

The Kemetic Diet Food For Body Mind And Soul A Holistic Health Guide Based On Ancient Egyptian Medical Teachings Muata Ashby

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 an 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 Kemetic Diet refers to an eating plan adhered to by modern followers of Kemet, an ancient Egyptian set of religious rules that governed every aspect of its follower's lives, from their spirituality to medical treatment to the foods they prepared for daily meals. Kemet gained an influence in recent years, along with the rise of the Kemetic Diet. What is the diet? In a 2005 book by, Muata Ashby. According to the eating plan described in the Kemetic Diet, certain foods should be eaten regularly, while others should be consumed only seldom or never. The diet promotes a healthy lifestyle.

African Americans find themselves leading the national health index when it comes to heart disease, cancer, strokes, obesity, diabetes, kidney and liver disorder, respiratory, and autoimmune diseases. Why? Dr. U-Shaka Craig, in "Shifting Your Paradigm for Optimum Health and Longevity" provides a telling account of diet and health as it relates to the African American community/culture. He is convinced that people in general and African Americans specifically can revolutionize their health and well-being by being more intelligent in the lifestyle they choose and foods they eat. In today's environment of denatured, processed, chemical additives, and genetically engineered products...the author provides clear and practical alternatives from a life of illness and disease to one of optimum health and longevity. If you want to live free of cancer, heart disease, diabetes, and other such illnesses, the power is in your hands. To be healthy, it is essential to make a shift away from our old thinking patterns and eating habits. This book provides you with an excellent model in making a paradigm shift in both your thinking and behavior by: (1) Tracing the historical development of food as it relates to Black people, especially African Americans; (2) Outlining African Americans' current physical, social, and psychological realities; (3) Identifying the psychological trap that undermines our potential for health and happiness; (4) Demonstrate the connection between the various types of foods we eat and our current state of health; and (5) Providing a scientifically proven program for African Americans that will help them transform their eating habits which will then result in feeling better, gaining health, living longer, and moving closer to the goals of physical and spiritual liberation. Our ancestors left us with a Kemetic principle called Ma'at that speaks to the need of adding (truth, justice, peace, and right order) harmony to our lives which bring us in balance with the world and universe. My hope is that this book will inspire you to choose wisely -for your health and wellbeing.

A shared interest of law and religion is the advancement of human flourishing, yet there is no common understanding of what it means for humans to flourish and the means by which to attain a flourishing life. The concept of human flourishing is especially important for Africa, where community and national development compete with forces of conflict and scarce resources. In the broadest sense, the concept of human flourishing focuses our attention on having a comprehensively good or worthwhile life, but various religious and legal traditions suggest different norms for measuring the quality of life and designing the institutional structures that could best facilitate and preserve it.

I was like most people when finding out about alkalinity, I want to know, what can I eat and how do I prepare and cook it? Being a Chef and herbalist for over 25 years, made it a lot easier for me than most to prepare, alter and come up with new cooking ideas. Some are under the impression that once you cook something that's alkaline you can destroy its alkalinity. This is further than the truth. For an example, tomatoes contain lycopene, a form of antioxidant. Raw tomatoes have a total antioxidant potential of about 80, but if you cook the tomatoes the antioxidant potential goes up to about six-fold. This is because the raw tomato has been transformed to trans-lycopene in the cooked version do to the heat infusion, and trans-lycopene is much more readily absorbed by the body. This is the same with most foods. Finally a book that gives you the alkaline food list and how to prepare and cook them, so you can remain healthy, energized, and vitalized.

Pharaoh X Amanserpritefrimacrello provides a workbook for America to define comprehend and resolve conflicts and problems related to racism. With Word of pain grief rage and protest, questions to stir emotions and focus minds and links to online research this book offers readers with insights to comprehend Blacks Americans demands of White Americans and themselves. The Author challenges every person to self examine and commit to end the persisting unwanted intolerable Black Holocaust. Pharaoh introduces a new genre of writing. A writing style with a heart and soul of free conscience thought born out of spirituality anguish frustration distress meditation fear and concern. 'Word and Questions to White America: What Black Birthright Citizens Want' presents insightful ways and means for the nation and the world to end and prevent racist crimes on Black Humanity with focus for

