



The Complete Textbook of Holistic Self Diagnosis

By Llaila O. Afrika, Melanie D. Stevenson

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A simple to use diagnosis methods for non-professionals, professionals, and children. Instructions on how to identify diseases and their causes revealed by the fingers, fingernails shape, lips, teeth, tongue, nose, ears, eyes, eyebrows, face, hair, sex positions, feet, etc. There are many illustrations, charts, tables, chemical test, and many body signs of sickness. This book has do it yourself step-by-step skills to lead you to a disease diagnosis. It has instructions that explains the nutritional causes of High Blood Pressure, laboratory Blood Test result, and Urine and Saliva analysis. No science background is required to learn the simple and easy to use diagnosing methods.

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Editorial Review

About the Author

Llaila (la-ee-la) Afrika is a holistic health practitioner. He has been in the health profession for over 40 years. His background includes working as a social worker, psychotherapist, group facilitator, community organizer, nurse, and naturopath. Llaila has a Doctorate in Naturopathy diploma and is a Certified Addictionologist, Certified Acupuncturist, Massage Therapist, and a licensed Traditional Healer in Ghana, Togo, and Benin. He is essentially self-taught in holistic sciences. Llaila is an author, teacher, lecturer, practitioner, and historian. Llaila lectures and teaches certification classes with his wife Dr. Melanie Stevenson. The classes are of wide variety such as Holistic Nutritional Counselor, Anatomy and Physiology, Massage, Needle-less Acupuncture, Ethical Midwifery, Hypnosis, Holistic Nutrition, Holistic Sex and Relationship, Holistic Skin Care and Analysis, and Touch Diagnosis. Other books written by the Author: African Holistic Health, Vitamins and Minerals from A to Z, Raising Black Children, Melanin, The Gullah, Nutricide, The Complete Textbook of Holistic Self Diagnosis.

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