

HEALTHQUEST

Total Wellness for Mind, Body & Spirit

# STAYING STRONG

## Reclaiming the Wisdom of African-American Healing

- The African-American Healing Legacy
- Body/Mind/Spirit Healing Techniques from  
Acupuncture to Reflexology
- Common Ailments, Treatments, and Prevention

EDITED BY SARA LOMAX REESE AND KIRK JOHNSON  
WITH **THERMAN EVANS, M.D.**

# Healthquest Staying Strong Reclaiming The Wisdom Of African American Healing

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## **Healthquest Staying Strong Reclaiming The Wisdom Of African American Healing:**

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 *It's a Sistah Thing* Monique R. Brown, 2002 The first book about fibroids written especially for African American women includes both conventional and alternative approaches *We're Not Going to Take it Anymore* Gerald G. Jackson, 2005 Professor Gerald G Jackson incorporates the perceptions ideals hesitations and proclamations of the Hip Hop and post Hip Hop generations into the Africana Studies field He pulls evidence from a rich tapestry of history classroom learning exercises student reports scholar and professional led lectures discussions and educational tours to create a groundbreaking multicultural and pluralistic model for the application of Africentric helping to the educational sphere While the mode varies the greater number of compositions compiled here are biographies of ordinary and extraordinary African Americans Culturally affirming introspective and expansive *We're Not Going to Take it Anymore* is a rarely seen educational innovation Proverbs for the People Jewell Parker Rhodes, 2004-07 Foreword by Jewell Parker Rhodes In this powerful collection of stories based on African black American and Biblical proverbs some of today's most exciting new black American writers tackle the unifying themes delicious wit and undeniable wisdom of the proverbs making them sing for a whole new generation Features contributions from best selling authors Margaret Johnson Hodge and Timothy McCann amongst many others *Today's Black Woman*, 1999 **Prime Time** Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African American women are living in their prime experiencing the joys and challenges of middle age Now at last here is the book that addresses our total health needs physical emotional and spiritual Written by a distinguished physician and a clinical psychologist *Prime Time* is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve In many ways it's true that we are better off today than our foremothers were We earn more money command more respect Yet in spite of these advances we still experience more chronic health problems

endure more stress and live shorter lives than women of other races That s whyPrime Timeis both urgent and essential This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health Prime Timewill help you Reframe priorities to put yourself and your own health needs first Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age Profile your current health with worksheets quizzes and assessment tools Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure Reduce anger and attitude that block you from attaining good health Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive straight talking and grounded in science and spiritual truth Prime Timeis at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African American women in their second half of life Feminist Bookstore News ,1999 The Library Journal ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Library Journal ,1999-10 Forthcoming Books Rose Army,1999-04 Subject Guide to Books in Print ,1971 **G.K. Hall Interdisciplinary Bibliographic Guide to Black Studies** Schomburg Center for Research in Black Culture,2000 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 Bibliographic Guide to Psychology New York Public Library. Research Libraries,2000 **Staying Strong** Sara Lomax Reese,Kirk Anthony Johnson,Therman Evans,1999 The African American healing legacy body mind spirit healing techniques from acupressure to reflexology common ailments treatments and prevention Cover Reclaiming Our Health Michelle A. Gourdine,2020-08-11 An interactive and empowering book to help African American men and women create a new vision of better health and navigate the health care system BET com According to the federal Office of Minority Health African Americans are affected by serious diseases and health conditions at far greater rates than other Americans In fact African Americans suffer an estimated 85 000 excess deaths every year from diseases we know how to prevent heart disease stroke cancer high blood pressure and diabetes In this important and accessible book Dr Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness Expanding on her career and life experiences as an African American physician Dr Gourdine presents key insights into the ways African American culture shapes health choices how beliefs traditions and values can influence eating choices exercise habits and even the decision to seek medical attention She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle as well as strategies for navigating the health care system This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life and an indispensable handbook for health care providers policy makers and others working to close

the health gap among people of color Says Gourdine I wrote this book to empower our community to solve our own health problems and save our own lives      The Holistic Soul Asante Bradford,2024-08-01 The Holistic Soul Wellness Practices Rooted in Black Tradition is a groundbreaking exploration of holistic health approaches that blend the wisdom of African and African American cultural practices with modern scientific understanding In a world where health disparities continue to affect Black communities disproportionately this book offers a return to ancestral knowledge as a pathway to wellness

Breaking the Fine Rain of Death Emilie M. Townes,2006-02-01 In Breaking the Fine Rain of Death Emilie Townes focuses on the health care issues affecting African Americans and does so from a womanist perspective by paying attention to race and class as well as gender Townes describes the lamentable history of health care in African American communities and the disease that affect African Americans disproportionately diabetes hypertension low birthrate babies and drug related illnesses as well as cultural genetic and socio economic factors that account for them Townes then offers models of care that have worked in some African American communities and that need to be used on a broader scale She explores healing models sensitive to class and cultural context and provides practical recommendations relevant to the needs of the Black Church and the African American community      Walkin' Over Medicine Loudell Snow,1993-05-12      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

## Reviewing **Healthquest Staying Strong Reclaiming The Wisdom Of African American Healing**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Healthquest Staying Strong Reclaiming The Wisdom Of African American Healing**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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