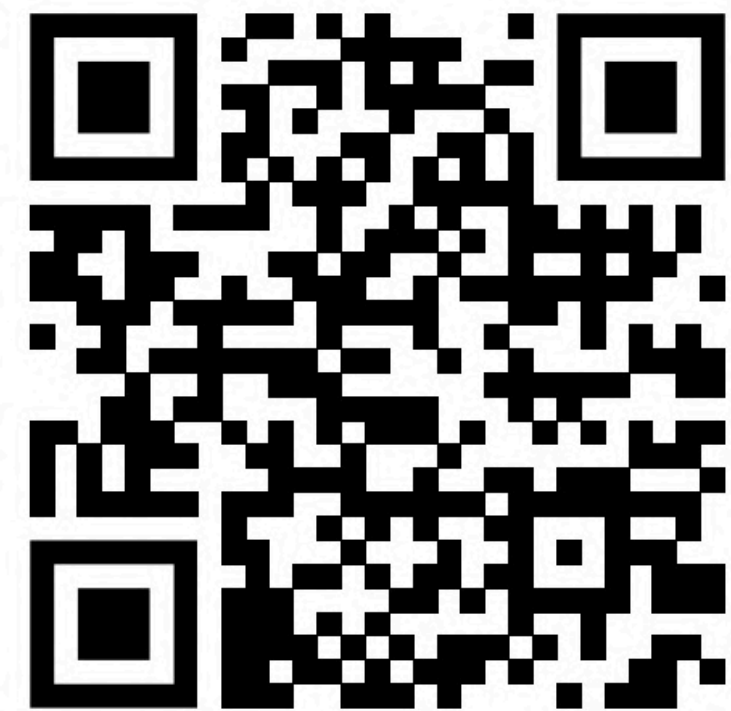




# Essential VEGAN

The Plant-Based food guide to  
realign the mind, body, and soul

Essential  
Vegan  
Cookbook





# HERBS TO KNOW





# Elderberry



## Benefits

- Immune Boosting Herb for Cold and Flu
- Anti depressant and clears the body
- of free radicals
- Relieves Headache pain and pain that associated with arthritis
- Improves heart health



# Fennel



## Benefits

- **Reduces Heart Disease**
- **Helps maintain health cholesterol**
- **Helps reduce and alleviate menstrual cramps**
- **Cancer prevention properties**
- **Improves Brain Function**



# Dandelion Root



## Benefits

- BONE HEALTH
- CANCER FIGHTER
- FACILITATE DIGESTION
- FIGHT ANEMIA
- KIDNEY CLEANSE
- LOWER BAD CHOLESTEROL
- LOWER BLOOD PRESSURE
- LIVER CLEANSE
- MOOD ENHANCER
- TREAT ARTHRITIS
- TREAT ECZEMA



# Sarsaparilla



## Benefits

- Blood purification/ cleansing
  - Great for detoxing
  - High in iron
  - Can prevent cancer
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- Do not consume in high dosages
  - 1 tsp per 8 oz of water



# Fenugreek



## Benefits

- Improves body odor
- Menstrual support due to nutrient density (iron, magnesium, manganese)
- Increase breastmilk production and sexual health
- Improve hair and skin health

Take 1 tbsp to 1 cup of water  
Steep for at least 20 minutes



# Cloves



## Benefits

- Common household item
- Anti-parasitic properties
- Increase oral hygiene (anti-cavity)
- Aid in digestive health

Take about 1/2 tbsp of cloves to 1 cup of water

Steep for 10-20 minutes



FASTING IS NOT STARVATION.  
Fasting is medicine for your mind,  
body and spirit. Never let them tell you  
differently.

MalikahAli.com







**BLUE 1 or Brilliant Blue:** Hypersensitivity, Kidney Tumors & Asthma

**BLUE 2 or Indigotine:** Hypersensitivity, Asthma, Brain & Bladder Tumors

**GREEN 3 or Fast Green:** Bladder and Testicular Cancer

**RED 40 or Allura Red:** Hypersensitivity & Cancer

**RED 3 or Erythrosine:** Thyroid Cancer and Breast Cancer

**YELLOW 5 or Tartrazine:** Thyroid Cancer and Breast Cancer

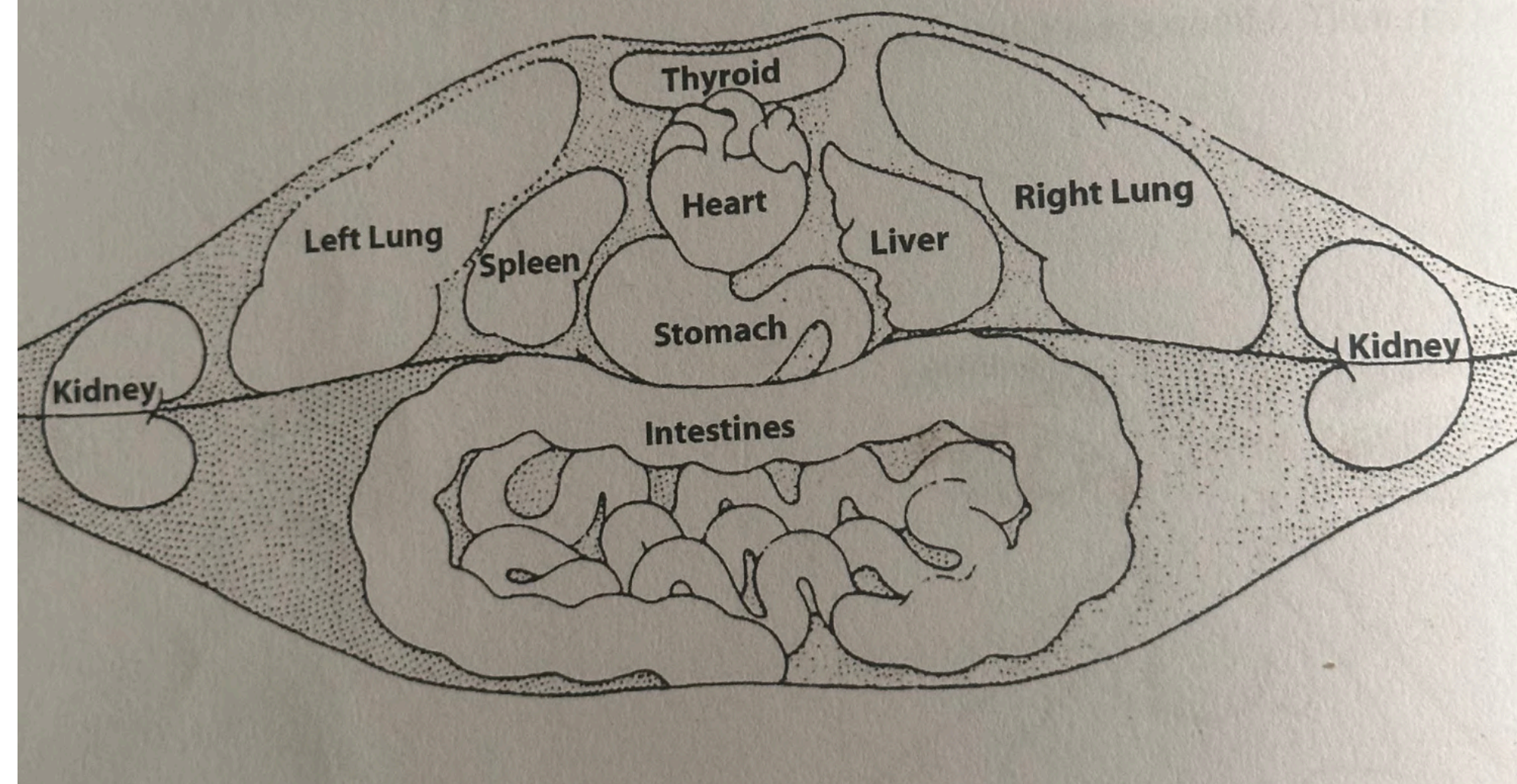
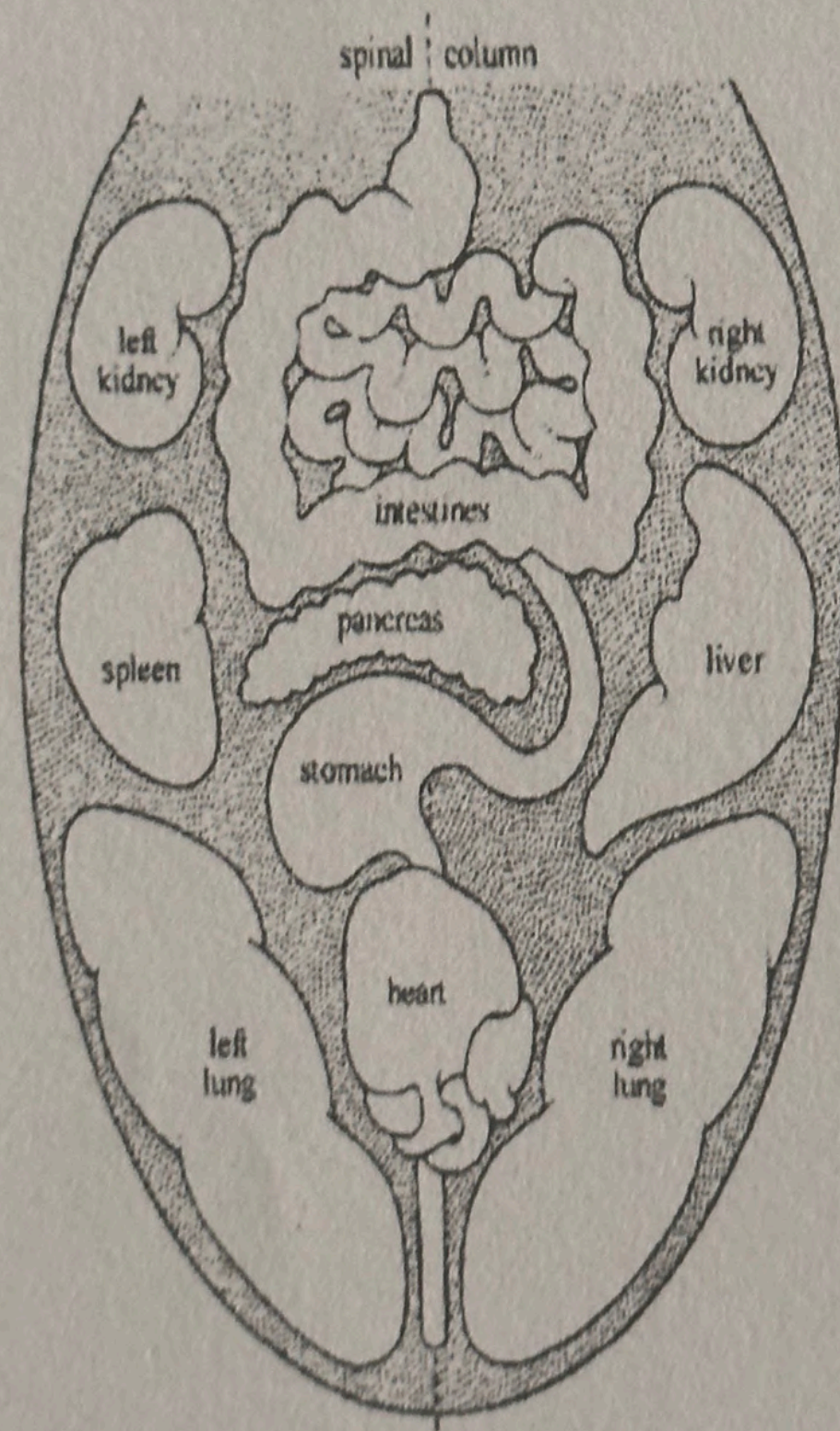
**YELLOW 6 or Sunset Yellow:** Hypersensitivity, Adrenal & Testicular Cancer



# **Types Of Fasting / Detoxing**

- **Intermediate Fasting**
- **Dry Fast**
- **Water Fast**
- **Juice Fast**



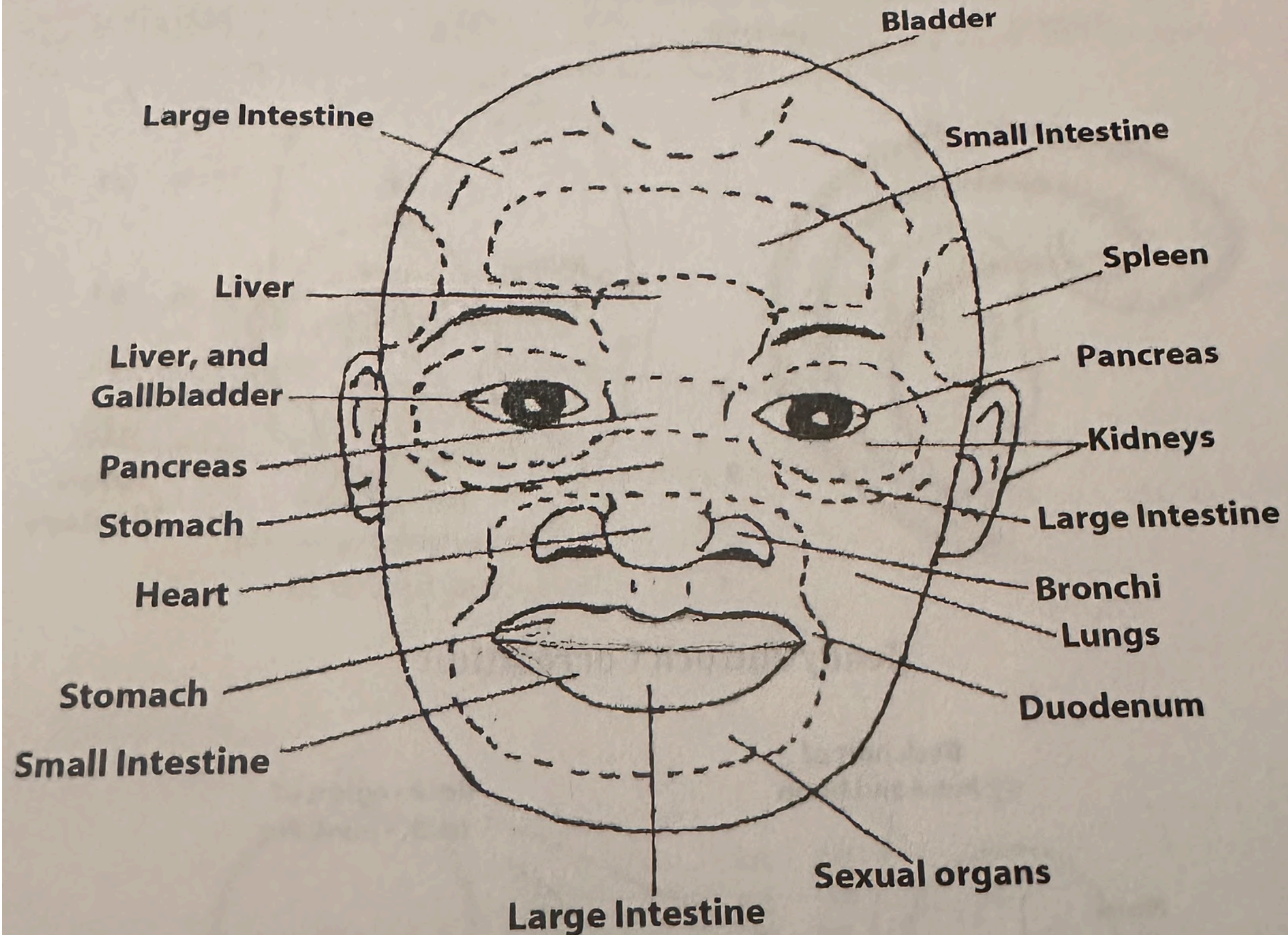


**Reading The Body To  
Know What Going On**

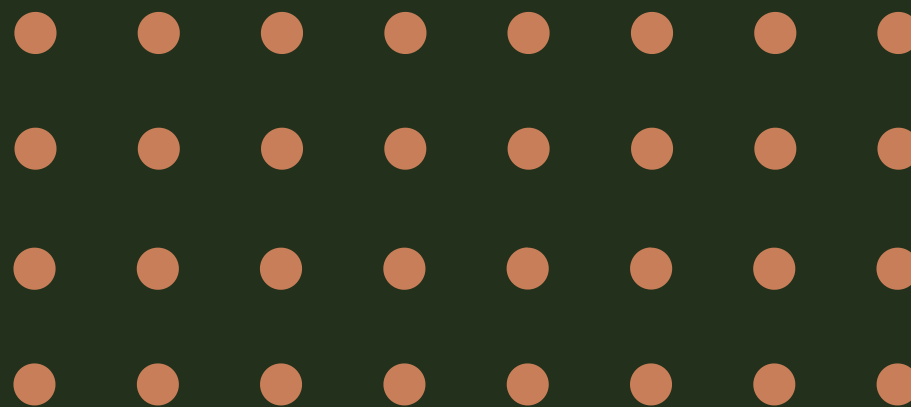


## Face Chart

Any inconsistency in the skin in an organ area indicates problems with that organ.







**THANK YOU**

*Any Question?*

