

The Hood Health Handbook A Practical Guide To Health And Wellness In The Urban Community Volume One

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~~The Hood Health Handbook is a COMPREHENSIVE source of information and insight on EVERY health issue faced by the urban community. In plain language, the authors draw on well-known examples from urban culture to illustrate what works and what doesn't. Focusing on natural and affordable alternatives to Western medicine, the authors provide recommendations that anyone can put to practice. Don~~

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This book shows us how, in plain English. Hood Health is an anthology of health experts from urban communities throughout the Americas, offering practical health solutions. Topics include diet, exercise, psychological wellness, reproductive health, environmental toxins, urban survival, and budgeting. Over a dozen wri

~~The Hood Health Handbook, Volume Two by Supreme Understanding~~

This is where the Hood Health Handbook comes in handy. It's writers and collaborators are people like you and me, who value a healthy lifestyle and decided to share their knowledge and wisdom with us--- the people. The volume one and two of the Hood Health Handbooks are absolutely great.

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hood health handbook volume one focuses on the status of health in the urban community the wrong foods that make us unhealthy the history of diet and healthcare among black and brown people focusing the hood health handbook a practical guide to health and The Hood Health Handbook A Practical Guide To Health And this is where the hood health handbook comes in handy its writers and collaborators ...

~~TextBook The Hood Health Handbook Volume One [PDF]~~

How can you attain optimum health with minimum resources? This book shows us how, in plain English. Hood Health is an anthology of health experts from urban communities throughout the Americas,

The Hood Health Handbook is a comprehensive source of information and insight on nearly every health issue faced by the urban community. In plain language, the authors draw on well-known examples from urban culture to illustrate what works...and what doesn't. Focusing on natural and affordable approaches, the authors provide recommendations that anyone can put to practice. Volume One focuses on the status of health in the urban community, the "wrong foods" that make us unhealthy, the history of diet and healthcare among Black and brown people (focusing on how things changed for the worst), the diseases and illnesses that plague our communities, and holistic (natural) methods to heal and treat ourselves into wellness.

The Hood Health Handbook is a comprehensive source of information and insight on nearly every health issue faced by the urban community. In plain language, the authors draw on well-known examples from urban culture to illustrate what works...and what doesn't. Focusing on natural and affordable approaches, the authors provide recommendations that anyone can put to practice. Volume Two focuses on other essentials outside of diet (rest, water, sunlight, and more), hygiene, mental health, emotional health, health issues specific to women, having and raising healthy children, maintaining a clean and healthy household, and how to avoid the dangerous toxins in our food and environment. Collectively, The Hood Health Handbook features over 120 informative and practical articles, including contributions from hiphop artist and nutritionist Supa Nova Slom; physician and medical fraud expert Dr. Scott Whitaker; vegan chef Bryant Terry; hiphop artist and fitness expert Stic.man; chef and holistic health counselor, Afya Ibomu; expert on law and healthcare disparities Dr. Vernellia Randall; hiphop artist and activist, Wise Intelligent; dermatologist and natural care consultant, Dr. Kanika Jamila, and the world-renowned Dick Gregory.

Likened to a 48 Laws of Power for young Black men, this book presents Black biographies, history, and current events in a language that the Hip-Hop generation will understand and relate to. Each story or essay is framed within the context of a life lesson, each one being of vital importance to the survival, redemption, and ultimate success of our dying Black generation. Both the positive and negative sides of the Black experience are explored in detail, from the lives of infamous drug dealers and pimps to the exploits of Black revolutionaries and activists. In addition, several How To sections outline simple strategies for self-development. Packed with useful information, from the best way to handle confrontations with police, to the continuing relevance of the 1919 race riots, this book has been compared to an urban Encyclopedia Africana. Others have called it a Blueprint for Black Power for a generation struggling with materialism and short attention spans. This book is guaranteed to change the world by changing the way millions of people think and live. In How to Hustle and Win, author Supreme Understanding tells, in often graphic detail, stories like that of the infamous Philadelphia Black Mafia, Harlem's heroin kingpin Frank Lucas, and former gang leader Stanley "Tookie" Williams. In between and throughout these tales, he weaves life lessons and guidance, turning sordid stories of crime and urban despair into an educational experience. Whereas Robert Greene's bestselling 48 Laws of Power used iconic figures from classical history to illustrate the guidelines for personal success, How to Hustle and Win is filled with the exploits of rappers, gangsters, radicals, and revolutionaries. This is a new kind of Black history book, and its intent is the motivation and achievement of a new kind of reader. Although today's literary market has seen an influx of self-help books attending to a variety of issues, few books have attempted to address the concerns of young Black men, struggling to find direction. It is this group that author Supreme Understanding names as one of most troubled demographics in American society today. On the book's website, the author comments: "Unfortunately, few authors actively target this audience, and those who do are either not speaking their language, or not interested in pushing for change. This is why How to Hustle and Win was written. This book will change the minds of millions of young men of color,

and by doing this, it will ultimately change the world." Revolutionary aspirations aside, How to Hustle and Win's groundbreaking concept results in a truly appealing work. Its essays are delivered in short bursts, none of them over four pages long, making it ideal for struggling readers and those with shorter attention spans. At the same time, the book is filled with a wealth of information that would enlighten educated readers equally. In fact, the author juxtaposes his own personal tales of early delinquency and misdirection with his later years of professional success, including obtaining a doctorate in education at the age of 26.

Tony's life is not perfect but he seems to be able to cope with the adversity that comes his way. This story will help students learn how to cope when things may not be going well in their lives.

Three expert physicians/surfers trained in emergency medicine, sports medicine, and family medicine explain everything you need to know to stay safe in the water. Whether you're a novice or an expert, an SUPer or a bodyboarder, Surf Survival is the only book that every surfer must have in his or her backpack, car, and beach house. This practical handbook explains everything from how to reduce a shoulder dislocation to understanding waves and currents, from how to treat jellyfish stings to how to apply a tourniquet. Whether you are surfing a crowded beach in California or a remote island in Indonesia, be prepared to handle surfing-related emergencies from hypothermia and drowning to wound care and infections. Topics include: • Fitness for surfers • Prevention and rehabilitation of common overuse injuries • Wilderness first aid • Surviving the sun • Surf-travel medicine • Surviving big surf • SUP • Surfer's ear • And much, much more! Written by three expert physician surfers, packed with color photos and illustrations, this is the authoritative medical guide for surfers and watermen.

The definitive reference for travel medicine, updated for 2020! "A beloved travel must-have for the intrepid wanderer." -Publishers Weekly "A truly excellent and comprehensive resource." -Journal of Hospital Infection The CDC Yellow Book offers everything travelers and healthcare providers need to know for safe and healthy travel abroad. This 2020 edition includes: • Country-specific risk guidelines for yellow fever and malaria, including expert recommendations and 26 detailed, country-level maps • Detailed maps showing distribution of travel-related illnesses, including dengue, Japanese encephalitis, meningococcal meningitis, and schistosomiasis • Guidelines for self-treating common travel conditions, including altitude illness, jet lag, motion sickness, and travelers' diarrhea • Expert guidance on food and drink precautions to avoid illness, plus water-disinfection techniques for travel to remote destinations • Specialized guidelines for non-leisure travelers, study abroad, work-related travel, and travel to mass gatherings • Advice on medical tourism, complementary and integrative health approaches, and counterfeit drugs • Updated guidance for pre-travel consultations • Advice for obtaining healthcare abroad, including guidance on different types of travel insurance • Health insights around 15 popular tourist destinations and itineraries • Recommendations for traveling with infants and children • Advising travelers with specific needs, including those with chronic medical conditions or weakened immune systems, health care workers, humanitarian aid workers, long-term travelers and expatriates, and last-minute travelers • Considerations for newly arrived adoptees, immigrants, and refugees Long the most trusted book of its kind, the CDC Yellow Book is an essential resource in an ever-changing field -- and an ever-changing world.

This 2000 book provides a comprehensive overview of this complex field by an outstanding group of contributing authors.

Framing Health Care Instruction: An Information Literacy Handbook for the health sciences will analyze bibliographic instruction in the health sciences through the lens of the ACRL Information Literacy Framework. The handbook covers information literacy instruction in progressively higher-stakes health sciences populations in multiple settings.

#1 New Release in Volunteer Work and Poverty • Your Guide to Wealth and Success Live your wealthiest life: Sometimes the best way to stick it to the man is by doing well for yourself. There's just one problem: it's hard to do well for yourself when systemic oppression has placed innumerable hurdles between you and your aspirations. The Feminist Financial Handbook provides real motivation and resources for real women who may be struggling—not only those who have already accumulated wealth. Overcome obstacles: The Feminist Financial Handbook provides actionable tips for women in business for overcoming these obstacles as they try to master money management and their lives. Because women's experiences don't exist in a vacuum relegated to their gender, the handbook explores financial issues with anecdotes and perspectives of women of different races, sexual orientations and abilities. Find the answers to your money questions: Learn more about general financial planning principles, like saving or earning a higher income, and delve into issues that disproportionately affect women, like the wage gap or the long road to economic recovery after experiencing domestic violence. The Feminist Financial Handbook has stories and advice from women who have been there, worked through the struggle, and achieved personal success. Learn from the frontrunner of the Femme Frugality blog: Written in the same passionate tone that has made Femme Frugality a two-time nominee for Best Women's Finance Blog, The Feminist Financial Handbook acknowledges the financial struggles and oppression modern women face while providing actionable steps to live your wealthiest life and achieve personal success. The Feminist Financial Handbook presents a feminist view on finances relevant to a post-recession economy. This book will walk you through how to: Decide what wealth and success means for you Earn more and negotiate effectively Master manageable money-saving methods

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