

Queen Afua

Queen Afua is a nationally renowned herbalist, holistic health specialist, and dedicated healer of women's bodies and souls, who practices from a uniquely Afrocentric spiritual perspective. Through her work as certified colon therapist, polarity practitioner, Hatha Yoga and Ari Ankh Ka Instructor, lay midwife and fasting specialist, she has guided thousands of women and men, coast to coast, in the art and science of Natural Living.

Her bestseller, *Heal Thyself for Health and Longevity*, forever changed the way African Americans practice holistic health and in her latest book, *Sacred Woman: A Guide to Healing The Feminine Body, Mind and Spirit*, she responds to the current health crisis facing African American women, by taking them on a transforming journey of physical, emotional and ancestral healing designed to restore the magnificence of their spirits through Sacred Initiation.

An initiate of the Shrine of Ptah and Chief Khamitic Priestess of Purification in the Temple of Nebt-Het (an ancient African order) in New York City, Queen Afua is the Founder, Director and Spiritual Guide to the Global Sacred Woman Village Centre. She is also, along with her husband, Hru Ankh Ra Semahj, the co-director of the Heal Thyself Natural Living Centre, which has operated for over 20 years in Brooklyn, New York.

Her essays and articles have appeared in *Essence Magazine*, *The Amsterdam News*, *Caribbean Life*, as well as other publications. She has also appeared on numerous television and radio programs including Imhotep Gary Byrd's "Global Black Experience" and Bob Law's "Nighttalk".

Queen Afua lectures extensively, and has been featured at: Downstate Hospital and Brooklyn Hospital, where she spoke to a staff of doctors and nurses on the power of Holistic medicine; NASA (National Aeronautics and Space Administration); The National Coalition of 100 Black Women; and at colleges and universities throughout the USA. She has also served on *Essence's* Holistic Health Practitioner's Think Tank and was featured in the January 2000 issue. Her message "Liberation Thru Purification" has travelled via satellite around the world.

Her Heal Thyself natural products line, including Rejuvenating Herbal and Nutritional Formulas and her famous Queen Aqua's Rejuvenation Clay is available at retailers across the USA as well as online (www.queenafua.com). She has produced two instructional videos - *Kitchen Power*, a guide to hands-on techniques for establishing a Kitchen

Healing Laboratory, emphasizing food as potent medicine; and Dance of the Womb, which teaches 25 Sacred Movements for creating and maintaining a healthy womb.

Queen Afua's Liberation Thru Purification 21-day Fasting Program has received global recognition via her national fasting crusades and her celebrity clientele, which includes Stevie Wonder, Iyanla Vanzant, Erykah Badu, Ben Vereen, John Amos, Vanessa Williams, Roberta Flack and Hazelle Goodman.