

AFRIKAN HOLISTIC PARENTING

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DANCE!

Pregnancy should be a time when women feel most feminine. Femininity belongs to all women; however, during pregnancy femininity is at its highest. Women can prepare for a healthy childbirth by embracing this power. It is essential to prepare mentally, physically, and spiritually. Dancing especially, North African (belly dance) embraces womanhood and prepares the body for birth. This is a fertility dance. The dance mimics sex and labor. The different waves of movements will prepare the body for birth.

When dancing you inhale and exhale so your movements are fluid. During labor you must inhale and exhale with contractions, this creates less tension and less pain. Traditionally we have always danced for a purpose. Learning pelvic circles, hip drops, and downward-wave motions of the hips teaches how to move the body effectively during labor and to embrace womanhood.

The dance will keep abdominals and the pelvic floor strong. Good posture taught enables proper oxygen to flow through your body, spine, and brain. Dancing after the pregnancy can prevent post partum depression because it creates oxytocin. It will also re-strengthen the abdominals and pelvic floor. The benefits of a strong womb are endless. North African dancing is healing for a lifetime, not just during pregnancy and childbirth, so dance!



Check Out This Belly dancing For Pregnancy Video!

<http://www.youtube.com/watch?v=3cwxYNgQwQE>

WHATS IN YOUR MEDICINE CABINET?

Keeping Tea Tree oil in your natural first aid kit or medicine cabinet is a must.

A few drops of tea tree oil in the bathtub can eliminate bacteria and fungus that your child may bring home. You can also add a few drops to the washing machine.

Topically it can be applied to fungal rashes, cuts, scrapes, insect bites, burns, and more! But, always dilute it.

Aloe Vera gel is also essential. It soothes cold and canker sores. It aids and nourishes the digestive system and can be used as a mild laxative. Aloe Vera can be applied to burns, scrapes, and other skin abrasions.

What some people may not know is that Aloe Vera is also an immune system booster, add some Aloe Vera to your favorite juice or smoothie!



CONTENTS

DANCE	1
MEDICINE CABINET	1
QUILOMBO	2

QUILOMBO!

Increasingly, I hear many mothers' concerns about the aggressiveness of their young boys compared to girls. Yes, young boys like to play fight, kick, and punch. However, there is nothing wrong when done in the proper environment.

My 4-year-old son will soon be attending Capoeira classes. Capoeira is dance, song, martial arts, and play all in one. The martial art was brought from Angola by slaves to Brazil. Slaves were able to practice Capoeira in front of slave holders, because they thought it was simply play; however it was secret martial arts training.

So, don't get stressed give your boys a cultural outlet instead of suppressing their manhood!

"Quilombo is a Brazilian hinterland settlement founded by people of African origin, Quilombolas, or Maroons. Most of the inhabitants of quilombos

were escaped former slaves and practiced the art form of Capeiro."



Check out the video!

<http://www.youtube.com/watch?v=SObkmDUalrc>

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If you would like to contribute to the April newsletter email your article or event to iyaraet@yahoo.com by 03/20/09.



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