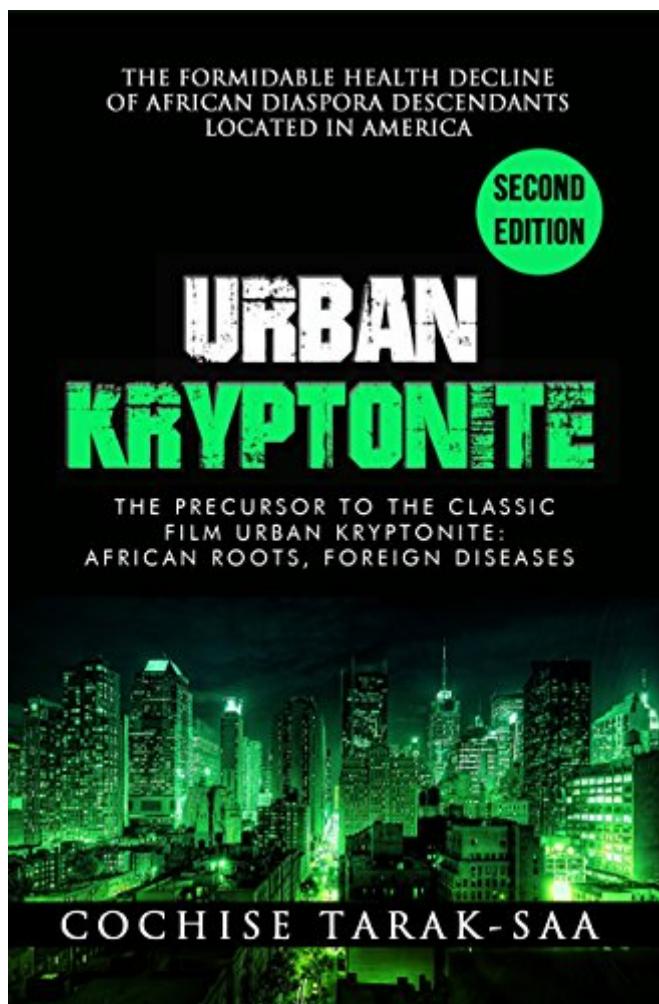


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# Urban Kryptonite - The Formidable Health Decline Of African Diasporan Descendants Located In America



## Synopsis

African-Americans, Afro-Caribbeans and Continental Africans all suffer from a myriad of adverse health conditions. Most people of African descent are sick because from the time of their youth they were raised on high sugar, high meat and high starch diets. The state of black health today in the world has been maladroitly and unknowingly self inflicted. As a high carbon based people with high amounts of melanin, it behooves people of African descent to follow a healthy plant based diet like many of the people of color in the Caribbean and beyond that have proudly adopted and followed the Afro Vegan and Afro Vegetarian lifestyle. Traditionally, Caribbean dishes, African cuisine, soul food and African-American cuisine were not as detrimental to people of color. Principally because they followed a diet more nutrient dense and loaded with organic foods. However, the Afro-Caribbean, American black and African of today's world is under imminent danger, starting from the diet. This book is the precursor to the film Urban Kryptonite: African Roots, Foreign Diseases. The film features health scholars such as herbalist Doctah B Sirius, Aris Latham and Dr. Llaila Afrika, author of Afrikan Holistic Health and Melanin: What Makes Black People Black. Urban Kryptonite (the book) also challenges people of African descent to return to spirituality as a means of deliverance and mental clarity in today's society. They have become so religious that the focus has been shifted from becoming like God to simply just talking about God.

## Book Information

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## Customer Reviews

This book and film present something all people of African descent need to hear. The message is down to earth easy to understand. Information is presented to educate without being condescending. This effort to heal all melanated people by introducing the benefits of better diet is as important if not more than any other effort to combat systematic oppression. What can we really hope to accomplish as a collective if we're sick, overweight, suffering from chronic illnesses and relying on prescription medication to stay alive? That IS foreign to our ancestors. Must read and watch the film!

Out of the many resourceful books on health disparages in the black community this one is by far a winner. It seemed to seamlessly dissect all the aspects that affect the wellness of blacks. A lot of new information. A problem with a solution. It really exceeded my expectations. This right here is a life changer !!!

After being exposed to Urban Kryptonite I have made drastic changes to my diet. I didn't realy understand the importance of monitoring the food choices that go inside of a melanin-dominant body. Cochise Tarak-Saa has certainly shed light on the fact that African-Americans have one of the poorest diets out of all diasporan Africans and that we need to adopt a more plant-based diet to nourish our divine temple. I recommend Urban Kryptonite to all of my family and friends who are open-minded about the topic of health.

Very good information about products that are good or detrimental to your health.

Great brother and great book, can't wait for the next volumePeace

This is a MUST HAVE CLASSIC!!!!

A must read for every person in the African Diaspora! Great gift to give friends and family as a tool for changing their unhealthy behaviors.

great book and film.

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