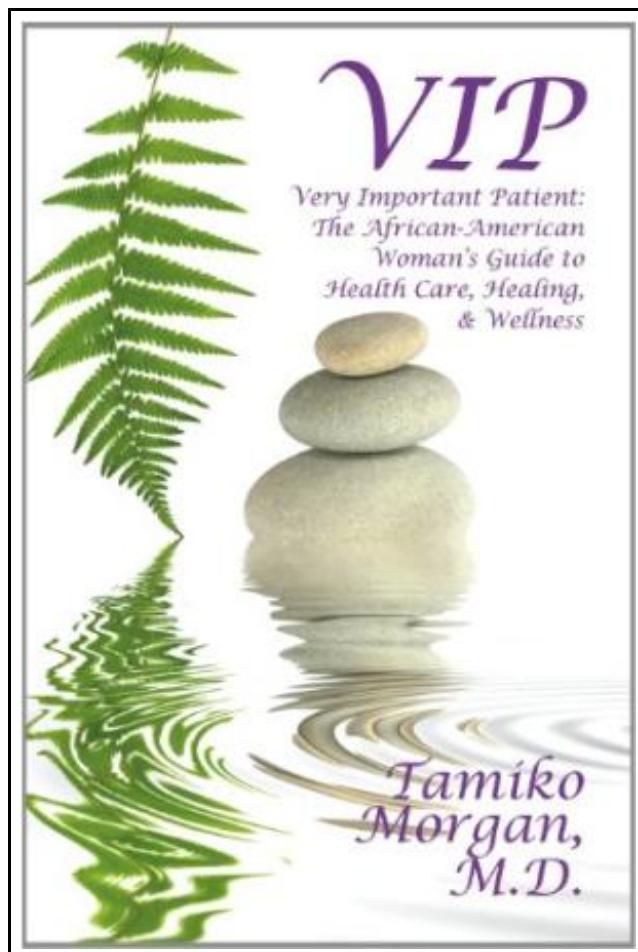


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Outskirts Press, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Wellness VIP Style Despite modern advances in health care, African-American women continue to be sicker and die from more preventable illnesses than other population groups in the United States. Though seemingly invisible in our society, VIP reminds the reader of how important they are as health care consumers and self-advocates. This book enlightens the reader on the unequal treatment that exists with African-American women in health care, and empowers women to become the experts of their own body through a holistic approach encompassing mind, body, and spirit. The body s sacred nature is explored from head to toe, with recommendations on preventive screening, self-care, and navigating the health care system. This book is for any reader who wishes to increase their awareness of healthcare disparities, advocate for equality, and increase their overall wellness. A must read for all who are victims of health disparities, primarily African-American women. Dr. Morgan s insight provides the right and impassioned document of health care maintenance through Christian values that should revolutionize preparation for a deeper and committed advocacy in health and wellness. -Dr. R.D. Howell, Jr., Shiloh Temple International Ministries, author of Possessors of the Kingdom Tamiko Morgan, M.D., physician, educator, advocate, provides medical care for children and their families in Minnesota.



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