

"The one book that's long been missing from
our survival toolbox as Black women."

—Julia Boyd, psychotherapist and author of *Can I Get a Witness?*



Soothe Your Nerves

The Black Woman's
Guide to Understanding
and Overcoming Anxiety,
Panic, and Fear

Dr. Angela Neal-Barnett 

Soothe Your Nerves

Genesis Hendry



Soothe Your Nerves:

Soothe Your Nerves Angela Neal-Barnett, 2010-06-15 Do you or someone you love suffer from bad nerves Denise is constantly on edge She s convinced something bad is going to happen Ruth will drive an hour out of her way to avoid driving over a bridge When she has to do it her chest thumps her heart starts racing and she breaks out in a sweat She s beginning to think she shouldn t leave her house Bernice hasn t slept in two months for fear that the witch is going to ride her again What do these women have in common They are struggling with crippling anxiety disorders Thousands of Black women suffer from anxiety What s worse is that many of us have been raised to believe we are Strong Black Women and that seeking help shows weakness So we often turn to dangerous quick fixes that only exacerbate the problem like overeating and drug and alcohol abuse or we deny that we have problems at all In *Soothe Your Nerves* Dr Angela Neal Barnett explains which factors can contribute to anxiety panic and fear in Black women and offers a range of healing methods that will help you or a loved one reclaim your life Here finally is a blueprint for understanding and overcoming anxiety from a psychological spiritual and Black perspective

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Scribner's Magazine ... ,1919 *Independent and Weekly Review* ,1919 *The Rebel's Apothecary* Jenny Sansouci,2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis CBD and medicinal mushrooms When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer her extensive knowledge of the latest alternative therapies was put to the test Jenny dove into the world of cannabis and mushrooms and their medicinal properties and she and her dad are now outspoken champions of the healing power of these plants and fungi not only to tame the side effects of chemotherapy but to address everyday wellness concerns The Rebel s Apothecary is the result of her heartfelt and rigorous quest a science based and supportive guide that will enhance the lives of anyone living with pain anxiety depression a weakened immune system insomnia and more Complete with background information dosing instructions and everyday recipes this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms safely without confusion fear or an unwanted high In addition to debunking myths and de stigmatizing these powerful healing plants and fungi The Rebel s Apothecary presents Specific

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Hearings United States. Congress Senate,1950 **Hearst's** ,1919 **New Outlook** ,1919 **The Outlook** Lyman Abbott,Hamilton Wright Mabie,Ernest Hamlin Abbott,Francis Rufus Bellamy,1920 **The Healing Powers of Honey** Cal Orey,2011-10-01 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with honey the healthy sweetener that s also the green choice for today s fast changing world Drawing on the latest honey buzz and interviews with medical doctors beekeepers and researchers this charming and enlightening book sweetened with stories about honey bees and humans reveals 30 healing honey varieties paired with cinnamon and teas tells you how to incorporate honey into Mediterranean style heart healthy recipes like Honey Custard French Toast Honey Glazed Game Hen and Filo Pear and Honey Tarts and provides more than 50 home cures that combat digestive woes to skin woes while boosting immunity You ll also enjoy Cleopatra s milk and honey beauty treatments and eco friendly beeswax household uses all made with the amazing honey bee s gifts Did you know Known as Mother Nature s nectar of the gods honey was praised for its healing powers as far back as 5 000 years ago by Egyptians Eating honey can help lower the risk of heart disease cancer diabetes even help reduce body fat and unwanted weight and increase longevity and raise immunity Pure raw unprocessed honey is a healthier sweetener than table sugar and high fructose corn syrup It s chock full of antioxidants minerals and vitamins and only has 21 calories per teaspoon Super bee foods including nutrient rich bee pollen propolis and royal jelly are used and touted for their healing powers by beekeepers and medical experts in the present day Honey can relieve a variety of ailments including allergies coughs fatigue pain and stress as well as boost libido The honey bee pollinates about one third of the food we consume including nutritious fruits and nuts A fascinating read about a natural

remedy that is a rich source of antioxidants Ray Sahelian M D author of Mind Boosters This eye opening book provides you with a delicious truth of the traditional Mediterranean diet Honey is a sumptuous route to optimal health Dr Will Clower Ph D author of The French Don't Diet Plan Investigation of Organized Crime in Interstate Commerce United States. Congress. Senate. Special Committee to Investigate Organized Crime in Interstate Commerce,1950 **Blessed Health** Angela Ebron,Dr. Melody T. McCloud,2011-12-27 Blessed Health offers African American women the medical information and inspirational motivation they need to achieve total health in mind body and spirit Many black women will go to church all day every Sunday but won't take one day out of the year to get a Pap test and mammogram done yet that yearly doctor's visit could help save lives Often the first people to pray when a serious illness strikes black women may be the last to seek timely medical care As a result they are suffering with and dying from manageable illnesses such as heart disease obesity cancer and diabetes more than any other group in the United States It doesn't have to be that way Don't wait until a health emergency happens before turning to your faith and your physician You can achieve optimal health by arming yourself with medical knowledge and a strong spiritual base Research has proven that a well nurtured spiritual self can help to replenish rejuvenate and safeguard your physical self Written by a prominent African American OB GYN and a highly respected journalist Blessed Health is a personal health and spirituality guide for every stage of a black woman's life Included here is important information on How your body works and what can be done to prevent or help solve common health problems including pelvic infections and fibroid tumors How to find a doctor that ministers to your physical and emotional needs How to successfully cope with illness from a faith perspective How spiritual wisdom and prayer can decrease the harmful effects of stress How best to take care of your breasts and reproductive organs and decrease your risk of heart disease diabetes obesity and cancer By the time the last page is turned you will truly understand the connection between your spiritual and physical self and you will feel empowered to make that relationship stronger The Independent ,1919 The Black and Red ,1905

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