



**AFRICAN HOLISTIC HEALTH CHAPTER OF NYC
PRESENTS**

2 TAG-TEAM LECTURES

MARCH 21, 2010

Colon Wellness - Beginner Level (1-Day)

Saturday, 3/21/10 -9a -1p—\$10

“This Lecture is for those brand new to the subject of Colon Wellness”

INCLUDES FREE HOME SPA GATHERING

(Receive Foot Massage with Essential Oils & hot/warm towels on the feet)

Meet the Practitioner

Deanna Hope-Felix is a licensed Massage Therapist and a graduate of the Swedish Institute of Massage from 1982. She went on to continue her training in Holistic healing modalities at the Heal Thyself Center with noted author and herbalist Queen Afua, where she obtained a Professor of Purification Certification in 1991. Deanna obtained additional certification in Colon Hydrotherapy from the Woods Hygienic Institute in Florida in 1993 and most recently completed a Naturopathic Holistic Health Counseling State Licensing and Certification with Dr. Llaila O. Afrika 2007. Deanna and her husband Gregory are the proud parents of three children. Two sons Onaje, 14, Nakami 12, and daughter Bakara age 7.

Lecture by Brother Ra-Min (Gregory Felix) - \$10

“Eat Right for your Blood Type & Affects of “Frankenstein Foods”

3/21/10 2p to 6p

(Includes your self-testing Blood Type Kit)

Learn the 4 blood types, their corresponding diets, exercise, spirituality and mentality . If you’ve ever suspected that not everyone should eat the same thing or do the same exercise, you’re right. Your blood type reflects your internal chemistry. It actually determines the way you absorb nutrients. What foods you absorb well and how your body handles stress differs with each blood type.

Learn which foods, spices, teas and condiments help someone of your blood type maintain optimal health and ideal weight; which vitamins and supplements to emphasize or avoid; which medications functions best in your system; whether your stress goes to your muscles or your nervous system; whether you should walk, swim or play tennis or golf as your mode of exercise; how knowing your blood type can help you avoid many common viruses and infections; how to slow down the aging process by avoiding factors specific to your blood type. Based on book written by Dr. Peter J. D’Adamo.

Meet the Practitioner

Culturally educated in school of First World Alliance and The Shrine of Ptah. He has been a Khamitik Priest of the Shrine of Sekmet Imhotep since 1990s. Some of his great teachers of that day are Dr. Ben, Dr. Clark, Francis Cress Welsing, Asa Hilliard, Dr. Paul Goss, etc. This gave him the true meaning of self. Did cultural apprenticeship with Baaba Heru at the Shrine of Ptah; does independent research & self-study. Studied Iridology (Dr. Goss), Colon Hydrotherapy with the Woods Institute; apprentice massage therapist under my wife, Deanna Nalonnie Hope-Felix. Co-owner of Life Spring Rejuvenation since 2003. Does consultations, massage, and foot detox. Considers himself the “YouTube”, minister of cultural information via e-blast. His loves doing Foot Detox and one-on-one counseling on culture and diet.

Brother Ra-Min has been a registered nurse for about 20 years. Graduate of Helene Fuld School of Nursing, Graduated 1991. Work for NYS Department of Correction for 13 years with both Men/Women. Certified Holistic Practitioner of Dr. Llaila Afrika. Trains new Foot detox practitioners & Colon Therapists.

LIFE SPRING REJUVENATION CENTER

953 E. 225th STREET

BRONX, NY 10466

Take #2 Train to E. 225th Street

Directions by car: www.mapquest.com

Directions by bus: www.hopstop.com

Contact Deanna or Ra-Min to register @ 347-427-7417 or info@lifespringrc.com

All major debit/credit/ATM Cards accept, Cash & Money Orders & Certified Checks only

