

# NUTRICIDE

THE NUTRITIONAL DESTRUCTION OF THE BLACK RACE



HIRE LIES  
MR AND MRS NEGRO  
THEY KILL THEMSELVES  
TO DEATH

*Llaila Afrika*

bestselling author of  
African Nutritional Health

Llaila Afrika

## Nutricide: The Nutritional Destruction of the Black Race



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The Real Nutritional Truth for Africans in the us. Best and most informative publication on Truthful diet, not just food..... I think every African descent specific or family should read this publication. Amazing book! This book was all that I've expected and more. I thought this was his publication on proper food combinations but it was not really but a good browse and informative.! African Holistic Health is certainly on my reading list next!. You need to read this reserve with an open mind, definitely carry out your own research.. This is an absolute must have, must read, and must share book. A must have. Five Stars great publication very informative wealth of information Five Stars I found the book to be well written and extremely educational. Read it Go through, learn and understand... . Our white leaders (the psychopathic minx that they are) won't change. Along with cultural background, it put nourishment in perspective! You need to read this reserve with an open mind .!! Five Stars Very informative Love Great read can wait to finish Eye Opening and Very Educational.!. Very eyes opening and informative. Great health wisdom! Like the nutritional and African medical wisdom in this book. The white bashing gets a little tedious after awhile, though. I agree that the white competition looks to be blamed for a lot of heinous crimes against humanity. A lot of us don't desire to continue that. This book was all that I've expected and more. Can't most of us just get along upon this ever shrinking planet?



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