



HEALTH & WELLNESS

TM

# Africine

## AFRICAN HERBAL MEDICINE MAKING WORKBOOK

4-WEEK CLASSES EXPLORING INDIGENOUS AFRICAN  
REMEDIES & CELEBRATING RICH DIVERSITY

Dr. Rev Reggae Brown, Hon D.D.  
Bishop Dr. Sunday Achi Ayah



# Introduction

Africine™ is an inspirational journey of self-discovery and well-being, with a spiritual perspective of reconnecting to your roots and ancient wisdom. This workbook offers insight into a global view of holistic health and a look into the history of herbal medicine. Through this workbook, you will cover remedies to balance thought patterns, physical and emotional ailments that could benefit from natural root herbs, traditional health remedies, cultural history, and recipes to keep a better lifestyle.

Africine™ offers a refreshing perspective on the intersection of wellness and faith. This enlightening book brings a spiritual light to help individuals understand their access to personal power within the resources of the universal divine energy. We explore the depths and heights of our spiritual roots as we work through our choices to nurture our physical, mental, and emotional health. All our histories, rituals, customs, and beliefs associated with health are addressed.

Africine™ brings ancient knowledge to modern healing. It encourages readers to create their own healing path by connecting to their individual and collective narratives, stories, and rituals that have been handed down through the ages. It will also help individuals understand how their spiritual roots and traditional holistic remedies can be used to create healthy remedies. Through this workbook, readers will understand how integrating herbs, plants, oils, and food can assist in building better health for the mind, body, and spirit.

Africine™ will assist readers in discovering the divine powers within them and offer remedies that will assist with maintaining a healthy lifestyle. This workbook will serve as a tool to build self-confidence and a better relationship with your spirituality. It will help you to connect their physical, emotional, and mental health with the universal divine energy that accesses us all. Ase'

# About Us

## Bishop Dr. Sunday Achi Ayah

Bishop Dr. Sunday Achi Ayah is a highly accomplished and respected individual with a diverse range of expertise in the fields of traditional herbal medicine, theology, and psychology. With a lifelong passion for healing and guiding others toward personal growth and spiritual enlightenment, Dr. Sunday Achi Ayah has dedicated their life to serving the community as a traditional herbal practitioner, bishop, preacher, and doctor of psychology.



Dr. Rev Reggae Brown, Hon D.D. (R)  
Bishop Dr. Sunday Achi Ayah (L)

As a traditional herbal practitioner from Nigeria, Dr. Sunday Achi Ayah has extensive knowledge of the healing properties of plants and natural remedies. With years of experience studying traditional medicine systems worldwide, they have honed their skills in creating herbal formulations that promote holistic healing and overall well-being. Dr. Sunday Achi Ayah believes in the power of nature to restore balance and harmony to the body, mind, and spirit and is committed to providing personalized herbal treatments that address individual needs and promote optimal health.

Dr. Achi Ayah draws upon ancient wisdom and indigenous knowledge to provide natural remedies and treatments. Their deep understanding of herbal medicine passed down through generations, allows them to harness the power of nature to address various physical ailments and promote optimal health. With a keen eye for identifying the root causes of health issues, Dr. Achi Ayah offers personalized herbal remedies tailored to each individual's unique needs.

In addition to their expertise in traditional herbal medicine, Dr. Sunday Achi Ayah is a highly respected Bishop within his community. With a deep understanding of theology and a profound spiritual connection, he serves as a guiding light for individuals seeking spiritual solace and enlightenment. Through his compassionate and insightful preaching, Dr. Sunday Achi Ayah inspires and uplifts others, helping them navigate life's challenges and find meaning and purpose in existence.

Furthermore, Dr. Achi Ayah holds a doctorate in psychology, specializing in the field of clinical psychology. His deep understanding of the human mind and behavior allows him to offer valuable insights and guidance to individuals struggling with mental health issues, interpersonal relationships, and personal growth. Dr. Achi Ayah firmly believes in the power of therapy and counseling as transformative tools, and utilizes evidence-based approaches to help individuals achieve emotional well-being and self-actualization. Throughout his career, Dr. Achi Ayah has touched countless lives, empowering individuals to overcome physical, emotional, and spiritual challenges. His holistic approach to healing, incorporating the wisdom of traditional herbal medicine, spiritual guidance, and psychological support, sets them apart as a unique and invaluable resource within the community.

Passionate, empathetic, and dedicated, Dr. Achi Ayah continues to make a significant impact on the lives of those they serve. Whether it be through herbal remedies, spiritual guidance, or psychological support, he is committed to fostering healing, growth, and transformation in individuals, helping them lead healthier, more fulfilled lives. Dr. Achi Ayah is a true embodiment of compassion, knowledge, and experience, and his contributions to the fields of traditional herbal medicine, theology, and psychology are immeasurable.

## **Dr. Rev Reggae Brown, Hon D.D.**

Dr. Rev Reggae Brown, Hon D.D. is an avid content curator, consummate public speaker, excellent trainer, and a seasoned consultant. Born in Oregon and raised in Sacramento, California, Ms. Brown is the Co-Founder of Global Gardens Health & Wellnes, LLC. and She provides research, design and implementation of comprehensive multimedia communications, marketing and public-awareness content.



A successful serial social entrepreneur with over 20 years of service in healthcare, she has earned degrees in Communications and Digital Media. She holds an Honorary Doctor of Divinity degree from Sacramento Theological Institute and Bible College. She has countless certifications in nutrition as well as in local, state, and federal government leadership programs. She is passionate about community development and is at her best when she brings people together to generate solutions to shared civic and socioeconomic issues. Ms. Brown is known for her charismatic personality and the ability to produce high-impact rates and positive outcomes, with high energy and enthusiasm that can be contagious.

I remember picking herbs, fruits, and vegetables from my grandmother's garden as a child. The care and concern she employed to attend to her garden added flavor to her well-known year-round greens, sweet tomatoes, orange-sized lemons, and grapefruit-sized oranges. Generations of international remedies, recipes, and techniques were shared within our family and are now available to our community.

Today, as a social impact business owner, I am dedicated to providing our community with high-quality, health and comfort foods for the mind, body, and spirit! Our passion for serving unique farm-to-fork cuisine allows you to experience a slice of our family's healthy meals.

# Overview



In today's increasingly connected world, individuals are increasingly interested in traditional and alternative healthcare methods. Understanding the ancient wisdom of our ancestors and their use of herbalism and holistic practices can provide insight into promoting health and maintaining well-being.

This workbook provides a space to capture an overview of the various traditional and alternative medical systems worldwide. Readers will hear past stories and learn how ancient wisdom can still be applied today to promote health and vitality.

Each lesson of this workbook will explore the leading traditional and alternative Pan-African healthcare practices based upon the ancient wisdom of Alkebulan Herbal Remedies. You will find beneficial information about the history, philosophy, and procedures in each section.

# Week 1: Ancient Traditional Medicine



# Week 1: Ancient Traditional Medicine

Ancient Traditional Medicine is a time-honored form of healthcare that dates back thousands of years. Various healing methods and practices have been passed down through generations and are still practiced today. The core philosophies of Ancient Traditional Medicine include honoring the body as a sacred vessel and promoting balance, harmony, and well-being through the use of herbal remedies, spiritual rituals, and lifestyle practices.

Readers will also explore the main principles of Ancient Traditional Medicine: holistic unity, the importance of intuition, the understanding of the body as a vessel, natural detoxification, the power of plant-based medicine, meditation, and prayer, and the use of rhythm and vibration to aid healing. This section is dedicated to providing remedies for various ailments, both physical and mental. Here, you'll find all the information you need to help body, mind, and soul. The first part of this section is an A-Z Apothecary. In this guide, you'll find brief descriptions of dozens of herbs and natural plants that can be used to craft powerful healing recipes and remedies.

Next, we'll delve into the power of special prayers and meditations. Many of these are customized to align with the remedies featured in the A-Z Apothecary. Prayers and meditations provide the focus and sustenance necessary to trust in the healing and growth process. Special prayers can also be used to offer deep gratitude for the healing remedies being utilized. Final Thoughts By now, you've discovered just how powerful the remedies found in Africine can be. They offer the ability to craft powerful healing recipes that can be tailored to any individual need. Special prayers and meditations can also be used to focus the energy of the remedies and create an atmosphere of healing and growth. Thanks for reading and we hope that these remedies provide the health from within that each of us are striving for.





## Prayer and Meditation

Prayers and Meditation The power of prayer and meditation is unparalleled. For centuries, people of all faiths have turned to prayer and meditation for guidance and peace. In our busy, ever-changing world, prayer and meditation can help us to ground ourselves and give us perspective to make mindful life decisions.

## A-Z Apothecary– Global Herb Garden

A holistic approach that allows us to gain insight, understand, and apply remedies from the natural world. This section provides an overview of an alphabetical selection of herbs, natural extracts, and compounds. In it, we discuss known medicinal benefits and possible remedies, when used in unison with prayer and meditation, to promote healing and wellness.

## Ancient Herbs and What They Do

- Angelica – A beneficial root often used to support the digestive system, angelica is one of the few herbs that work effectively when taken in small doses. Often used in teas, syrups, and tinctures, it has a calming quality and is a great aid for calming the mind and body.
- Bayberry – An herb used mostly as an astringent in teas. Its astringent properties are known to soothe sore throats and aid digestion.
- Bitter Cola - An edible seed that belongs to a unique group of plants that help organisms adapt to stress by influencing multiple regulatory systems responsible for stimulus-response coupling, such as the immune system, and also acts as a general anti-infective agent. Remedy for osteoarthritis, STDs, improves functions of the lungs. It helps stabilize the fibers and tissues of the lungs and other counter effects and boosts sexual performance in men. The seeds are utilized for liver problems, bronchitis, throat contaminations, colic, head or chest colds.
- Cinnamon – Commonly found in various recipes, this spice is known for its warming properties and is great for soothing achy muscles. Also a great source of antioxidants, it can help boost the immune system and protect from various viruses and diseases.
- Dandelion – A herb that has been around for thousands of years, dandelion can be eaten fresh or cooked, and when made into a tea, provides a naturally sweet flavor. Often used to aid digestion, its anti-inflammatory properties are also said to help reduce bodily aches and pains.
- Echinacea – A popular herb used to help boost the immune system, it is thought to protect the body from various types of viruses and bacteria. Often used to treat the common cold, it can be taken as a tea, tincture, or capsule to help ward off illnesses.

- Fennel – A root that is often used to aid with digestion, it has a sweet and spicy flavor that can be taken in tea form or ground and sprinkled over food. Often used to soothe upset stomachs, its antioxidant and anti-inflammatory properties are also known to have a beneficial effect on skin and hair.
- Ginger – A root with various uses, ginger has long been revered for its digestive and anti-inflammatory properties. It can be made into teas, tinctures, syrups, and essential oils, and also used in cooking to add a spicy flavor to many dishes.
- Honeybush – This sweet, fragrant herb is often used to make a calming tea. Known for its gentle properties, it is said to have a soothing effect on the mind and body and helps to promote relaxation.
- Ivy – A herb with antiseptic properties, it can be crushed and added to salves and balms to heal cuts and abrasions. It is also said to help reduce the appearance of wrinkles and is believed to lower the risk of getting a cold.
- Juniper – An herb known for its cleansing and detoxifying properties, it is said to help reduce inflammation and aid digestion. It can be taken as a tea, tincture, or capsule and is often used to treat a variety of digestive disorders.
- Kava Kava – This root has been used for centuries as a relaxant and is often taken in tea form to soothe tense muscles and promote a sense of calm. It is also said to be beneficial in treating anxiety and depression.
- Lemon balm – A fragrant herb often used in teas, syrups, and essential oils, lemon balm is said to have a calming effect on the mind and body and can help to reduce stress.
- Mullein – Often found dried and ground, mullein is thought to have numerous medicinal benefits. It is known to help soothe sore throats and is often used as a natural remedy for coughs and colds.
- Nettle – Used to make teas and tinctures, this herb is thought to have many healthful benefits. It can help reduce inflammation, soothe sore muscles, and promote healthy hair and skin.

- Oregano – Not just for cooking, this herb has long been used in traditional medicine to treat respiratory ailments. When taken in tea form, it is said to help reduce the symptoms of colds and the flu.
- Passionflower – Often taken in tea form, this herb is said to help reduce stress and anxiety and promote relaxation. It is also said to have mild sedative properties and can help with insomnia.
- Qi Gong – This ancient Chinese practice involves gentle physical movements and breathing exercises to aid in relaxation and healing. It can help to reduce pain and stress and promote a sense of inner peace.
- Reishi – This type of mushroom is known for its healing properties and is often taken in tea or tincture form to reduce inflammation, boost the immune system, and provide a sense of calm.
- Sage – Used as an herbal remedy for thousands of years, sage is an antiseptic and anti-inflammatory herb that is said to help with pain relief, reduce fever, and rid the body of toxins.
- Turmeric – A spice often used in cooking, turmeric is a powerful anti-inflammatory and antioxidant that is said to have numerous health benefits. It can be taken in tea form or sprinkled over food and is said to have a calming and soothing effect on the mind and body.
- Ugu Leaves - One of the commonest, popular cut herbs grown mainly in southeastern Nigeria. Rich in dietary properties like calcium, iron, potassium, and manganese. The leaves are a very rich source of fiber, minerals, and vitamins A, B2, C2, and E; they are also packed with antioxidant properties to protect the body against disease.
- Valerian – This herb has been used for thousands of years as a sleep aid and is said to reduce stress and promote restful sleep. It can be taken as a tea, tincture, or capsule and is known to have a calming effect on the mind and body.

•Wormwood – An old remedy used to treat stomach issues and digestive disturbances, wormwood has a bitter taste and is often added to teas or taken as a capsule. It is known to be an antiseptic and has anti-inflammatory properties that can help with upset stomachs and indigestion.

•Xhosa Root – A root found in southern Africa that is usually made into a tea or tincture, it is said to have antidepressant and anti-inflammatory properties. It can also be used to make ointments and balms and is thought to help aid healing and promote relaxation.

•Yarrow – A herb popular for its healing properties, yarrow is often boiled in water and taken as a tea to help reduce inflammation and boost the immune system. It is also thought to promote healthy skin and hair.

Zedoary – An herb known for its calming properties, zedoary can be found in a variety of forms, including tea, tincture, and topical balms. It is often used to treat a variety of stomach and bowel issues, and is said to have a soothing effect on the body and mind

## **Historic Biblical Origin: Herbs, Bible References Then and Now**

CANNABIS – Genesis 1:29; Rev 22:1

CORIANDER - Exodus 16:31; Numbers 11:7.

CUMIN - Isaiah 28:25, 27; Matthew 23:23.

DILL - Isaiah 28:25, 27; Matthew 23:23.

FRANKINCENSE - Exodus 30:34; Matthew 2:11.

HYSSOP - Exodus 12:22; John 19:29.

LEEKs, ONIONS (CHIVES) - Numbers 11:1-6.

MINTS - Matthew 23:23; Luke 11:42.

MUSTARD - Matthew 17:20; Mark 4:31.

PARSLEY - Ruth 2:14; Matthew 23:23.

ROSEMARY - Song of Solomon 4:11; Luke 11:42.

SAGE - Leviticus 2:14; Proverbs 24:14.

TARRAGON - Jeremiah 17:11; Luke 11:42











