

Nature Power By Anselm Adodo

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Nature Power - Anselm Adodo, OSB 2013-10

When **Nature Power** was first published twelve years ago, the practice of herbal medicine in Nigeria and in most parts of Africa was identified with witchcraft, sorcery, ritualism, and all sorts of fetish practices. Because herbal medicine was associated with paganism, African Christians secretly patronize traditional healers, and the educated elite and religious figures did not want to be associated in any way with traditional African medicine. **Nature Power**, like a lonely voice in a wilderness, was written to correct the misconception that African herbal medicine is synonymous with paganism, ritualism, and fetishism. Since its publication, **Nature Power** has been reprinted more than eight times. It has contributed immensely in changing the attitudes of both the government and Christians toward the practice of herbal medicine. **Nature Power** has also helped show that health is more than an absence of disease. Health is wholeness of mind, soul, and body. Much of the information in this book is age-old secrets, which herbalists keep close to their chests. I have made them available here so that humanity may profit from them.

Medicinal Plants of Nigeria - Anselm Adodo 2018-06-18

This book aims to serve as a workbook for students, teachers, and practitioners in the field of ethnobotany and ethnomedicine. It documents the plants that are traditionally used by the local population, the history of local use, and the traditional beliefs around the use in Nigeria.

The Transformational Power of Fasting - Stephen Harrod Buhner 2012-02-02

Fasting practices to reconnect with the sacred, regain a sense of your life's purpose, and heal physically and emotionally • Details what to expect during your fast physically, emotionally, and spiritually • Provides step-by-step guidelines on preparing for the fast, how long you should fast, what you can and can't do during the fast, and how to end your fast • Explains how fasting can help or heal many chronic conditions, such as type II diabetes, hypertension, cardiovascular disease, arthritis, psoriasis, and insomnia For millennia humans have fasted for spiritual, emotional, and physical reasons--as a way to heal their bodies, reconnect to the sacred, regain a sense of life's purpose, and allow their souls to detoxify. We are evolutionarily designed to fast, and the body knows how to do it very well. Fasting allows the body and all its systems to rest, purify, and heal. During a fast, the body enters the same cleansing and healing cycle

it normally enters during sleep. As a fast progresses, the body consumes everything that is not essential to bodily functioning--including bacteria, viruses, fibroid tumors, waste products in the blood, buildup around the joints, and stored fat--and the mind and heart release their toxic buildup as well. As Stephen Harrod Buhner reveals, in order to be truly transformed, you must first empty yourself. Offering step-by-step guidelines to fully prepare yourself for a deep fast, Buhner explores what to expect during and after spiritual, emotional, and physical fasting and detoxification. He details the necessary dietary and mental preparations leading up to your fast, what you can and can't do during a fast, and how to end your fast. He also explains how to plan the length of your fast and how to choose between a water fast, a juice fast, or a mono-diet fast. Revealing how fasting can help or heal many chronic conditions, such as type II diabetes, childhood seizures, hypertension, cardiovascular disease, arthritis, psoriasis, insomnia, and fibromyalgia, Buhner shows fasting as a way to truly inhabit the body, to experience its sacredness, and to activate its deep capabilities for self-healing.

Ifá Will Mend Our Broken World - Wande Abimbola 1997

Bitter Roots - Abena Dove Osseo-Asare 2014-01-13

For over a century, plant specialists worldwide have sought to transform healing plants in African countries into pharmaceuticals. And for equally as long, conflicts over these medicinal plants have endured, from stolen recipes and toxic tonics to unfulfilled promises of laboratory equipment and usurped personal patents. In *Bitter Roots*, Abena Dove Osseo-Asare draws on publicly available records and extensive interviews with scientists and healers in Ghana, Madagascar, and South Africa to interpret how African scientists and healers, rural communities, and drug companies—including Pfizer, Bristol-Myers Squibb, and Unilever—have sought since the 1880s to develop drugs from Africa's medicinal plants. Osseo-Asare recalls the efforts to transform six plants into pharmaceuticals: rosy periwinkle, Asiatic pennywort, grains of paradise, Strophanthus, Cryptolepis, and Hoodia. Through the stories of each plant, she shows that herbal medicine and pharmaceutical chemistry have simultaneous and overlapping histories that cross geographic boundaries. At the same time, Osseo-Asare sheds new light on how various interests have tried to manage the rights to these healing plants and probes the

challenges associated with assigning ownership to plants and their biochemical components. A fascinating examination of the history of medicine in colonial and postcolonial Africa, *Bitter Roots* will be indispensable for scholars of Africa; historians interested in medicine, biochemistry, and society; and policy makers concerned with drug access and patent rights.

The Illustrated Herbiary - Maia Toll 2018-08-07

Rosemary is for remembrance; sage is for wisdom. The symbolism of plants – whether in the ancient Greek doctrine of signatures or the Victorian secret language of flowers – has fascinated us for centuries. Contemporary herbalist Maia Toll adds her distinctive spin to this tradition with profiles of the mysterious personalities of 36 herbs, fruits, and flowers. Combining a passion for plants with imagery reminiscent of tarot, enticing text offers reflections and rituals to tap into each plant's power for healing, self-reflection, and everyday guidance. Smaller versions of the illustrations are featured on 36 cards to help guide your thoughts and meditations.

e-Learning Ecologies - Bill Cope 2017-02-17

e-Learning Ecologies explores transformations in the patterns of pedagogy that accompany e-learning—the use of computing devices that mediate or supplement the relationships between learners and teachers—to present and assess learnable content, to provide spaces where students do their work, and to mediate peer-to-peer interactions. Written by the members of the "new learning" research group, this textbook suggests that e-learning ecologies may play a key part in shifting the systems of modern education, even as technology itself is pedagogically neutral. The chapters in this book aim to create an analytical framework with which to differentiate those aspects of educational technology that reproduce old pedagogical relations from those that are genuinely innovative and generative of new kinds of learning. Featuring case studies from elementary schools, colleges, and universities on the practicalities of new learning environments, *e-Learning Ecologies* elucidates the role of new technologies of knowledge representation and communication in bringing about change to educational institutions.

Black and Postcolonial Feminisms in New Times - Heidi Safia Mirza 2013-10-18

This book is a compelling collection of essays on the intersection of race, gender and class in education written by leading black and postcolonial feminists of colour from Asia, Africa and the Caribbean living in Britain, America, Canada, and Australia. It addresses controversial issues such as racism in the media, exclusion in higher education, and critical multiculturalism in schools. Introducing new debates on transglobal female identity and cultures of resistance the book asks: How does black and postcolonial feminisms illuminate race and gender identity in new global times? How are race, gender and class inequalities reproduced and resisted in educational sites? How do women of colour experience race

and gender differences in schools and universities? This book is a must for political and social commentators, academic researchers and student audiences interested in new feminist visions for new global times. This book was published as a special issue of *Race, Ethnicity and Education*.

Religion and the Environment - Roger S. Gottlieb 2010

In the last two decades a new form of religiously motivated social action and a virtually new field of academic study each based in recognition of the connections between religion and humanity's treatment of the environment have developed. Interactions between religion and environmental concern have been manifest in the explosive growth of ecotheological writings, institutional commitment by organized religions, and environmental activism explicitly oriented to religious ideals. Clergy throughout the world in virtually every denomination have received word from leaders of their religion that the environment no less than sexuality, poverty, or war and peace is now a basic and compelling religious matter. Out of this confrontation have been born vital new theologies based in the recovery of marginalized elements of tradition, profound criticisms of the past, and ecologically oriented visions of God, the Sacred, the Earth, and human beings. Theologians from every religious tradition along with dozens of non-denominational spiritual writers have confronted world religions past attitudes towards nature. In the realm of institutional commitment, public statements and actions by organized religions have grown dramatically. In the context of political action, throughout the U.S. and the world religiously oriented groups take part in environmentally oriented political action: from lobbying and consciousness raising to activist demonstrations and civil disobedience. This collection serves as a comprehensive introduction, overview, and in-depth account of these exciting new developments. The four volumes cover virtually every aspect of the field from theological change and institutional commitment to innovation in liturgy, from new ecumenical connections among different religions and between religion, science and environmental movements, from religious participation in environmental politics to an account of the global social and political contexts in which religious environmentalism has unfolded.

African Medicine - Tariq M. Sawandi, Ph.d. 2017-06-12

A combination of West African Healing Wisdom, spirituality, and modern science, presents a self-care healing guide in which Concepts such as Orisha Energies form the basis for diagnosis and treatment of chronic illnesses that most frequently threatened balanced health. The Yoruba people, a tribe in West Africa, are considered to be the oldest herbalists on the planet. After living in ancient benin for a time, they settle in Egypt , bringing with them an herbal, dietary, and healing drum system dating back 75,000 Years BC. Dr. Tariq Sawandi presents Yoruba medicine as a comprehensive system of healthcare that heals the whole person, mind, body, and spirit. Chapters include the history, philosophy, methodology, and medicinal usage of African and Caribbean herbs, Roots, gemstones,

and sound to heal cancer, sickle cell anemia, high blood pressure, diabetes, HIV/AIDS, and other chronic diseases. This empowering book gives you many approaches to balanced health with easy-to-use charts, diagrams, and tables.

The Complete Handbook of Quantum Healing - Deanna Minich

2010-12-01

The Holistic Healing Handbook for a Homeopathic Household “A thoughtful, comprehensive synthesis of a multifaceted approach to healing” —Belleruth Naparstek, LISW, BCD, creator of the Health Journeys Guided Imagery series #1 New Release in Diseases & Physical Ailments Heal your body naturally using an array of well-researched and long-practiced techniques. This easy-to-understand holistic healing library provides multiple healing approaches to the most common ailments, so you’ll have access to the best approach for you and could be feeling better in no time. Holistic healing made easy. Our lives are intertwined with the unexpected. We are bound to become ill or get hurt, probably multiple times in our lives. When that happens, Complete Handbook of Quantum Healing makes healing your body easy by providing an A-Z reference guide of over 100 health issues, each with healing options using different types of holistic medicine, so you’ll be sure to find the best approach —or approaches —for you. See real results through trusted techniques. A perfect holistic healing gift or addition to anyone’s natural health kit, Complete Handbook of Quantum Healing seamlessly blends new-world science with old-world knowledge. With her deep understanding of both the medical and the spiritual side of healing, author Deanna Minich, PhD, translates her medical knowledge to simple holistic healing techniques that anyone can use and that have been shown to work. Inside, you’ll find: • An A-Z list of over 100 common ailments • 7 self-healing options for each ailment including herbal medicines, essential oils, crystals, and more • Self-healing quotes, meditations, and healing energy exercises to restore the body and the soul If you like natural healing books such as The Modern Herbal Dispensary, Medical Medium, or When the Body Says No, you’ll love Complete Book of Quantum Healing.

The Oxford Handbook of Religion and Ecology - Roger S. Gottlieb

2006-11-09

Ecologically oriented visions of God, the Sacred, the Earth, and human beings. The proposed handbook will serve as the definitive overview of these exciting new developments. Divided into three main sections, the books essays will reflect the three dominant dimensions of the field. Part I will explore

My Watch - Olusegun Obasanjo 2014

Integral Development - Alexander Schieffer 2016-05-23

Alexander Schieffer and Ronnie Lessem introduce a groundbreaking development framework and process to address the most burning issues that humanity faces. While conventional top-down, outside-in development

has reached a cul-de-sac, a new, integral form of development is emerging around the world. Integral Development uniquely articulates this emergent approach, and invites us to fully participate in this process. The integral approach has been researched and framed over decades of in-depth experience in transformative development education and practice all over the world. It uniquely combines four mutually reinforcing perspectives: nature and community; culture and spirituality; science, systems and technology; and enterprise and economics. Conventional development theory and practice has prioritized the latter two perspectives, neglecting the former two. This has caused massive imbalances in today’s world. The four interconnected perspectives allow for a transformative and integrated engagement with core development issues in a way that is locally relevant and globally resonant. Throughout, the practical impact of Integral Development is brought to life through highly innovative cases from around the globe, drawing on the authors’ first-hand experience. This makes the book a living demonstration of the power of this pioneering approach. Integral Development shows how individual, organizational and societal developments need to be interconnected to release a society’s full potential. It shifts the responsibility for large-scale development from often-distant experts and organizations to each individual, community, enterprise and institution within the society. It is essential reading - and a call to action - for everyone concerned with the current state of local and global development.

Integral Economics - Dr Alexander Schieffer 2012-08-28

Why on earth is economics perceived to come in only one or at best two different a-cultural if not a-moral guises? There are real, and many, alternatives to the economic mainstream. The trouble is, of course, that they are hidden from us. In *Integral Economics* Ronnie Lessem and Alexander Schieffer pave the way for a sustainable approach to economics, building on the richness of diverse economic approaches from all over the globe. By introducing the most evolved economic perspectives and bringing them into creative dialogue they argue that neither individual enterprises nor wider society will be transformed for the better without a new economic perspective. Here, they introduce a comprehensive framework based on the same 'Four Worlds' model that is applied to enterprise and research in their earlier works. Given the richness of even mainstream economic theory reviewed in this book, let alone the variety of alternative approaches introduced, it is frustrating that policymakers and business practitioners are impoverished by a lack of apparent economic choice – between a seemingly failing capitalism and an already failed communism. The 'villains of the piece' in relation to this lack of choice are not so much the financial community and governments, though they do have much to answer, but the schools of economics and the business schools, that have created the very social ethos, the philosophical principles, and the mathematical models, that influence events. *Integral Economics* is partly addressed to academics and students in those very

schools, who have either realized the error of their ways, or, less dramatically, are curious to explore whether our businesses and communities could be run in a different way. It will be welcomed by informed senior practitioners, eager to understand the current rethink of economic theory and practice and to discover how to position themselves, their organizations, and their society within a new framework.

Healing Plants of Nigeria - Anselm Adodo 2020-03-17

Healing Plants of Nigeria: Ethnomedicine and Therapeutic Applications offers comprehensive information on the use of herbal medicines in West Africa. Combining an evidence-based, ethnobotanical perspective with a pharmacological and pharmaceutical approach to phytomedicine, the book bridges the gap between the study of herbal plants' pharmacological properties and active compounds for the development of clinical drugs and community-oriented approaches, emphasising local use. It demonstrates how the framework of African traditional medicine can be preserved in a contemporary clinical context. The book outlines the history and beliefs surrounding the traditional use of herbs by the local population alongside their application in contemporary phytotherapy in Nigeria and West Africa. It features a critical assessment of the scientific rationale behind the use of these plants in ethnomedicine and offers a composite catalogue of phytotherapeutic and wellness agents, detailing the safety profile, efficacy, and scientific integrity of plants used to treat diseases and optimise health. Features: An ethnobotanical survey containing over 200 full-colour photographs of Nigerian and West African plants. A unique combination of ethnobotany and pharmacognosy, bridging the divide between pharmaceutical and community-oriented approaches to herbal medicine research. Contextual discussion of the therapeutic potential of Nigerian herbal medicine. Offers a template which can be used to separate the superstitious aspects of ethnomedicine from culturally inherited deposits of knowledge. A handbook for herbal and natural medicine practitioners, the book is aimed at African thinkers, scientists, healthcare providers and students of pharmacology and ethnomedicine.

***Staying Healthy with the Seasons* - Elson M. Haas 2012-09-04**

Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this as its primary tenet, *STAYING HEALTHY WITH THE SEASONS* revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr. Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on through winter. • A landmark text in mind/body health and seasonal nutrition, revised for the

new millennium, with a new introduction, updated resources, and extended appendices. • Makes seasonal recommendations for detoxification, diet, and exercise programs. • Previous edition has sold over 125,000 copies.

Plant Biosystematics - William F. Grant 2013-09-25

Plant Biosystematics is a compendium of papers from a symposium titled "Plant Biosystematics: Forty Years Later" held in Montreal in July 1983. This collection reviews the current field of biosystematics, particularly the evolution of natural biota, and how plant biosystematics can contribute to the welfare of humans. One paper reviews biosystematics, compares new approaches, and discusses the latest trend in comparative, molecular evolution of genes. One author discusses the cytology and biosystematics concerning the discontinuities and genetic independence occurring in the evolutionary process. Another author discusses chromosome pairing in species and hybrids that includes models of chromosome pairing in diploids. The text also describes chromosome banding and biosystematics, as well as the problems of chromosome banding that should be addressed to in future research. With estimates of the number of species being threatened with extinction numbering around 20,000 one paper address the issue of conservation and biosystematics. The author suggests that more biological information should be published to avoid duplication of effort, and possibly drive scientists to have their views more widely felt. Agriculturists, botanists, conservationists, environmentalists, and researchers in the field of botany, conservation, and plant genealogy will find this book valuable.

The Autobiography - János Szávai 1984

The King's Journal - Kgafela Kgafela II 2014-07-07

Welcome to *The King's Journal*. Traditional leadership and the way of life in Africa have been destroyed by postcolonial republican society through an insidious program of political governance and foreign culture, which uses foreign law, foreign language, and black magic to suppress tradition. *The King's Journal* is a unique exposé of African tradition written by an African king who has life experiences in both worlds of tradition on one hand and foreign law in the other. The journal is outstanding in its ability to explore the shadow side of law, tradition, and politics that has brought about a clash of cultures in Africa. The conflict of cultures highlighted is responsible for the present-day poverty and other forms of strife in postcolonial Africa. The journal offers deeper understanding of these salient dynamics of history and politics within black society in Southern Africa and traditional ceremonies, with special focus on the rituals of the royal leopard, the coronation of a king, magic and initiation schools-all presented from the horse's mouth of an African king living the experiences. Book 1 is subtitled "From the Horse's Mouth" to denote the firsthand nature of the stories told. It consists of several stories within one long narrative extracted from an ongoing journal-hence the main title "The King's Journal." The stories are, by themselves, a biography of the king,

told in a conversational style in the form of letters to the reader. There is sure entertainment for everyone seeking cultural diversity and a new way of viewing life, be they game hunters, adventurers, horse lovers, lawyers, politicians, philosophers, traditionalists, occultists, shamans, religious people, and the royals of the world.

Privatizing Health Services in Africa - Meredith Turshen 1999

This text analyzes the disappearance of public health in the form of state services in Africa, and the growth of a private market in health care that will serve primarily an urban elite. It provides a case study of Zimbabwe and comparative material from Malawi, Mozambique and Zambia.

WHO Global Report on Traditional and Complementary Medicine 2019 -

World Health Organization 2019-05-16

This report is structured in five parts: national framework for traditional and complementary medicine (T&CM); product regulation; practices and practitioners; the challenges faced by countries; and finally the country profiles. Apart from the section on practices and practitioners the report is consistent with the format of the report of the first global survey in order to provide a useful comparison. The section on practices and practitioners which covers providers education and health insurance is a new section incorporated to reflect the emerging trends in T&CM and to gather new information regarding these topics at a national level. All new information received has been incorporated into individual country profiles and data graphs. The report captures the three phases of progress made by Member States; that is before and after the first WHO Traditional Medicine Strategy (1999?2005) from the first global survey to the second global survey (2005?2012) and from the second survey to the most recent timeline (2012?2018).

Integral Community Enterprise in Africa - Anselm Adodo 2017-04-03

Cover -- Title -- Copyright -- Contents -- List of figures -- List of tables -- About the author -- Foreword -- Acknowledgements -- List of abbreviations -- Introduction -- Part I Introduction to the integral journey -- 1 Overview of my research trajectory -- Part II Origination of research: research method - - 2 My subjective inner call: the emotive researcher -- 3 My objective outer challenge: how I expressed my inner desire in confronting concrete challenges in my society -- Part III Context: phenomenology -- 4 Uncovering imbalances in my context: a description of Ewu Community, Paxherbal and St Benedict Monastery -- 5 Unravelling missing depths: my contextual transformational topography -- Part IV Co-creation -- 6 Emancipatory critique: introduction to feminism in an African context -- 7 Towards a true Pax Africana: communitarianism as an approach to health, community and enterprise in Ewu, Edo State, Nigeria -- Part V Contribution and transformation -- 8 Participatory action research in an African context: the case of Ewu village, Edo State, Nigeria -- 9 Cooperative inquiry in an African context: the case of Paxherbal and ACIRD -- Part VI Distillation and conclusion of the integral journey -- 10 CARE-ing for Nigeria: towards an integral university in Africa -- Index.

The Herbalist's Bible - Julie Bruton-Seal 2014-09-02

A lost classic of Western herbalism—rediscovered and restored with 200 full-color images. Herbalist to King Charles I, John Parkinson (1567–1650) was a master apothecary, herbalist, and gardener. Famous in his own lifetime for his influential books, his magnum opus, the *Theatrum Botanicum*, was published in 1640 and ran to 1,766 large pages. The sheer scope and size was perhaps to prove the book's downfall, because while it was much revered—and plagiarized—it was never reprinted and, centuries later, has attained the status of an extremely rare and valuable book. Parkinson was writing at a time when Western herbalism was at its zenith, and his skills as a gardener (from his grounds in Covent Garden) combined perfectly with his passion for science, observation, and historical scholarship. In the *The Herbalist's Bible*, Julie Bruton-Seal and Matthew Seal have beautifully combined selections from Parkinson's book with their own modern commentary on how each plant is used today to create a truly one-of-a-kind, comprehensive collection of herbal information old and new. Parkinson's clear and lively description of a chosen plant's "vertues" or healing properties side-by-side with the editors' notes—including copious herbal recipes—make this the perfect book for students and practitioners of herbalism, historians, and gardeners, all of whom will welcome this restoration of Parkinson's lost classic.

Tabulae Directionum et Profectionum - Regiomontanus 1584

The Fall of Snow - 2015-03-31

African Religion Defined - Anthony Ephirim-Donkor 2012-07-10

African religion is ancestor worship; that is, funeral preparations, burial of the dead with ceremony and pomp, belief in eternal existence of souls of the dead as ancestors, periodic remembrance of ancestors, and belief that they influence the affairs of their living descendants. Whether called Akw?sidai, Homowo, Voodoo, Nyant?r (Aboakyir), CandomblZ, or Santeria in Africa or the African Diaspora, ancestor worship centers on the ancestors and deities. This makes it a tenably viable religion, because living descendants are genetically linked to their ancestors. The author, a traditional king and professor, studies the Akan in Ghana to demonstrate that ancestor worship is as pragmatic, systematic, theological, teleological, soteriological – with a highly trained clerical body and elders as mediators – and symbolic as any other religion in the world. Ancestor worship follows prescribed rites and rituals, formulas, precepts for ritual efficacy, and festivities of honor with music and dances to provoke ancestors and deities into joining in the celebration.

Afrikology - Anselm Adodo 2021-05-28

During the twentieth century, global politics and economics have been marked by two politically, economically, and intellectually divi - sive rather than culturally and psychologically integrative forces. This has been reflected in the "East/West" mutually antagonistic divide of

communism/capitalism and the North/South chasm of wealth and poverty. The result, worldwide, has been, to a considerable degree, stasis and disintegration. In this book, the authors argue that both capitalism and communism were born out of narrow views of our hu - manity, ignoring the cultural richness of the rest of the world. The evidence is everywhere: climate change, terrorism, rising poverty, political tension, social chaos and food insecurity. But this is not a book of lamentations. The authors present real case studies to dem - onstrate that there is an alternative to the current chaos: Afrikology. It is "Afri-" because it is inspired by ideas initially produced in Africa, the cradle of humankind; it is "ko (logy)" because it is based on logos, the word from which the world was originated, but at the same time, an episteme, a worldly-wise eco-logical knowledge, and consciousness. It stands for a plurality of epistemic directions. Knowledge, therefore, is an interpretation that is always situated within a living communal tradition, co-created by individuals, communities, and enterprises, specifically out of Africa's genius, alongside others.

The Story of Ewu Monastery - 2004

Nature Power - Anselm Adodo 2000

Yoruba Culture - Kola Abimbola 2006

Developing Ecofeminist Theory - E. Cudworth 2005-09-08

An original exploration of how the relationship between society and 'nature' is conceptualized, focusing on theories of social exclusion and difference. A comprehensive overview of feminist and environmental theories of society-environment relations, considering the range of theoretical and political influences on such theorizing such as socialist and Marxist theory amongst others and the turn to post structuralism and postmodernism within the social sciences. Cudworth also develops her own theoretical account for the interrelations between forms of social domination and contributes to important debates with sociology, social theory, feminist theory and environmentalism.

Integrative Dermatology - Robert A. Norman 2014-04

This title combines conventional treatment options with time tested alternative treatment options for skin disorders. By integrating the best of Western and Eastern medicine, it aims to broaden the armamentarium of clinicians treating skin diseases.

COVID-19 - Labeodan, Helen A. 2021-11-29

"COVID-19 has, like other crises, thrown into relief social injustices and gendered inequalities. BiAS 31/ ERA 8 offers theological responses to and reflections on the COVID-19 outbreak and pandemic. All are by African scholars and authors; some are academic, some experiential, and others creative or impressionistic in tone. Reflecting the ethos and commitment of the Circle of Concerned African Women Theologians ("The Circle") to nurture and promote the publications by and about African women and

men committed to social justice and positive change, this issue contains the writings of some established but, predominantly, of emerging theologians. For some contributors, this is their first publication in an international series."

The Idea of the Communiversity - Ronnie Lessem 2019-06

This book takes an integral world's approach to societal transformation, by pointing to ways in which we can reform our modes of knowledge creation. Through the fourfold model of community, pilgrimum, academy and co-laboratory, the authors have re-conceptualised a university for every people and culture.

Cellular Awakening - Barbara Wren 2010-09-15

What if almost everything you've been told about health and the human body is wrong? What if you had within you the ability to heal from any condition? This fascinating book by Barbara Wren shatters many of the myths that currently exist regarding health and illness, and presents a vision of the human body and healing that is both practical and inspirational. In essence, no matter what ailment you're dealing with, you have the potential to heal yourself; and if you already enjoy great health, you can illuminate your consciousness in ways beyond your imagining. Whatever your current situation is, you can begin to feel a true connection to who you really are, as well as understand your ability to create your own reality. Your human potential is far greater than you can possibly imagine and is intrinsically linked to what is unfolding within you at a cellular level. Each and every one of the trillions of cells within your amazing body has the potential to hold and utilize light in the form of bio photons, subatomic particles of light. When a cell is illuminated, the DNA within that cell is also illuminated, giving you access to the universal wisdom that is held within its matrix. By matching your microcosm (the cell) with the macrocosm (the universal energies), you can begin to unlock your true nature and realize your potential for greatness.

Medicine Grove - Loren Cruden 1997-05-01

Medicine Grove is a comprehensive herbal, with listings for every common herb and many wild plants of North America. It includes descriptions of the part of the plant used, notes on preparation, lists of symptoms alleviated by the herb, and common effects. But Medicine Grove goes further, with chapters on gathering and growing wild herbs, using herbs in shamanic ceremonies or as plant allies in the wilderness, and birth, death, and dreaming herbs. Cruden combines her own first-hand experiences with a profound knowledge of indigenous traditions, enabling the reader to bring herbal lore into his or her own practice. She explains which herbs are best for seasonal ceremonies, smudging, and making offerings, and tells how to purify a sacred space. She covers topics such as vision quests, consciousness-altering, and the special connections between certain herbs and totem animals. Medicine Grove brings the concept of an herbal into sacred territory, offering guidelines for incorporating herbs into one's spiritual life, based on the author's lifetime of work with Native American

practices.

Food as Medicine - Maurice M. Iwu 2016-11-25

This comprehensive book documents African plants used for functional and medicinal foods. It contains more than 60 detailed monographs of African foods, describing foods with various characteristics such as prebiotic, probiotic, satiety, immune modulation, stress-reduction, sports performance, mental acuity, sleep-supporting, metabolic syndrome, antioxidant, and unsaturated fats. Plant description, botanical names and synonyms, plant part used, habitat and distribution, folk use, nutritional content, and chemistry are all fully detailed. The book highlights indigenous African food processing technologies up to the modern era.

A Modern Herbal - Maud Grieve 1971-06-01

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." ? B. E. Todd, Spectator. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult A Modern Herbal. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an

herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. ? more than 800 varieties in all ? includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in Herbal, perhaps the most fascinating are the poisonous varieties ? hemlock, poison oak, aconite, etc. ? whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

Nature Power - Anselm Adodo 2004