

Title:

An African Bush Doctor's Prescription For Better Health

Word Count:

1296

Summary:

Bush Medicine is traditional herbal medicine- the oldest system of healing in the world. Bush

Keywords:

herbal, herbal medicine, homeopathy, naturopathy, wellness, holistic, holistic healing

Article Body:

Bush Medicine is traditional herbal medicine- the oldest system of healing in the world. Bush

For the past 75 years medical doctors and drug companies have tried to discredit traditional h

I am from a long-line of African bush doctors. My family has practiced traditional herbal medi

1. Eat less. Unless you are very physically active you are probably eating a third more calori

2. Don't eat alone. People eat too quickly, chew their food less, and tend to consume less nut

2A. Pay attention to your eating environment. Loud noises, lack of a comfortable sitting posit

3. Along the theme of eating less- use smaller plates and cutlery and consider using chop stic

4. Reduce your carbs, especially bread and pasta. Obesity and many of the health problems that

5. Get and use a juicer. The juice you buy in a store is dead. Many juice enzymes die within a

6, Cook your own food. It is more than worth the time. I know you are busy but you can work co

6A. Don't assume restaurant food is healthy. Many restaurants are fond of using iceberg lettuc

7. Bless your food and remember where it comes from. This modern life is a very disconnected f

8. Balance yourself daily with yoga, tai-chi or Qi- gong. 20 minutes a day in your own home of

9 Get and give a massage at least once per month. Weekly is even better. Give and receive this

10. Love More. Love is the ultimate healing. Love your partner, love children, love your neigh

11. Don't forget to laugh. Laughter is great medicine. Give yourself permission to be silly, d

12. Just say no to drugs. Ronald and Nancy Regan were worried about recreational drugs and I a

13. Eat like an adult not a child. You a big boy/girl now so eat like one. Don't be a slave to

14. Eat soft foods. Eat wet foods. Softer foods are much easier for your body to digest and ar

The human body is a wondrous miracle of engineering and grace. Treat your body well and it wil

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