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# Nature Power By Anselm Adodo

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The Story of Ewu Monastery  
 21st-Century Edition  
 Medicinal Plants of Nigeria  
 Handbook of African Medicinal Plants, Second Edition  
 A Mouth Sweeter Than Salt  
 Contesting Knowledges for a Sustainable Future  
 (an Autobiography)  
 Ethnomedicine and Therapeutic Applications  
 A Novel  
 Who Will Love My Country  
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 Education, Indigenous Knowledges, and Development in the Global South  
 Nature Power  
 Healing Plants of Nigeria  
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 Nature Power  
 An Ethnobotanical Survey and Plant Album  
 Privatizing Health Services in Africa  
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 An African Memoir  
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 Integrative Dermatology  
 Guides to Effective Prayer  
 Integral Community Enterprise in Africa  
 Natural Medicine in Tropical Africa  
 The Complete Handbook of Quantum Healing

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## WOODARD LAMBERT

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The Story of Ewu Monastery Beacon Academic  
 At a time of global economic crisis and disillusionment with capitalism, Adodo offers refreshing and positive insight into a more integral way of business management, enterprise and community development as well as holistic healing in Africa. For over three decades, Africa was the recipient of billions of dollars in aid funds that were meant to catapult the continent from undeveloped to developed status. Yet the more the aid poured in, the poorer African countries became. The devastating effect of western economic models in Africa that followed is well documented. Integral Community Enterprise in Africa exposes the limitations of existing theories, such as capitalism, socialism and communism, and shows how western theories were imposed on Africa. Such imposition of concepts and ideas is not only demeaning but also unsustainable, serving only the interest of the elite. Father Anselm Adodo argues for the need to have a southern theory to serve as an alternative to western theories.

The majority of African intellectuals and activists, while criticizing existing theories, often do not provide alternative theories to address the prevalent inadequacies entrenched in conventional social, political and economic systems. This revolutionary book aims to address this lapse and proposes the theory of communitarianism as a more indigenous, sustainable and integral approach to tackling the social, political, economic and developmental challenges of today's Africa. There is an African alternative to capitalism, socialism and communism - a surer path to sustainable development in and from Africa. This is a book that is positioned at the very core of a much needed African Renaissance. A profoundly new approach to development in Africa, this is essential reading for anyone concerned with authentic development in Africa and in the world.

21st-Century Edition CRC Press

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.

*Medicinal Plants of Nigeria* University of Michigan Press

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.

[Handbook of African Medicinal Plants, Second Edition](#) Oxford University Press

"Spring to Life!" is a May 14, 2001 article by Linda Starr featuring various lesson plans and activities for all grade levels on science topics related to spring, such as animal life cycles, tadpoles, and moths and butterflies. Starr also offers access to related links. Education World, Inc. provides the article online as part of its Lesson Planning Center resource.

*A Mouth Sweeter Than Salt* Elsevier

"A beautiful integration of Eastern and Western healing disciplines" from the author of *Quantum Supplements* (Scott Rigden, MD *The Ultimate Metabolism Diet*). This book brings together two seemingly disparate worlds--the world of hard, evidence-based science and the world of experientially-based healing to provide a multi-pronged approach to treating common ailments. The A-to-Z format makes reference easy. For each of over 100 health issues, you'll find seven healing options that can help readers activate their inner healing resources ranging from

food and dietary strategies to powerful meditation techniques and from time-tested flower essences to ways of invoking "power animals." For some ailments, readers may need just one option, for others, two or three, and sometimes all seven approaches as they try to deal with difficult problems to achieve long-term relief. "A much-needed guide for those wanting to take advantage of the best of what many different healing modalities have to offer. . . I recommend this book with enthusiasm and without reservation."—Alejandro Junger, MD, New York Times bestselling author of *Clean* "Gems of information on every page for understanding our body and how to be an ally to its healing process."—Steve Sisgold, bestselling author of *What's Your Body Telling You?* "Consider this a practical and necessary extension of the work of Rosalyn Bruyere, Barbara Brennan and Caroline Myss."—Belleruth Naparstek, author of *Staying Well with Guided Imagery* "Deanna Minich has done it again! She has managed to write yet another book that is not only an easy step by step guide to healing, but is spiritually practical."—Anni Daulter MSW, author of *Sacred Pregnancy*

**Contesting Knowledges for a Sustainable Future** Springer  
*Privatizing Health Services in Africa* 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. Meredith Turshen considers the implications of introducing private insurance in countries with growing unemployment, a shrinking formal job sector, and a lack of social security programs or other safety nets. She debates the pros and cons of shifting the delivery of health services to the nongovernmental sector in the context of new concepts of the role of the state. Many of the schemes to privatize the purchase and sale of pharmaceuticals reverse decades of United Nations work challenging the power of the multinational drug industry. Turshen weighs these policy changes in light of the World Bank's eclipse of the World Health Organization as the premier UN health policy agency. Until now, no book has disputed the World Bank's plans to privatize health care in Africa. This is the first book-length analysis of policy changes in light of monetarism and globalization. Throughout the book, Turshen examines the implications of privatization for gender equity. She also provides a case study of Zimbabwe and comparative material from Malawi, Mozambique, and Zambia. Her study makes a contribution to current debates on the impact of structural adjustment policies on health and the design of health services in the Third World.

**(an Autobiography)** *Celestial Arts*

*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, emphasizing 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.

**Ethnomedicine and Therapeutic Applications** Mango Media

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.

**A Novel** Routledge

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.

**Who Will Love My Country** Springer

This book explores the agricultural, commercial, and ecological future of plants in relation to mineral nutrition. It covers various topics regarding the role and importance of mineral nutrition in plants including essentiality, availability, applications, as well as their management and control strategies. Plants and plant products are increasingly important sources for the production of energy, biofuels, and biopolymers in order to replace the use of fossil fuels. The maximum genetic potential of plants can be realized successfully with a balanced mineral nutrients supply. This book explores efficient nutrient management strategies that tackle the over and under use of nutrients, check different kinds of losses from the system, and improve use efficiency of the plants. Applied and basic aspects of ecophysiology, biochemistry, and biotechnology have been adequately incorporated including pharmaceuticals and nutraceuticals, agronomical, breeding and plant protection parameters, propagation and nutrients managements. This book will serve not only as an excellent reference material but also as a practical guide for readers, cultivators, students, botanists, entrepreneurs, and farmers.

**African Medicine** University of Bamberg Press

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.

**Too Young to Die** Simon and Schuster

"Toyin Falola has given us what is truly rare in modern African writing: a seriously funny, racy, irreverent package of memories, and full of the most wonderful pieces of poetry and ordinary information. It is a matter of some interest, that the only other volume *A Mouth Sweeter Than Salt* reminds one of is *Ake*, by Wole Soyinka. What is it about these Yorubas?" -Ama Ata Aidoo  
 "A splendid coming-of-age story so full of vivid color and emotion, the words seem to dance off the page. But this is not only Falola's memoir; it is an account of a new nation coming into being and the tensions and negotiations that invariably occur between city and country, tradition and modernity, men and women, rich and poor. A truly beautiful book." -Robin D. G. Kelley  
 "More than a personal memoir, this book is a rich minihistory of contemporary Nigeria recorded in delicious detail by a perceptive eyewitness who grew up at the crossroads of many cultures." -Bernth Lindfors  
 "The reader is irresistibly drawn into Falola's world. The prose is lucid. There is humor. This work is sweet. Period." -Ngugi wa Thiong'o  
*A Mouth Sweeter Than Salt* gathers the stories and reflections of the early years of Toyin Falola, the grand historian of Africa and one of the greatest sons of Ibadan, the notable Yoruba city-state in Nigeria. Redefining the autobiographical genre altogether, Falola miraculously weaves together personal, historical, and communal stories, along with political and cultural developments in the period immediately preceding and following Nigeria's independence, to give us a unique and enduring picture of the Yoruba in the mid-twentieth century. This is truly a literary memoir, told in language rich with proverbs, poetry, song, and humor. Falola's memoir is far more than the story of one man's childhood experiences; rather, he presents us with the riches of an entire culture and community-its history, traditions, pleasures, mysteries, household arrangements, forms of power, struggles,



and transformations.

**Education, Indigenous Knowledges, and Development in the Global South** CRC Press

How to achieve perfect vision naturally through proven eye-training methods • Explains how vision problems are related to imbalances in the internal organs • Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys, the organs directly associated with eye problems In the West, problems with eyesight are treated separately from overall health, usually with prescription glasses or contact lenses. But Eastern systems of holistic healing view the eyes as mirrors of physical health. Eye problems reflect problems with the internal organs, most specifically the liver and kidneys. The Art of Cosmic Vision offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao-Yin self-massage practices for toning the organ meridians. It also provides extensive dietary recommendations, including a complete Ayurvedic analysis of the three main nutritional body types. The wide variety of eye-strengthening exercises in The Art of Cosmic Vision includes the Egyptian Black Dot technique, the Taoist Long Swing technique, the Tai Chi Rocker Eye technique, and relaxing Yoga Eye Palming techniques. Rather than viewing the ciliary muscle within the eye as the only muscle responsible for focus, these exercises improve focus by training all of the muscles surrounding the eyes. With attention to improved diet, physical exercise, and these proven eye-training techniques, readers can restore their vision to vibrant health.

*Nature Power* Author House

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.

**Healing Plants of Nigeria** Penguin

Daughters Who Walk This Path depicts the dramatic coming of age of Morayo, a spirited and intelligent girl growing up in 1980s Ibadan who is thrust into a web of oppressive silence woven by the adults around her. It's a legacy of silence many women in Morayo's family share. Only Aunt Morenike-once protected by her own mother-provides Morayo with a safe home, and a sense of female community which sustains Morayo as she grows into a young woman in bustling, politically charged, often violent Nigeria.

**The Art of Cosmic Vision** MacMillan Education, Limited  
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.

*Developing Ecofeminist Theory* OUP USA

*Nature Power* Natural Medicine in Tropical Africa AuthorHouse

*Nature Power* Hodder Education

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.

*An Ethnobotanical Survey and Plant Album* Routledge

The book's focus is the hegemonic role of so-called modernist, Western epistemology that spread in the wake of colonialism and the capitalist economic system, and its exclusion and othering of other epistemologies. Through a series of case studies the book discusses how the domination of Western epistemology has had a major impact on the epistemological foundation of the education systems across the globe. The book queries the sustainability of hegemonic epistemology both in the classrooms in the global South as well as in the face of the imminent ecological challenges of our common earth, and discusses whether indigenous knowledge systems would better serve the pupils in the global South and help promote sustainable development.

*Privatizing Health Services in Africa* Rutgers University Press

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the *Handbook of African Medicinal Plants* provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining

African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the

observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

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