



Urban Kryptonite: The Formidable Health Decline of African Diaspora Descendants Located in America (Paperback)

By MR Cochise Tarak-Saa

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Urban Kryptonite discusses the adverse health conditions of african diasporans in the Americas. These people are often identified by many of their sub cultures with names such as melanoid, indigenou, pan africans, hebrew israelites, afro-latinos, Nation of Islam, baptists, rastafarians, continental africans, Caribbeans and more. Among other topics, this book s primary focus is on the dietary lifestyle pitfalls that most Black Americans have subjected themselves to. Much of the issue has been socially constructed by the so called dominant society also known as white supremacists. While this statement is true it does not negate the fact that melanoid people have been very derelict in establishing sound nutritional habits. Most African diasporans do well with a nutritional diet that is plant based. The problem is that they were raised on high sugar, high meat and high starch diets. As a carbon based people with high amounts of melanin, the nutrients from plants have an immediate and long lasting impact on the bloodstream. We have become obsessed with the standard American diet which is claiming the lives of black people...



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Reviews

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The book is great and fantastic. it absolutely was writtern very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

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