

# ALPHAGRACE

PRATICIEN EN THÉRAPIE NATURELLE



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## Transform our Health and our Country

*Evidenced based approaches to equip you with the know-how to develop, sustain and transform your health through your food.*



## Get ready for local solutions...

Since my arrival on Saturday the 06th of April in Freetown, i have observed very attentively the world around me. My observations prompted be to release these propositions.

When you eat an unhealthy diet, three things happen: *First, you compromise your health with excess pounds and toxins. Second, you risk falling into the spiral of food addiction and emotional eating. And third: You help make the “healthcare” industry very, very, VERY rich.*

What we are up against is urgent, which is why me my team would love to initiate the **African Food Revolution Chanel** with the most current information on foods that optimize the health of our children, families and communities with every bite.

We want to teach and transmit what people can do to protect themselves and their loved ones from chronic disease, obesity, digestive issues, food addiction, nutritional deficiencies, and more – simply, quickly, and affordably through our Integrative Naturopathic Approach. Sharing these time valued informations and making our population get things right and prevent the future generation from a programmed diseased life begins from here.

Together we can create a moment of change at local and national levels. The future is hopeful, and we are thrilled to have you join us!

## Beyond The Deception Programming



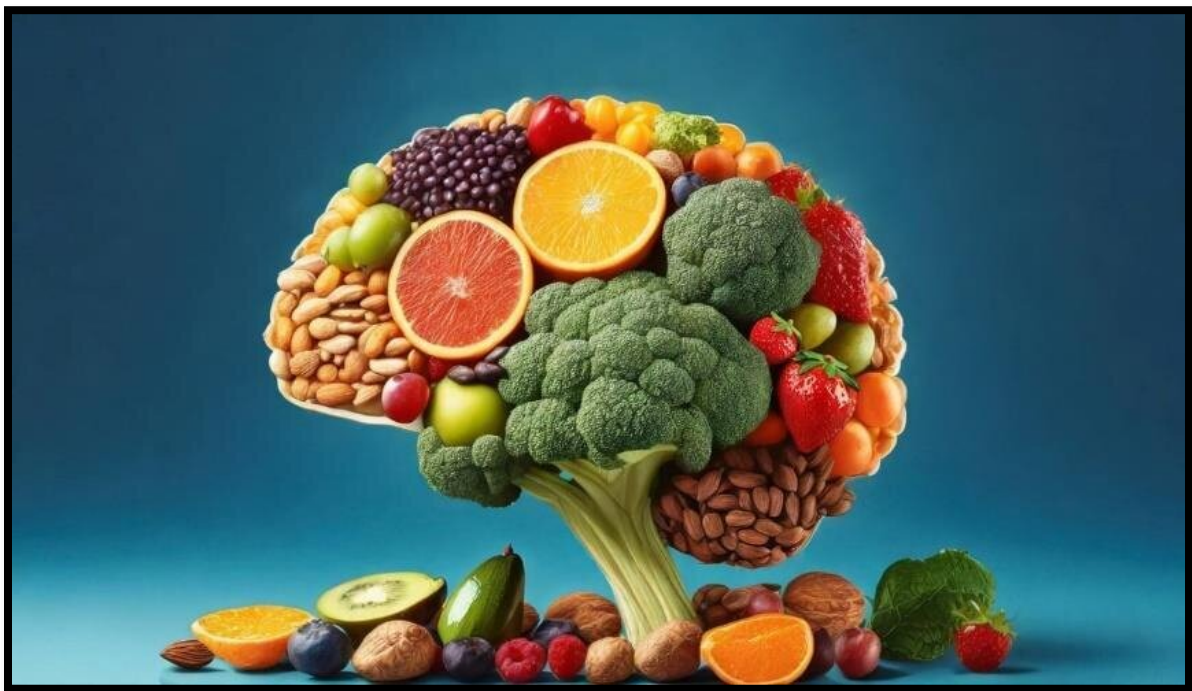
*Exposing Big Agro-economy, Big Food, and Big Pharma – and Reclaiming Our Path to Wellness*

We know more about food and health than any population in history of mankind. And yet, we are sicker and dying younger than ever. Do you know the real reasons why?

In this first discussion, we will expose the tactics employed by the processed food industry to keep us confused (and hooked on their products!), i will reveal the dairy industry's hidden agenda, uncover the hazardous effects of pesticides on farmworkers and consumers, and show how the pharmaceutical industry is making billions of dollars selling medications to an increasingly sick population.

And we will take you behind the curtain and bring you hope – showing how much better things can be and that the power truly is in your hands to reclaim your health and to be part of the solution!

## The Brain health Dilema



*How Diet and Lifestyle Can Help You Think Clearer, Feel Better, & Prevent mental diseases,*

In recent years, rates of brain fog, memory loss, mental health struggles, and dementia have skyrocketed. Are we destined for a future where our most precious faculties are compromised? What have brain experts discovered that could help you to beat the odds?

We would investigate the role of diet, lifestyle, and environmental factors in the development of neurodegenerative diseases like Alzheimer's, explore the impact of poor diet on mental clarity and focus, and shed light on the explosion in rates of depression, anxiety, ADHD, and other mental health challenges.

People will learn essential foods, supplements, and dietary patterns that promote brain health and slash the danger of Alzheimer's – and remedies for brain fog, memory loss, and mental health challenges.

## **Healthy Gut, Healthy Life**

*How to Nurture a Thriving Microbiome*



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Only recently have experts discovered the enormous connection between gut health and virtually every aspect of human wellness.

On this particular subject, we will share the latest breakthrough research behind the microbiome revolution and unveil the complex relationship between what we eat and common digestive issues such as bloating, gas, intestinal discomfort, leaky gut, chronic inflammation, and other related conditions.

We will delve into the world of the microbiome and its influence on digestion, immunity, mental health, autoimmune disease, and chronic illness – and discuss the potential pitfalls of modern diets, excessive hygiene, and antibiotic overuse. We will share practical tips and actionable steps for improving gut health and how you can nurture your microbiome using all-natural and no-cost solutions.

## Beauty and Vitality naturally !

*How to Nurture Healthy Skin, Hair, Nails, and Radiance from the Inside Out*



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The global beauty industry is big business... to the tune of \$532 billion. But some of the chemicals used in beauty products can cause cancer and other health problems. Fortunately, there are natural ways to look good that also help you feel good and live long and well.

On this subject, we will explore the truth about the beauty industry and investigate the pros and cons of common products and supplements that claim anti-aging and beauty-enhancing properties.

People will learn about the diet and lifestyle choices that can support healthy skin, hair, teeth, and overall beauty, while expanding vitality, too! Together, we'll go beyond myths and marketing so we can nourish radiance with nutrition and holistic approaches.

Our naturally conceived and manufactured products with international standards and recognition, using all naturally sourced materials from Sierra Leone and the West African regions, will be able to offer a large range of beauty products for the population.

## Heartbeat of Life

*How Diet and Lifestyle Can End the World's #1 Killer*



Heart disease takes more human lives than any other cause of death, and while tens of millions rely on medications to keep their symptoms at bay, these drugs often come with serious side effects.

The good news is that all-natural food and lifestyle habits have been proven to slash the risk of heart disease dramatically.

And the number one place to start is with the food on your plate. Our subject discussion offers evidence-based dietary recommendations for preventing and reversing cardiovascular disease, including the role of antioxidants, fiber, omega-3 fatty acids, calcium, and other nutrients in promoting cardiovascular health.

This will unravel the culprits behind heart attacks, strokes, high blood pressure, and high cholesterol levels and clear the confusion surrounding fats, cholesterol, sugar, salt, and processed foods once and for all.

# Diabete and Obesity Unmasked

*The Truth About Weight Loss, Diabetes, and Food Freedom*



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What's the real reason we see such a direct connection between obesity and type 2 diabetes? Why is it so hard to lose weight (and so easy to gain it)?

In this episode, we explore the real causes of obesity and type 2 diabetes and the real reasons that traditional diets almost always fail.

We'll dive into the newest drugs being used for weight loss and diabetes management and whether or not they're safe or worth the cost. You'll learn what the most recent studies say about what actually works for effective and sustained weight control so you can enjoy more balanced blood sugar and your unique "right-sized body."

## The Science of Nutrition

*Exploring Comprehensive Studies, Hot Controversies, and the Critical Nutrients You Need*



Should you go keto, raw, Paleo, vegan, or follow a blood-type diet? In a world where conflicting nutrition advice runs rampant, how do you know what's fact and what's fiction?

On these issues, we will go beyond fads and bestselling books to discover what the science says about the most controversial topics in food and health. We'll reveal the truth behind hot-button topics like soy, lectins, and phytates.

People will learn how to end the confusion behind fatty acids and get the truth about rancidity in fish oil.

We will uncover the truth about protein as we clarify how much you really need, whether there is such a thing as too much, and whether plant protein or animal protein is best.

In addition people will get a comprehensive rundown of the specific vitamins, minerals, antioxidants, and phytochemicals you need to stay healthy, now and in the future.

## The Future of our Life on Earth

How to Be Part of the Solution with the Food on Your Plate



Humanity is on a collision course with systemic environmental collapse. If we keep going on our current trajectory, we will run out of water, topsoil, and food for the generations to come. The good news is that it's not too late to make the changes we so urgently need.

So, how can you take a stand and play a role in helping to turn the tide? In this riveting episode, we explore the consequences of our current food production systems – and powerful ways that you can make a massive impact for good.

You will be inspired by how you can contribute to sustainability, biodiversity, and soil health – and the power of the movements for natural, organic, fair trade, local, plant-based food to heal our lives and our world.

It's time for some grounded hope and real solutions that can make a world of difference.

## SUSTAINABLE FOOD AND SELF-SUFFICIENCY

Most of us are flooded with misinformation and conflicting opinions on a daily basis, but our radio and television discussions is on a mission to give you clarity, so you can make the best choices for your health and that of your family. We will be tackling hot-button issues like:



- Unmasking the manipulations and deception of the processed foods industry (even some supposedly “healthy” foods might not be!);
- The hidden agendas that lead to biased policies, overprescription of pharmaceutical drugs, and misleading nutritional guidelines;
- The environmental impact of industrialized agriculture, including pollution, deforestation, and resource depletion;
- How diet and lifestyle are fueling the mental health crisis;
- What you need to know about weight loss drugs, collagen, grass-fed beef, farmed fish, pesticides, and how to prevent (maybe even reverse) dementia;
- And so much more.

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### ABOUT THE VISIONARIES

*Dr Alpha Grace, PhD., has pioneered natural living and natural health education since 2003. Holding two doctoral degrees in Criminology and Applied Psychology, he is a Trained Social criminologist, Naturopathic Practitioner, public health researcher, and Medicinal plants specialist and a conscious entrepreneur,*

*He founded the African College of Naturopathy & RituelsNature.com to help people learn how to use natural remedies like medicinal plants, essential oils and Aromatherapy safely and advising a million natural health seekers every year,*

*their training institution and workshops has rapidly become the #1 source for Natural Health and non-branded essential oils education .*

*Dr. Alpha Grace is an accomplished researcher with several publications, conference proceedings and he is committed to sharing the healing power of natural therapies across the globe.*

