

The healing hands of Queen Afua

Queen Afua is an internationally renowned authority on wholistic health who has introduced the art of natural living worldwide through her work as a noted herbalist, certified colon therapist, lay midwife, polarity practitioner, fasting specialist, motivational speaker and health activist.

She is a quiet revolution; her propaganda; a passionate call for women to reconnect with their goddess heritage and reclaim their ancient powers of healing. Her message is an empowering medium for awakening women's innate healing powers.

For the past 31 years, Queen Afua has explored the dynamics of healing the feminine energy, urging the modern woman to cultivate their deep feminine power, with her wholistic and culturally based approach. This approach has garnered her reputation as an expert in the emerging field of wholistic medicine.

"People are looking for answers, no smoking mirrors or crystal balls. We needed a healing revolution. It wasn't just my body in pain or my child that was sick. It was everyone I knew, everyone I spoke to, read about or saw. Everyone was just as sick as I was. It was at that point when I decided to carry a fire that wouldn't burn, a healing fire."

Author of the seminal work, *Heal Thyself for Health and Longevity* and her latest treatise *Sacred Woman: A Guide To Healing the Feminine Body, Mind and Spirit*, Queen Afua teaches the value of intuitive practices and the realization of woman's significance and contribution on a planetary level are skillfully woven throughout her message, adding immensely to the comprehensive nature of her work.

Queen Afua serves as director of the Heal Thyself Living Center, a Brooklyn, NY-based health and wellness retreat she founded which has for the past 20 years served the health needs of women of African descent.

Queen Afua's essays and articles have been published in *Essence Magazine*, *Black Elegance*, the *Amsterdam News* and *Caribbean Times*. A highly sought after lecturer, she has shared her message of health and longevity at NASA, the National Coalition of 100 Black Women and to audiences in the Virgin Islands, Canada and Europe.

Her celebrity clients include Stevie Wonder, Iyanla Vanzant, Erykah Badu, John Amos, Vanessa Williams, amongst others.