



# **The Kemetic Diet: Food For Body, Mind and Soul, A Holistic Health Guide Based on Ancient Egyptian Medical Teachings**

*Muata Ashby*

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3.THE KEMETIC DIET: GUIDE TO HEALTH, DIET AND FASTING Health issues have always been important to human beings since the beginning of time. The earliest records of history show that the art of healing was held in high esteem since the time of Ancient Egypt. In the early 20th century, medical doctors had almost attained the status of sainthood by the promotion of the idea that they alone were "scientists" while other healing modalities and traditional healers who did not follow the "scientific method" were nothing but superstitious, ignorant charlatans who at best would take the money of their clients and at worst kill them with the unscientific "snake oils" and "irrational theories." In the late 20th century, the failure of the modern medical establishment's ability to lead the general public to good health, promoted the move by many in society towards "alternative medicine." Alternative medicine disciplines are those healing modalities which do not adhere to the philosophy of allopathic medicine. Allopathic medicine is what medical doctors practice by an large. It is the theory that disease is caused by agencies outside the body such as bacteria, viruses or physical means which affect the body. These can therefore be treated by medicines and therapies The natural healing method began in the absence of extensive technologies with the idea that all the answers for health may be found in nature or rather, the deviation from nature. Therefore, the health of the body can be restored by correcting the aberration and thereby restoring balance. This is the area that will be covered in this volume. Allopathic techniques have their place in the art of healing. However, we should not forget thatthe body is a grand achievement of the spirit and built into it is the capacity to maintain itself and heal itself.

## **The Kemetic Diet: Food For Body, Mind and Soul, A Holistic Health Guide Based on Ancient Egyptian Medical Teachings Details**

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# **From Reader Review The Kemetic Diet: Food For Body, Mind and Soul, A Holistic Health Guide Based on Ancient Egyptian Medical Teachings for online ebook**

## **Dakiya says**

One of the most informative and thought provoking books I've read on health and mental awareness.

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## **Ebony Afraka says**

Kemetic Diet is a life process.

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## **Andrew says**

Contains useful information about food, diet and how you can improve your health. This not only focuses on food for the body, but also through meditation and prayer, food for the mind. Definitely worth a read.

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## **Daniel Mitchell says**

Beautiful remembering that we're spiritual bless to be able to c in the physical gives us all hope for the preordained future love brothers and sisters

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## **Candace says**

I can't say anything bad about this book. It's a LOT of information packed into one book, but that's what makes it a great reference book because it's still focused.

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## **Elisabet says**

If I could give this book zero stars I would.

Where was the editor?!

The issues with this book are so numerous that it's honestly difficult to know where to begin. I cannot list them all, so I will try for the points that I feel best illustrates how this book is not a good resource for the spiritual seeker that wishes to incorporate a habitual diet that promotes mental, physical and spiritual wellness.

"Dr." Ashby introduces himself with his credentials, which is appropriate for any book written by a holder of

a Ph.D. However, the problem lies when I did some simple research into his biography. One institution was shut down due to fraud and was a "pay for a degree" type establishment. The other is a respected florida college but offers no degrees in Divinity, so how he could have earned one is a mystery. In addition the Holistic Health Associations he cites being a part of are unaccredited and unrecognized by Health Accreditations. As we know, Holistic Health does involve accreditations for practitioners just as modern traditional medicine might. Already we're off to a rocky start as his entire credentials relating to health and schooling are now blatant lies. Maybe he should have stuck to just listing himself as a priest in the temple he created for Egyptian Orthodox Kemeticism.

As we read further into the Forward, Mr. Ashby cites health and medical studies to highlight to the reader what modern health risks may be caused from eating meat as well as other dietary preferences. The problem is that almost every statistic Mr. Ashby cites was not even accurate at the time of this book's printing. The citations are not in any proper format, and they cite studies that have been proven incorrect, or fails to list the study at all and opts instead for taking random statistical data listed on unscientific websites and publications.

The Author goes on numerous times to try to manipulate information in order to convince the reader that Peoples from the African and Western Pacific are healthier as "According to the World Health Organization... Heart Disease is the number one cause of death in 1998." The problem with this is that the WHO does not operate in those regions, so of course they don't have the data. That doesn't mean that these regions aren't also suffering from Heart Disease at the same rate. It exactly is this sort of manipulation and misleading the reader that makes this book so questionable. If the author cannot even get through the forward and the introduction without lying about his credentials, misrepresenting information and data and citing incorrect statistics left and right, can we trust ANYTHING in this book at all?

In addition to other harmful claims such as insisting that addicts should quit alcohol or nicotine cold turkey (which can seriously endanger a patient), as well as the insinuation that poor spiritual health, and poor diet are a cause of mental illness, which we know this is ridiculous as mental illness is often something chronic and genetic rather than suddenly arising out of poor lifestyles. These are seriously damaging and harmful claims to make to anyone reading this that may have mental health diagnoses.

Furthermore one of the cornerstones of this book is convincing the reader to adopt a vegan lifestyle, insisting that the peoples of Africa were 100% vegan or vegetarian in their history, which is not something that has any evidence in anthropology or history to support.

I picked up this book because I am a spiritual seeker who has been interested in incorporating the wisdom of the Egyptians with my modern health and spiritual practices. Instead what I found was an author that spends most of his time on a high horse shaming everyone and everything around him that is not Kemetic, and even moreso that is not HIS temple's version of Kemetic. He spends great lengths in each chapter shaming and insulting the reader for their previous or current choices. This book is not the work of someone with the Spiritual Wisdom needed for education and teaching. I found this entire book misleading, negative, and verbose. Honestly, I would not recommend this book to ANYONE, Kemetic or otherwise. There are just too many problems with finding any factual information in the book at all as it relates to health, medicine, or spirituality.

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