

Becoming a Healthier You

Thirteen is a sacred and lucky number and in two thousand thirteen we should continue or start changing the way in which we view ourselves and the role that health and wellness plays in our life. If there is no growth then there is death or decay, therefore we must continue to grow and become more in-tuned with our body and also Mother Earth/Father Sky.

“Health is not a spectator sport.” - Obiora Embry

Books

<i>Title</i>	<i>Author(s) [Publishing Company, Publication Year]</i>
<u>How to Eat to Live, Book 1</u>	Elijah Muhammad [Secretarius Memps; April 1, 1997]
<u>Dick Gregory’s Natural Diet for Folks Who Eat: Cookin’ With Mother Nature</u>	Dick Gregory [Harper and Row Publishers, 1974]
<u>African holistic Health: Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, Africa Herb History, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine Detox, and Foods That Kill</u>	Llaila O. Afrika [Adesegun, Johnson & Koram Publishers, 1989]
<u>The Hood Health Handbook: A Practical Guide to Health and Wellness in the Urban Community: Volume One & Two</u>	Dick Gregory, Supa Nova Slom, Wise Intelligent, Scott Whitaker, Afya Ibomu, Stic.man, Bryant Terry, Vernellia Randall, Supreme Understanding, C’BS Alife Allah [Supreme Design Publishing; November 25, 2010]
<u>Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine</u>	Bryant Terry [Da Capo Press; March 3, 2009]
<u>Dr. Ro’s Ten Secrets to Livin’ Healthy: America’s Most Renowned African American Nutritionist Shows You How to Look Great, Feel Better, and Live Longer</u>	Rovenia Brock, Ph.D. [Bantam; December 28, 2004]
<u>Obtaining Optimum Health: A Practical Guide to Removing Obstacles to Cure</u>	Dyson, Roger, Francis, Rona, & Ragnheiðardóttir, Jóna Ágústa [Winter Press: West Wickham, Kent, UK, 2009]
<u>Survival into the 21st Century: Planetary Healers Manual</u>	Viktoras Kulvinskis [21st Century Bookstore, June 1975]
<u>Eating Animals</u>	Jonathan Safran Foer [Back Bay Books; Reprint edition (September 1, 2010)]

<i>Title</i>	<i>Author(s) [Publishing Company, Publication Year]</i>
<u>The Inspired Vegan: Seasonal Ingredients, Creative Recipes, Mouthwatering Menus</u>	Bryant Terry [Da Capo Lifelong Books; January 24, 2012]
<u>Death to Diabetes: The 6 Stages of Type 2 Diabetes Control & Reversal</u>	DeWayne McCulley [DeWayne McCulley; October 26, 2005]
<u>The Africa Cookbook: Tastes of a Continent</u>	Jessica B. Harris [Simon & Schuster; August 17, 2010]
<u>Peace From Broken Pieces: How to Get Through What You're Going Through</u>	Iyanla Vanzant [SmileyBooks; February 1, 2012]
<u>Satan, I'm Taking Back My Health!</u>	Dr. Jawanza Kunjufu [African American Images; March 1, 2000]
<u>ABC of Asthma, Allergies and Lupus: Eradicate Asthma — Now!</u>	F. Batmanghelidj, M.D. [Global Health Solutions; August 2, 2000]
<u>Ada's Rules: A Sexy Skinny Novel</u>	Alice Randall [Bloomsbury USA; December 24, 2012]
<u>Foodopoly: The Battle Over the Future of Food and Farming in America</u>	Wenonah Hauter [The New Press; December 11, 2012]

Videos

<i>Title</i>	<i>URL</i>
"FOOD FIGHT - Saving Kids From Processed Junk - Earth Amplified feat. Stic.Man of Dead Prez"	http://www.youtube.com/watch?v=mu8QthlZ6hY
'K.R.S.One "BEEF" (with Lyrics)'	https://www.youtube.com/watch?v=ryeDZHLjs-o
"Lupe Fiasco - Gotta Eat (lyrics breakdown)"	https://www.youtube.com/watch?v=Uh8uRENVWjs
"Fried Chicken - Nas feat. Busta Rhymes"	https://www.youtube.com/watch?v=fkT2W4HbPh4
"Prodigy Talks With Real Health About His Life With Sickle Cell Anemia"	https://www.youtube.com/watch?v=TqTZuDOtZEg
"Say No to GMO - the Music Video"	http://www.naturalnews.com/NoGMO.html
"Dead Prez - be healthy"	https://www.youtube.com/watch?v=YTAhSjt_8x8

Web Resources

<i>Title</i>	<i>URL</i>
"MUST-SEE 'Food Fight' video; food resistance movement crosses racial lines, black, white, Latino all fight for survival against the processed food death machine"	http://www.naturalnews.com/039291_Food_Fight_music_video_justice.html
"The Eco-Soul Kitchen with Bryant Terry"	http://www.theroot.com/views/features/eco-soul-kitchen-bryant-terry
"Death to Diabetes: Reverse & Cure Type 2 Diabetes Naturally Without Drugs"	http://www.deathtodiatetes.com/
"Hybrid Rasta Mama: A reggae loving mama's thoughts on Conscious Parenting, Natural Living, Holistic Health and General Mindfulness"	http://www.hybridrastamama.com/
"Food Fight & SoS Juice"	http://sosjuice.com/foodfight/
"Dick Gregory Global Watch, blacks news, information, african americans, Black entertainment, black health issues, afro, black women, diets, black economic"	http://www.dickgregory.com/index2.html
"Healing Foods Pyramid provided by the University of Michigan Health System Integrative Medicine"	http://www.med.umich.edu/umim/food-pyramid/index.htm
"Black Health Matters"	http://blackhealthmatters.com/
"Cancer Prevention Coalition"	http://www.preventcancer.com/
"HonestFoodGuide.org - The food guide built to benefit you, not Big Business"	http://honestfoodguide.org/
"Ada's Rules"	http://www.adasrules.com/
"Black Women's Health Imperative"	http://www.healthyblackwomen.org/
"Can the African-American Diet be Made Healthier Without Giving up Culture - Genesis Belle"	https://york.cuny.edu/academics/writing-program/the-york-scholar-1/volume-5.2-spring-2009/can-the-african-american-diet-be-made-healthier-without-giving-up-culture
"BlackDoctor Black Health News On Fitness, Nutrition & Weight Loss"	http://blackdoctor.org/
"GreenMedInfo Alternative Medicine Vitamin Research Natural"	http://www.greenmedinfo.com/
"Natural Health News"	http://www.naturalnews.com/
"The Dangers of Cow's Milk and Diabetes"	http://www.deathtodiatetes.com/Cow_s_Milk_--The_Dangers.html
"National Black Church Initiative - Stay in the Game, Maintain Your Frame [Health Emergency Declaration (HED)]"	http://www.naltblackchurch.com/health/
'The 5 "Dead" Foods and Diabetes'	http://www.deathtodiatetes.com/Dead_Foods.h

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Recipes

<i>Title</i>	<i>URL</i>
"Soul Food Junkies Healthy Alternative Recipes Independent Lens PBS"	http://www.pbs.org/independentlens/soul-food-junkies/recipes.html
"Favorite Cookbooks: Bryant Terry - 101 Cookbooks"	http://www.101cookbooks.com/archives/favorite-cookbooks-bryant-terry-recipe.html
"Hybrid Rasta Mama: Recipes"	http://www.hybridrastamama.com/p/recipes.html
"Leafy Green Love: 3 Delicious Recipes"	http://www.care2.com/greenliving/leafy-green-love-3-delicious-recipes.html
"Mint Cooler Recipe - Allrecipes.com"	http://allrecipes.com/recipe/mint-cooler/detail.aspx
"Recipes for Health"	http://www.abcompany.com/docglob/recipes.htm
"Recipes - GreenMedTV"	http://tv.greenmedinfo.com/category/recipes/
"Recipes Black Health Matters"	http://blackhealthmatters.com/category/black-health-appetites/recipes/

Films/Movies

<i>Title</i>	<i>URL</i>
"Simply Raw: Reversing Diabetes in 30 Days"	http://topdocumentaryfilms.com/simply-raw-reversing-diabetes-in-30-days/
"Death to Diabetes -- Reverse Your Type 2 Diabetes in 10 Steps!"	http://www.deathtodiatetes.com/
"Soul Food Junkies Documentary about Soul Food Independent Lens PBS"	http://www.pbs.org/independentlens/soul-food-junkies/
"What's on Your Plate?"	http://whatsonyourplateproject.org/
"Genetic Roulette Movie The Gamble of Our Lives"	http://geneticroullettemovie.com/
"Forks Over Knives"	http://www.forksoverknives.com/
"Food Matters"	http://www.foodmatters.tv/
"Fat Sick & Nearly Dead"	http://www.fatsickandnearlydead.com/
"The Beautiful Truth"	http://topdocumentaryfilms.com/beautiful-truth/
"War on Health"	http://topdocumentaryfilms.com/war-on-health/
"The Weight of the Nation: Consequences"	http://topdocumentaryfilms.com/weight-nation-consequences/

<i>Title</i>	<i>URL</i>
"Seeds of Freedom"	http://topdocumentaryfilms.com/seeds-of-freedom/
"Fast Food, Fat Profits: Obesity in America"	http://topdocumentaryfilms.com/fast-food-fat-profits-obesity-america/
"Food, Inc."	http://topdocumentaryfilms.com/food-inc/
"The Future of Food"	http://topdocumentaryfilms.com/the-future-of-food/
"Dirt! The Movie"	http://www.thedirtmovie.org/
"Vaccination: The Hidden Truth"	http://topdocumentaryfilms.com/vaccination-the-hidden-truth/
"Vaccine Nation"	http://topdocumentaryfilms.com/vaccine-nation/
"Hoxsey: How Healing Becomes a Crime"	http://topdocumentaryfilms.com/hoxsey-how-healing-becomes-a-crime/

For a complete listing of resources, check out "Resources for a Healthier You" @ <http://www.ecoccs.com/healing.html>.

This document is located online at http://www.ecoccs.com/BecomingHealthierYou_Resources.pdf