

In This Issue:

The True Roots of American Music

Nutrition Tips

Herbal Medicine Chest

TikTok Posts

BOOK of the Month

Reversing Cancer

Overcoming Judgments

FREE November Gift



Duke Ellington, Pianist and Jazz Pioneer

THE TRUE ROOTS OF AMERICAN MUSIC

NEARLY EVERY FORM OF POPULAR MUSIC AND DANCE found in the Western Hemispheres in the landing of Columbus on "Hispaniola" in 1492 can be traced to the people of Africa. Whether it is Cuba, Columbia, Brazil or the United States, the music and dance has its "roots" in Africa. [Click here for the whole story.](#)

Nutrition Tip of the Month

Fiber is essential for digestive health and can help prevent constipation by adding bulk to your stool. It also plays a crucial role in regulating blood sugar levels, making it beneficial for those managing diabetes.

[\(click here for more\)](#)



Herbal Medicine Chest

Featuring: Dr. Earl Mindell, Pharmacist/Herbalist
& Linda Runyon (The Wild Foods Lady), Herbalist



Oregano is not just a flavorful herb; it also boasts a range of impressive health benefits. Rich in antioxidants, oregano helps combat oxidative stress in the body, promoting overall cellular health. Its antibacterial properties make it effective against various pathogens, supporting immune function.

[\(click here for more\)](#)



Tik Tok

CHECK OUT OUR LATEST TIKTOKS

Check out our newest post on TikTok! Learn how to improve your wellness and inner peace.

[CLICK HERE:](#)

NEWEST BOOK



A Poetry Girls' Diary: Empowered By A Purpose

"Know that no one has the same talents, skills, and abilities that you've been given to be who you-are. You are an incredibly beautiful being with an intricate purpose in life. Stand firm in your qualifications to be a better you."

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