



# Heal Thyself: For Health and Longevity

*Queen Afua*

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## Heal Thyself: For Health and Longevity Queen Afua

The healer differs from the medical doctor in that the medical doctor is a learned and trained technician in methods of alleviating systems of illness that may not be part of his/her personal experience learned to utilize life's obstacles for growth and development. when, through understanding trial and error, and obstacle, problem or illness is overcome and a new experience of benefit is born out of an old problem, true healing has taken place. When such an individual extends his/her healing experience to others to help guide them through what they have experienced, a healer is created. The process is continual. as the healer helps to guide others he/she too is guided from 12 worked on by Queen Afua. she was about to apply a healing agent to my body when right before the applications the congestion in my chest began to break up and disperse. this was quite an extraordinary experience, i might add.

## Heal Thyself: For Health and Longevity Details

Date : Published March 1st 2001 by Eworld (first published January 1st 1991)

ISBN : 9781886433762

Author : Queen Afua

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Genre : Health, Nonfiction, Spirituality, Cultural, African American

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## **From Reader Review Heal Thyself: For Health and Longevity for online ebook**

### **Keisean says**

I'm still in the process of reading. I know this will be one to add to my library as a source for reference on holistic healing and body improvement.

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### **Teresa Russell says**

I read a lot of this book in the 90's, ate well, fasted and loved juice bars and somehow we lost touch in 2000. I think it's time to re-read for my better health and longevity!

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### **Geraldine says**

Great ideas to improve health, but at times seemed to extreme for my way of life. Seems to cater to a specific audience.

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### **Stevie Stewart says**

I thank god for this book the journey I had to take to receive this book amazes me and to think I went through hell to now understand I had to go through those things to get here and I thank the person who pointed me to this wonderful powerful queen and I like to thank god for pushing me and opening my mind to want to find help and this is how this book got into my hands and today I just finished reading I think it took me a month I was amazed I didn't want it to end but I had to realize I had to finish it to win and now I will keep this book forever and use it as a guide to live this life with the most high Praises to the most high I love you and I love my life ?

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### **Kenesia says**

Great start for changing your life!

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### **Cindy says**

Holistic healing. No better way. This books creates a portal for us to connect with our inner being, our creator, and the universe.

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### **Ebprl7 says**

I love this book and have used it as a resource whenever I have gone on fasting journey's.

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### **Claire Kent says**

Inspiring. Looking to read again with a new awareness.

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### **Dweiums says**

if only i would follow a tiny bit of her advice . . .

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### **Corey Teague says**

I originally bought this book back in 2005 as part of my wife's birthday gift basket. I ended up confiscating the book and she found it and confiscated it back...lol. I think I love this work more than she does, but she would immediately beg to differ..lol. I love this book, although I personally feel that it's more than just a book. It's been a lifesaver for my family.

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### **Marlina says**

A little outdated and at times the "facts" listed can be full of holes. However this book is still wonderful in the message it sends out of sacred body. Although I wouldn't adopt the diet offered in entirety, there are definitely elements that should be incorporated into everyone's lives. Great if you want to learn more about different ways to fast, cleanse and overall rejuvenation. Also, some great recipes inside.

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### **Aj says**

It is sometimes good to revisit a thing, to see where you currently are. This will allow you to access your growth.

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### **Tiarra says**

A bit repetitive but filled with great knowledge.

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### **Jackie says**

To know your body and change the way that you eat, think and drink. This book is great. I purchase her 1st book and was so impress that I bought copies for my family and friend and gave them out for Christmas present. The 2nd book is just as great as the 1st one; I also purchase extra copies and gave them to co-workers who wanted to know how I look so healthy.

It's really a great book, if you love your body and want good health get this book.

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### **Jani Akilah says**

A great book to help sistas to maintain healthy lifestyles. Its a continual read!

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