

# SHIFTING YOUR PARADIGM

For Optimum Health and Longevity



A Model for African Americans — Mastering the Inner Forces

U-SHAKA CRAIG, Ph.D.

Copyrighted Material

Ph.D. U-Shaka Craig and

Shifting Your Paradigm for Optimum Health and Longevity - A Model for  
African Americans Mastering the Inner Forces by U-Shaka Craig Ph.D.  
(2014-05-03)



[continue reading](#)

Shifting Your Paradigm is usually a tour de force in providing visitors with the information they need to radically change the way they view food and its own effects on our physical, mental, emotional, and spiritual wellbeing. Fairchild, Ph. Ekonomiyle ilgili hukuk terimlerinin Latinceleeri de eklenmistir. -Halford H. Dr."Bu sozluk, ekonomik dusuncenin temel kavramlarini aciklamak ve ekonomi dilinde Turcelestirilmeden ya da Turkceleriyle birlikte kullanimlar baslica terim ve deyimlerin anlamlarini; , Professor Emeritus of Psychology and Africana Research Contain the power of Self-Healing through Self-Care! As African Us citizens, our encounters, beliefs, and values have been formed and molded from our background. It was a past that included: enslavement, emancipation, discrimination, and the struggle for civil privileges and other social issues. However, since it relates to the truth of our health, we find ourselves leading the national health index of heart disease, tumor, strokes, diabetes, kidney and liver disorder, respiratory and car 3P 9688567396 Diario intimo (Spanish Edition) Font, Pedro 3P 1770360069 Simply Refreshing Ellen Banks-Elwell 3P 9751404053 Ekonomi Sozlugu Cagimiz dusuncesi butun bilimleri, ozellikle de ekonomi bilimlerini icerir. It had been a previous that kept us engaged in a continuous struggle. Insan yasami uretimle baslamis, toplumsal yapi uretimle belirlemistir. Ekonomi bir altyapi bilimidir ve felsefeyle kokten bagimlidir. Felsefeye, artik, pratikle kaynasarak, bir uzmanlik isi olmaktan cikmis, cagdas insanin en gerekli temel bilgisi olmustur.D. Turkce, Fransizca, Almanca, Ingilizce karsiliklarini vermek icin duzenlenmistir. Craig's exhaustive research demonstrates that people could revolutionize our health and wellbeing when you are more smart in the foods we consume.Sayfa Sayisi: 607Baski Yili: 2004Dili: TurkceYayinevi: Remzi Kitabevi



[continue reading](#)

Probably the most important books we ever read The title does just what it says.! I experienced my body and my mind transforming and expanding as I required what I was learning and put it into action. So yes great book. The book focuses particular interest on Soul Food and the Standard American Diet plan (SAD) and offers much data to explain how Soul Food and the SAD have contributed to alarming incidences of cardiovascular disease, high blood pressure, cancer, diabetes and infectious illnesses in the African American community. I'm in full agreement with his promotion of a Plant-Structured Diet, the " New Soul Food" as he phone calls it and was most impressed the Menus in this reserve and the variety of Dishes he presents to help us make the transition to a Plant-Centered diet. Craig's dialogue of the traditional and cultural roots of African diet plan (Chapter 1) and of his dispelling of the MYTHS about how exactly much protein we really need in our diet. We was especially impressed also with Dr. We was also very happy to learn via his Twitter accounts (<https://twitter.com/OPTIMUMPARADIGM>) that Dr. Craig practices what he preaches in that he's been a Vegan for 40 years and serves as a full time income example of optimum wellness and well-being. If you need to get a great understanding and critical evaluation of how the foods consumed by African People in america affect their overall health, mentally, actually, emotionally and spiritually, this is the book to learn. I recommend it! Be cautious who you order from I want to first say that I've not really read this book just yet but wanted to arrive here to warn people about who they obtain the book from. Their publication is very well-known and does sell out periodically which is when the vultures come in to take advantage of customers;. I've considered a plant-centered diet for some time now which publication has certainly reassured me that is the greatest decision for me personally. Disclaimer:: I do not work because of this company or represent them in any way, this is my full honest opinion. among the sellers on right here even being truly a church (Simple books.. In addition, it has put me on the road of knowing my recent and knowing who I am.is their vendor name or close to it).. They were quick to make sure me that this is not the case, they are on back order (their fresh edition is now out) and they would never sell for that much. They delivered me a link to their page to purchase from and once the book will come in they will send it out ASAP! The few instances I reached out to them on Facebook they responded quickly, always pleased to help, and when I called in regards to my publication that I order, the lady (I wish to say Jackie but I'm always bad with titles) was so nice and helpful. The writer included a simple survey that helped me understand my very own health decisions through my meals choices and why I need a modification. If you want to order the publication and desire to be sure you'll get the most up to date version to get the best price: if ordering from Amazon order from U-Shaka Craig or their internet site Ushaka1 Again I don't work for them and this is normally my honest opinion, I just dislike when others make the most of people, business or not. I began reading the reserve yesterday and could not put it down. Worth it! It is too much for me to totally cut animal products out chilly turkey therefore i am crowding them out with an increase of plant based items until they're no more but every day is easier and easier and I don't even crave it. My foot used to swell every single day for more than a year. Every night I had to raise my feet merely to be able to get through the very next day but since I've began eating less animal items my feet don't swell any longer and I can wear heels again. Also my pores and skin is very clear. Great book! A Must Go through For All African Americans who's serious about your health and history Wow. I don't weigh myself because that wasn't why I purchased the book but I can see my clothes suit differently and each and every time my hubby hugs me he mentions how I'm losing fat?. #mustread The book focuses particular attention on Soul Food and the Standard American Diet (SAD) and will be offering much data to describe how Soul Shifting Your Paradigm

pertaining to Optimum Health and Longevity discusses the need for a paradigm shift in the lives of African Americans since it relates to their health and well-being. Very useful and I also Like the Facebook page. Very helpful!! A must read for all African Americans! I appreciated the different menu examples and dishes included. It is comforting to learn that we possess the power to shift our paradigm without the use of medicines!! I've gone through different excerpts out of this book on Facebook and I made a decision to purchase it for myself. I enjoyed the fact that the writer wrote not only about the annals that he researched, however the fact that it is based on his personal experiences as well. If I could give this reserve more stars, I'D! I'm content that I ordered straight from their website bc I'm getting the newest edition even though I was already impressed with their reserve when I ordered it for my friend's dad awhile ago who loves it! They are taking advantage of the business who actually writes, sells, and really does like what they teach.! Four Stars Very invigorating Great Investment Many thanks so much because of this great book! It taught me how to eat properly and it was like walking me through the process.AND, the "In honor and in memory of" web page was empowering too! is great materials. Being a diabetic This, for me, is excellent material. Being a diabetic, I have started shifting my eating habits these past little while and it has already made a positive difference..I highly recommend it!! Shifting Enjoyed the book, specifically the evolution of the diet from ancient until current times. The tables of nutritional information as well as the effects of toxins on the body were very useful. I'm looking towards checking out the recipes. Finally my weight is going down... And plus their consumer service was AMAZING. This reserve is sooooo good that I just ordered another copy for a pal. Thank god I currently follow them on Facebook and reached out to them before buying mine to observe if this was in fact the purchase price..Let me start by saying that anyone who is selling this book for \$400 - \$500 is ripping the customer off!it's that good! 5 celebrities for Shifting your paradigm for optimum health and longevity ????? This book should reside in every African American home. #essential I read daily on all sorts of subjects relating to the African American condition. It has to be one of the best books I have run into. Life changing information! Added as well the Shelf of wealth Cant wait to indulge in all of this information for generations to come Five Stars Great info Five Stars This book is quite informative and readable and understand. great book After reading the book We are shifting to a plant base diet and I must state that my health has changed DRAMATICALLY. I highly recommend this book! It's also a great book, packed full of useful information,history, quality recipes, etc. I specifically appreciated the historical areas of it, since it is something I am interested in for quite a while, and it has trained me so very much about my African ancestors, my African people, and myself. Medical benefits are great as well, especially the information about proper food, and different herbal products, and how they help you achieve wellness for your mind, body, and spirit. I talk about it with my children and friends whenever I've the chance, and because African-US citizens are at the very the surface of the health index for all major diseases, I highly recommend this book for each and every African-American household. Thanks a lot again for providing such a great tool. People think I'm wearing makeup. I love the great quality of the hardcover reserve first of all. I have learned so very much from it in such a small amount of time. I haven't read the whole book yet but it is actually worthy of buying from what I observe so far.



[continue reading](#)

download free Shifting Your Paradigm for Optimum Health and Longevity - A Model for African Americans Mastering the Inner Forces by U-Shaka Craig Ph.D. (2014-05-03) ebook

download free Shifting Your Paradigm for Optimum Health and Longevity - A Model for African Americans Mastering the Inner Forces by U-Shaka Craig Ph.D. (2014-05-03) e-book

[download free Solaced: 101 Uplifting Narratives About Corsets, Well-Being, and Hope pdf](#)  
[download Gazing into Glory: Every Believer's Birth Right to Walk in the Supernatural mobi](#)  
[download You Can Do It: Health, wellness, and weight loss for those who have tried everything else e-book](#)