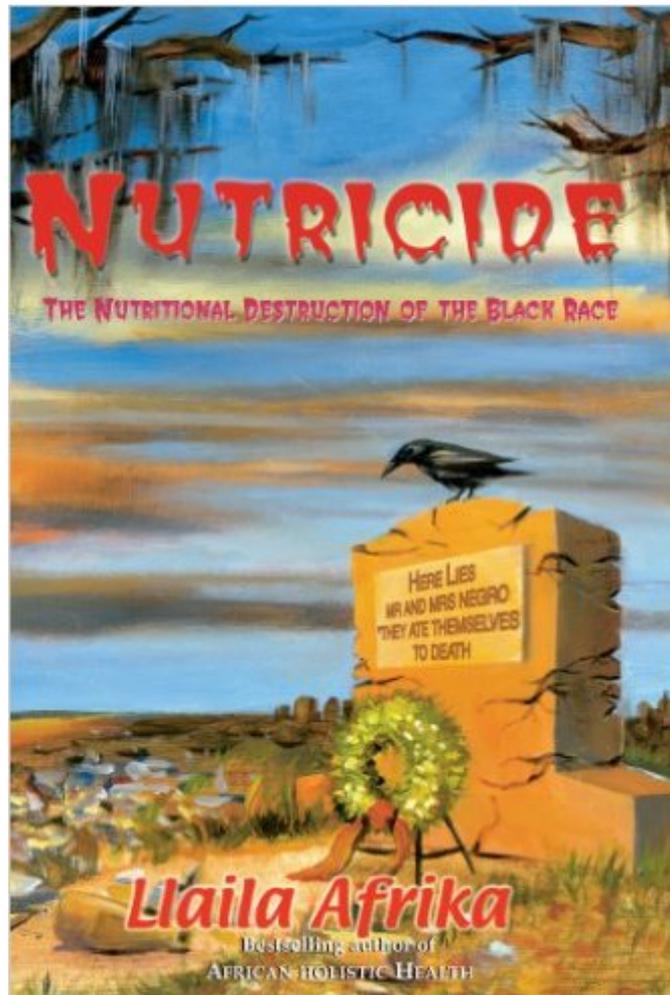


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# Nutricide: The Nutritional Destruction Of The Black Race



## Synopsis

A Pioneer work in the field of health, Nutricide gives bold insights into holistic health and clearly is a brilliant fire for African nutritional liberation. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

told in this shocking analysis of the economics of food manipulation, and the historical impact of nutritional deficiencies on the psyche of both Whites and African Americans. Facts and figures on how America benefits from your ignorance about junk food and poor nutrition and its impact on mental illness, emotional disturbances in children, racism, sexual deviancy, and the physical breakdown of Black Americans. This book outlines the effect that nutrients have on the mind, mood, spirit, physical body and state of consciousness of both Whites and Blacks. The author's research uncovers the historical differences in diets between the two cultures and the negative impact on Black Americans when adopting a diet and nutrition program unsuited to their bodies. Provides suggestions for changing the diet to remove the offending foods, reverse heart and circulatory diseases, and arrive at a state of mental, spiritual and physical health - in alignment with ancient African principles of nourishment. He sets out theories on modern medicine and the perpetuation of disease and illness for research and ultimately, billing purposes. An excellent, controversial book that some may find difficult to read.

As a person who has suffered from sickness, gone to the doctor and was prescribed medicines that only worked short-term, seemingly causing more destruction than repair, I believe in this book. Honestly, I have been to two different doctors, spending thousands of dollars on care that did not work. Both doctors could not tell me what was wrong and claimed that I was young and that things would go away. They did not know! Silly of me to think that going to a professionally trained doctor would cure me. No disrespect to doctors, but you can only imagine my disappointment after receiving the doctors bills! I still had the same problem... until one day while in Whole Foods, I met a Wholistic care doctor, who just happened to want to give me her business card. I did not call her but meeting this doctor who looked like me inspired me to do research on wholistics. So here I am, years later, still yearning for more and more info and Llaila Afrika's research is good enough for me. Let me tell you why. Other sources led me to start taking Milk Thistle, Burdock, garlic, Vitamin E, etc. These herbs cured the pain that the doctors I mentioned above could not! Taken daily, the pain disappears. I know they work. I feel it. And it's just not Africans and African Americans who know that herbs are better for our bodies if that matters to you at all. People know this. Reading this book only confirms my reality. I see that when the truth is spoken, people automatically assume that you are "hating." We have to constantly bite our tongues and run and hide. For what? Afrika only speaks truth and I don't need millions of dollars of research and a certified stamp from whoever to confirm his truths. After reading this, you need to take a trip to your local health food store. Come on people! Reality is not hate. We need not fear the truth. Peace to you Afrika. Asante! [...]

Even though this book doesn't pull any punches , the facts speak for themselves...The "customary" diet of the average American is killing us and that's the truth...

Very good book with great information. I can understand his position but i feel a lot of good information is lost in weeding through the same repeated phrases. I would have given 5 stars if Dr. Afrika would have given more attention to telling me how to use the information he was giving, as oppose to just giving the information then telling me how I'm trapped in the nutricidal system. Or at least to systematically shown how to use what he was saying as well as he articulated the problems of Nutricide.

This is a great book! I suggest anyone black person who wants to know more about nutrition--should check it out. Llaila Afrika leaves no stone unturned. He covers a lot of ground in this book. It is truly eye opening!

Although the author expresses his anger about how African-Americans are being killed by their poor and unnatural diets, there's enough good information in his book to help you navigate past his anger. Initially, the narrative just sounds like the rantings of an angry man, but as you read further, you see that he has made some accurate and excellent points. More importantly, this book is not just critical of a system the author considers terrible, but he offers viable solutions to remedy the conditions he describes.

Remarkable work that will last for generations. African Holistic Health is another monumental work as well. Laila Afrika produces great works and they have saved my life.

While I don't necessarily agree with Mr. Afrika's claim that the nutritional denuding of food items was an intentional attack on Black folks (my personal paranoia tends to agree with him on this), his book caused me to seriously re-evaluate my eating habits. It's a difficult read as Mr. Afrika is not the world's most concise author, hence the three stars. However, I heartily recommend this, not only to Black folks, but to others who care about health and nutrition.

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