

To Women of Color,

our backs
tell stories
no books have
the spine to
carry.

-Rupi Kaur

Table of Contents

Table of Contents	1
Introduction	2
Defining Terms	3
Mental Health and Wellness	4
Mental Health	5
11 Black Queer & Trans Women Discuss Self-Care	7
The “Decolonize Your Mind” Starter Pack	10
Easy Ways to Decolonize Your Mind	11
Slightly More Advanced Ways to Decolonize Your Mind	13
Advanced Mental Decolonization/Tools for Resisting Power	16
Decolonize Recipes/Books on Food+Body+Spirit	18
Literature & Poetry: Words for Resistance	19
10 Best Book Picks for Black Women to Read About Self-Love, Money, & Career	20
Book list for black girls: promoting self-love and empowering young black women	21
Herbal Remedies: Mother Earth	22
How to Create a Holistic Medicine Cabinet	22
Antiviral Herbs to Boost Immune System & Fight Infection	25
Top 10 Antiviral Herbs	27
Media: The Revolution Will Not Be Televised but It Might Be On the Gram	28
Youtube Videos on Self Care	28
Social Media Accounts	28

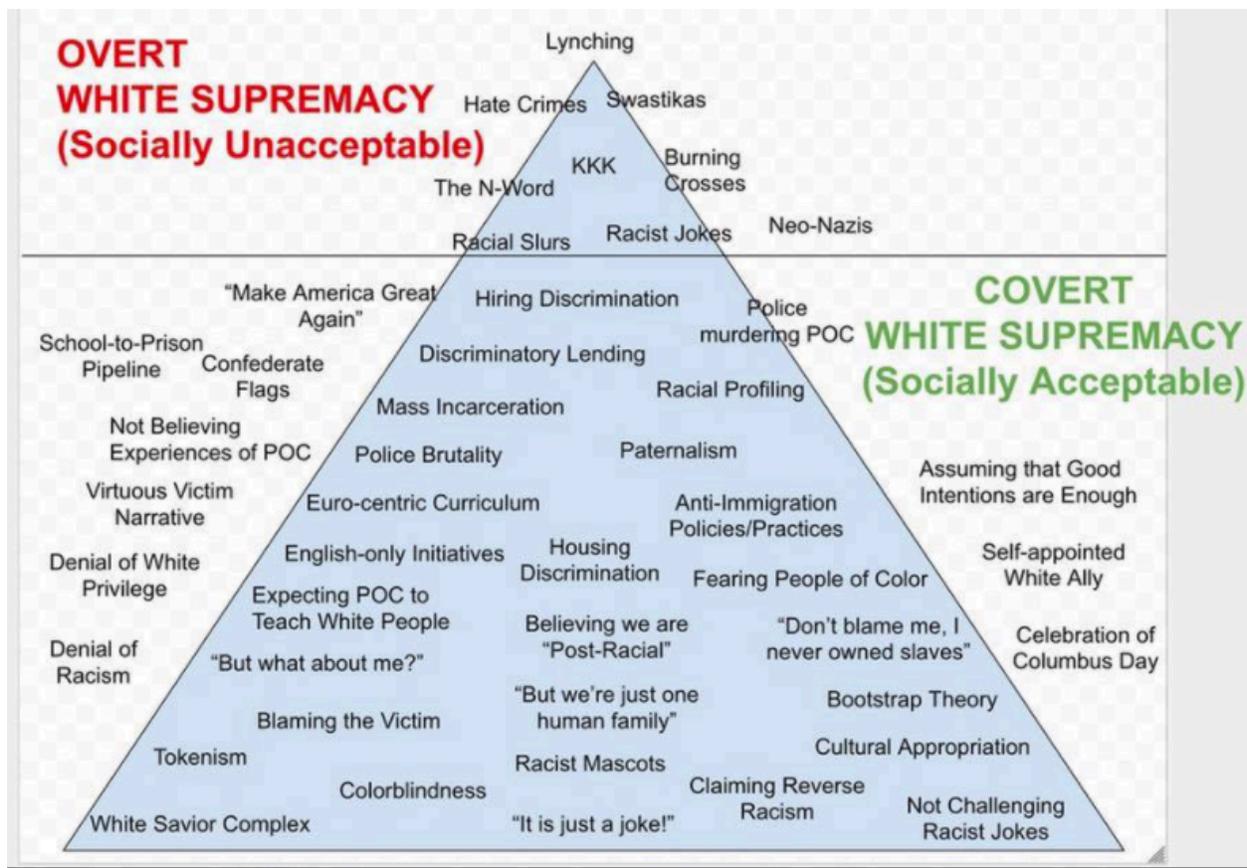
Introduction

This packet was intentionally created to provide women of color with different resources to assist them in the process towards healing and liberation. This was put together by 3 members of the Women of Color in Solidarity collective. We have gathered the tools that have helped us navigate the many systems of oppression we encounter as women of color in white america and globally. In this packet you may find selected literature pieces from other women of color along with herbal healing mechanisms, affirmations and much more. Our healing journeys are unique, complex, interconnected, ever changing, and of our own responsibility. As we work to disrupt systems that continue to oppress us and our growth, it is our hope that this packet can aid in your healing in some way. We acknowledge that these resources may not reflect every Woman of Color's identities, but we do wish to share the resources that have worked for us and others. Thank you to all who attended our "Connecting Head, Heart and Soul: Healing Women of Color by Women of Color" conference and thank you to those who have shared their resources for this packet as well. We hope to continue building and rebirthing the world we envision for ourselves- rooted in love and liberation. Please pass this along to another sister who could use some healing as well. Know that you are not alone and that you come from a strong resilient lineage. Healing is possible.

In Love, Light and Solidarity,
Florcy, Rayan and Davika <3

Defining Terms

- **Healing** - Healing is the process of shedding your layers, your wounds, and your trauma. Coming closer to your core in a way that moves away from fear and into self- love.
- **Self-care** - Let's be real, self-care has been a topic that's been thrown around a lot but what does it really mean? We believe that self-care is self-defined. Everyone's self-care looks different but it really is how you take care, nourish and protect your mind, body and spirit. Check in with yourself!
- **Solidarity** - Solidarity goes beyond attending a one time protest. It is to be present and to love people from different struggles as if they were your own. We each were gifted with a special power. Whether you are an educator, a DJ, lawyer, artist, healer, warrior, etc- use that gift to rise in love and solidarity.
- **Decolonization** - The process of breaking away and unlearning everything we were conditioned to learn by colonization aka white supremacy. Reconnecting with Mother Earth and our ancestors. * Tap into the history and that power of those who came before you.
- **Intersectionality** - How you experience the world through your many identities. For example, you do not just experience the world as a woman but a woman of a specific race, class sexuality, etc. So all these identities interact with each other to produce the way in which you experience the world. (think of it like this: a trans undocumented woman does not experience the world the same as a white woman because the intersections of their identities are different).
- **Personal Ecology** - defined as "creating balance, pacing, and efficiency to support a lifetime of sustained service." ([source](#)) It is how we replenish the well that we use to be in service to others. It highlights the importance of taking care of yourself, and listening to what it is that your mind, body, heart, and soul need. Personal ecology can be thought of as the theory, while self-care is the practice.



Mental Health and Wellness

To my sisters, it is important that we pay attention to our mental health and wellness. Often times, women of color are forced to bare the many burdens of our environments, society, and other systems of oppression. Even when we are organizing, our mental health and well being are always at stake. In this section you may find resources regarding mental health and well being.

[Notes on Intersectionality, Community, Healing, and Survival](#)

EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD. Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep

JustJasmineBlog.com

➤ Self-Care & Sustainability: Why Healing is Valuable Work

- <https://www.restforresistance.com/zine/healing-is-valuable-work>

➤ Online Wellness for People of Color

- <http://yogagreenbook.com/p/people-of-color-online-yoga>

Mental Health

Intersectional Mental Health
Concerns of LGBTQ & POC Communities

The articles below highlight gaps in mental health care and community healing for marginalized persons. [Support QTPoC Mental Health](#) in addressing these issues, and follow us on [Facebook](#) & [Twitter](#) for more resources like this.

Social Trauma

[A conversation about racism in America has to address mental health, too](#)

By Veronica Womack, Quartz

[Trans group reports suicides post-election; LGBTQ hotline calls surge](#)

By Mathew Rodriguez, Mic

[8 Things the Statistics Say about Trans Suicide](#)

By Sebastian Mitchell Barr, What's Gender Got to Do with it? (a trans psychology blog)

[6 Ways the Healthcare Industry Needs to Stop Abusing Trans People](#)

By Kai Cheng Thom, Everyday Feminism

[10 Alarming Statistics about Gay Hate Crimes](#)

By Kevin Matthews, Care2

[African-American, Latinx citizens at increased risk of mental health issues](#)

By Medical News Today

[How the US Mental Health System Makes Natives Sick and Suicidal](#)

By David Edward Walker, Indian Country Today Media Network

[When black death goes viral, it can trigger PTSD-like trauma](#)

By Kenya Downs, PBS

[Racism in the system creates 'fear' about mental health](#)

By Jack Dixon, London News Online

Gaps in Therapy

[Not White, Not Rich, and Seeking Therapy](#)

By Olga Khazan, The Atlantic

[Therapists often discriminate against black and poor patients, study finds](#)

By Carina Storrs, CNN

[Raising Issues: Lesbian, Gay, Bisexual & Transgender People Receiving Services in the Public Mental Health System](#)

By Alicia Lucksted, PhD, University of Maryland

[How Therapy Became a Hobby of the Wealthy, Out of Reach for Those in Need](#)

By April Dembrosky, NPR

Inaccessibility

[Paying an Unfair Price: The Financial Penalty for LGBT People of Color](#)

By Movement Advancement Project (MAP)

[The sad truth about queer youth and the economy](#)

By Laura Rena Murray, Fusion

[Man accused of stealing \\$5 in snacks died in jail waiting for space at a mental health hospital](#)

Washington Post

Research

['Mental illness' isn't all about brain chemistry: It's about life](#)

By Mary Boyle, The Conversation

[Top Health Issues for LGBT Populations Information & Resource Kit](#)

By Substance Abuse and Mental Health Services Administration (SAMHSA)

[PTSD from Your Zip Code: Urban violence and the brain](#)

By Jen Christensen, CNN

Address the many gaps in mental health care and community healing by sharing this information and/or donating to [QTPoC Mental Health](#) so we can create free-to-access resources.

www.restforresistance.com/donate

[paypal.me/qtpoc](https://www.paypal.me/qtpoc)

[patreon.com/qtpoc](https://www.patreon.com/qtpoc)

We focus on the needs of queer & trans people of color (QTPoC) as a way of addressing all the silenced identities that are overlooked in social support systems, including disabled people of color, Latinx trans women and femmes, Black bisexuals, Muslims living with anxiety, Indigenous individuals worldwide, Asian survivors of violence, and many more people living at various intersections of oppression.

You Can Get PTSD From Staying In An Emotionally Abusive Relationship (article)

<http://www.ptsdjournal.com/posts/you-can-get-ptsd-from-staying-in-an-emotionally-abusive-relationship/>

Resiliency Building Skills to Practice for Trauma Recovery

<http://www.new-synapse.com/aps/wordpress/?p=1825>

Healing Unresolved Grief in Indigenous & Settler Societies

<https://indiancountrymedianetwork.com/news/opinions/healing-unresolved-grief-in-indigenous-settler-societies/>

11 Black Queer & Trans Women Discuss Self-Care

1. Regina Battle

Location: Richmond, VA

Title: Web Developer

Where to find her: [Tumblr](#)

“Being the introvert that I am, I spend a lot of time alone. Taking time to myself allows me to recharge while doing the things I enjoy most. I respect my own limits and know when it’s necessary to step back, which often requires saying, ‘no.’ Surrounding myself with good, positive people is essential as well as minimizing my exposure to negativity. I practice mindfulness, live simply, and just always remember to breathe.”

2. Blair Ebony Smith

Location: Syracuse, New York
Title: Scholar, Feminist, Student
Where to find her: [SoundCloud](#)

“I practice self-love by creating with the intent to be present and non-judgemental. I create with the intent to honor Black (queer) ancestors and honor my own creativity. To honor my creativity, I let myself create whatever it is I may want to in the moment, whether that’s a beat from a sampled record, painting, collaging or writing. I also move and breathe. I love to walk and practice yoga. Self-care is also about community. I enjoy being in community celebrating life, talking shit (or just being) with other Black queer people.”

3. L’lerrét Jazelle Ailith

Location: New Orleans
Title: Queer Black transfemme visionary
Where to find her: [Instagram](#); [Twitter](#); [lrrretallure.com](#)

“Self-care to me is about hanging stuff up until I’m absolutely ready to carry the burden again. If that means ignoring phone calls, texts messages, emails, and even resting as opposed to studying for that exam, then I will do so.

Sometimes, no matter what the circumstance, you need to just clear your mind and at least pretend you’re all good and can’t a thing hold you down or stand in your way. Pretend that you have all the time in the world and allow your body and mind to reset before you pick back up where you left off.”

4. Stasia Mehschel

Location: Brooklyn, NY
Title: Producer and Vocalist for THEESatisfaction x DJ Stas Thee Boss
Where to find her: [Tumblr](#); [Twitter](#); [Facebook](#); [Instagram](#); [SoundCloud](#); [Bandcamp](#)

“The first step for me was self-love. I love my body, my mind, and my spirit. I want to preserve it in the finest and most luxurious ways that I can within my means. I take vitamins. I make sure to work hard and play equally as hard. I try my best to keep bad energy and vibes away, ridding myself of toxic relationships. A bath with scented oils and a fresh haircut can also do wonders for your confidence.”

5. Denise Maurice

Location: RVA (Richmond, Virginia)
Title: Creator

Where to find her: [Facebook](#); [Twitter](#); [Instagram](#); [GoFundMe](#)

“How do I practice self-care? In a world designed to break me, I keep myself healthy by first understanding that it is my strength that is being discriminated against, not my weakness. These Black woman hips bear the weight of the world with style and grace. This melanin in my skin can withstand the harshest of sun rays and some days...I feel as if I am the Sun herself. I would be jealous if I wasn’t blessed to be who I am. How dare I step outside of gender norms and express myself when given strict commands to fit into a mold so that everyone else can understand me? How dare I *not* care about the opinions of people I will never even meet? Because I know who I am and am aware of my own strength and beauty. I practice self-care by creating spaces that allow not only myself but other gender nonconforming and artistically expressive individuals to flourish without having to twist and bend themselves into the form that society deems acceptable and employable...I am a firm believer that we are all born with specific gifts and if we become passionate enough about those gifts we can create our own means of survival. I practice self-care by refusing to believe the lie that I am not good enough. Spread Love!”

6. Monica Roberts

Location: Houston, TX

Title: Writer, activist

Where to find her: transgriot.blogspot.com

“When I’m not writing on TransGriot, I have to take a moment to step back and actually do stuff for myself. There are times that I like to write poetry, and I do have a couple of fiction manuscripts and novels that I’m working on. There are times when I just sit back and just chill and go to a ball game or something, just to get away from always being in 24/7 serious activist mode.”

7. Diamond Sharp

Location: DC-based; Chicago native

Title: Poet and writer

Where to find her: [Twitter](#)

“I take time to myself. I say ‘no’ often. I don’t feel bad for putting myself first.”

8. Stud Slayer

Location: Washington, DC

Title: Advocate for Masculine Women of Color

Where to find her: [Tumblr](#)

“Self-care...is something I recently learned how to do. In the past I never had time to take care of myself. That neglect made me very grumpy and stressed. Now I make it a point to look out for my own well-being and mental health no matter what’s going on. Kind of like ‘Pay yourself first’ in regards to finances.

I write frequently and spend a lot of time at the gym. Working out and exercising is not only good for my physical health, but mental health as well.

I take care of my soul by writing on my blog and continuing to reach out, be there for and mentor masculine women of color in regards to sexuality, self esteem, gender identity and a myriad of other issues that aren't always addressed in our under represented community. Female masculinity is very much misunderstood and misused and we need to continue having discussions about how we move in the world as masculine women and the micro aggressions that come with that.

Giving back keeps me close to the people that matter to me and makes me feel like I'm contributing to the solution instead of just complaining about the problem."

9. JP Howard

Location: New York

Title: Queer/Diva/Poet/Nurturer

Where to find her: [Facebook](#); [Twitter](#); [Instagram](#); [womenwritersinbloompoetrysalon.blogspot.com](#)

"During the work week, I practice self-care when I seek out and find moments of 'quiet introspective time.' Like so many of us, my days are super busy as I'm in a relationship with my partner, we are raising our two sons and I also curate a NY-based literary salon, while working at a full-time, fairly demanding day job. When I can, I take long walks, usually by the water, during my lunch hour to regroup and focus on self. Those quiet moments are very precious to me. I also try to make a habit of traveling outside of New York to attend writing residencies or fellowships that let me pursue my own creative writing for an extended period of time either in a quiet setting and/or in an environment surrounded by fellow writers (for this full-time working mom even a week away from home is a true indulgent writer's luxury!). While those residencies or fellowships may only happen a few times a year for me, they satisfy my self-care needs. I get so much writing done, I get a week away to solely focus on being a writer and while I miss my family during those trips, I think a necessary part of self-care is finding quality time to nurture ourselves, especially for those of us who are often busy nurturing others."

10. I'Nasah Crockett

Location: Down South

Title: Recovering Artist, Black Culture Junkie, Semi-Professional Big Mouth

Where to find her: [Twitter](#)

"This question kinda stopped me in my tracks because I've been doing such a poor job at it this year especially. [*Laughs.*] But more recently, I've been working on taking deeper breaths, being nicer to myself, and doing some yoga at home. It takes me being attentive to my body's needs (which for me is also a form of self-care, not ignoring what my body and mind is trying to tell me), which takes some work, but I always end up feeling better for it. Also, binging out on my favorite TV shows and spending times with my friends always always always helps make life a little sweeter!"

11. Lourdes Ashley Hunter, MPA

Location: Washington, D.C.

Title: Black Trans Revolutionary

Where to find her: [Twitter](#)

“I love to cook and take walks in the park with my dog, Cashmere, but I also enjoy taking time to touch myself. There is healing in your own touch and I love all up on this body. Taking time to breathe because every breath a Black Trans Woman takes is an Act of Revolution. I practice self-care by becoming submerged in self-love. Allowing others to give love and allowing myself to receive love but also being particular with my love and with the love I allow in my life. For me, practicing self-care is an act of self-love.

The “Decolonize Your Mind” Starter Pack

Teaching yourself where racism, misogyny, classism, homophobia, transphobia, ableism, and other hateful movements come from is a great first step in learning how to fight against them. These are some ways you can help yourself get educated, ranked in order of difficulty, from this-is-so-easy-just-sit-in-front-of-a-tv-for-a-second to sit-down-and-read-for-hours-and-then-reread-and-then-keep-thinking-for-days-and-weeks-and-years. This list isn’t exhaustive -- it’s just a place to start. I’ll add things to it as I find them/think of them. Dip into the list when you can. Go at your own pace. Ask questions. Talk to people (professors, friends, family, significant others) about these shows and books and articles. Read skeptically and critically. Form or join reading and viewing groups. Get empowered. Share your knowledge with your friends and family. Make a difference.

Strategies for Decolonization

(1) Deconstruction and reconstruction. This refers to destroying what has wrongly been written—for instance, interrogating distortions of people’s life experiences, negative labeling, deficit theorizing, genetically deficient or culturally deficient models that pathologized the colonized Other.

(2) Self-determination and social justice. This refers to the struggle by those marginalized by Western research hegemony to seek legitimacy for methodologies embedded in the histories, experiences, ways of perceiving realities, and value systems.

(3) Ethics. There is a need to recognize—and where none exists, formulate, legislate, disseminate, and make known and understood internationally— ethical issues and legislation that protect indigenous knowledge systems.

(4) Language: recovering and revitalizing, validating indigenous knowledge and cultures of the historically marginalized, and thus creating space to decenter hegemonic Western research paradigms.

(5) Internationalization of indigenous experiences. Struggle collectively for self-determination.

(6) History. People must study the past to recover their history, culture, and language to enable a reconstruction of what was lost that is useful to inform the present

(7) Critique. There is a need to critique the imperial model of research, which continues to deny the colonized and historically marginalized other space to communicate from their own frames of reference.

Easy Ways to Decolonize Your Mind

I've **highlighted** texts that I think are especially important/helpful/easy to digest.

We all have thoughts, opinion, and judgements that impact how we engage with one another in the world. It is important to be aware of these biases so we can actively work to deconstruct them. You can use the tool below to test your implicit biases across multiple areas.

[Test your implicit biases](#)

Podcasts

- *The Inky Comet*: podcast focusing on issues facing the black diaspora
- *Another Round*: hosted by two black women from BuzzFeed, this podcast is filled with humor and encourage mental wellness and self care
- *Code Switch*: NPR podcast with well-researched but conversational stories about race in America
- *2 Dope Queens*: Comedy podcast featuring diverse voices
- *Sooo Many White Guys*: Interview podcast featuring not white guys
- *In Our Time*: BBC history podcast
- *On the Media*: WNYC podcast about journalism
- *ProPublica Podcast*: Stories about investigative journalism/reporting on abuses of power
- Episode 562 of *This American Life* ("[The Problem We All Live With](#)")
- "[Busted: America's Poverty Myths](#)" (Series of shows by On the Media/WNYC)

TV shows featuring portrayals of multiple cultures

(try to watch one whose characters don't look or act like you or your family:

Jane the Virgin (CW)

Orange is the New Black (Netflix)

Black-ish (ABC)

Transparent (Amazon)

Fresh off the Boat (ABC)

Key and Peele (Comedy Central)

The Real O'Neals (seriously, good job ABC)

Jessica Jones (Netflix)

The Get Down (Netflix)

The Mis-adventures of Awkward Black Girl
(Youtube / awkwardblackgirl.com)

Master of None (Netflix; see esp. episodes

Luke Cage (Netflix)

"Parents" and "Indians on TV")

Crazy Ex-Girlfriend (CW)

Insecure (HBO)

Broad City (Comedy Central)

Atlanta (FX)

Brooklyn 99 (Fox)

Michael Che Matters (Netflix)

Chewing Gum (Netflix)

Ted Talks

[The Danger of a Single Story](#)

[The Urgency of Intersectionality](#)

[Color Blind or Color Brave?](#)

[We Need to Talk About an Injustice](#)

Documentaries

- *Black America Since MLK: And Still I Rise* ([PBS](#))
- *OJ: Made in America* (ESPN; on race and the criminal justice system)
- *The Central Park Five* (PBS, Ken Burns; race, criminal justice system)
- *13th* (Netflix; race and the criminal justice system)
- *The Thin Blue Line* (Netflix; criminal justice system, power, corruption)
- [When the Levees Broke](#) (Hurricane Katrina)
- [Trouble the Water](#) (Hurricane Katrina)
- *The Black Power Mixtape 1967-1975* (Netflix; American history you don't learn about in school)
- *What Happened, Miss Simone?* (Netflix; race and activism)
- *Requiem for the American Dream* (Netflix; class in America, corporate theft)
- *The Smartest Guys in the Room* (Netflix; class, corporate theft)
- *The Hunting Ground* (Netflix; sexual assault)
- *Audrie & Daisy* (Netflix; sexual assault)
- [The Invisible War](#) (sexual assault in the military)
- *Miss Representation* (Netflix; misogyny, sexism, gender)
- *Welcome to Leith* (Netflix; white nationalism in America)
- *Auschwitz: The Nazis and the Final Solution* (Netflix; unjust governments)
- *Winter on Fire: Ukraine's Fight for Freedom* (Netflix; unjust governments and protest)
- [Standard Operating Procedure](#) (Abu Ghraib scandal; military injustices)
- *Matt Shepard is a Friend of Mine* (Netflix; homophobia and hate crimes)
- *How to Survive a Plague* (Netflix; AIDS activism)
- [The Trans List](#) (HBO)
- *Reel Injun* (Netflix; representations of Natives)

- *Eyes on the Prize* ([PBS](#); Civil Rights history)

Short articles/clips/blogs

- [“Why I Left White Nationalism”](#) and “The White Flight of [Derek Black](#)”
- “How to Talk About [#NoDAPL](#): A Native Perspective”
- How to [avoid common pitfalls](#) in talking about race
- Personal essay on [the limits of difficult conversations](#)
- George Takei on the [internment of Japanese Americans](#) during WWII
- [“Prisoners at Home”](#): Exhibition on Japanese internment in America during WWII
- Dorothea Lange’s [photos from Japanese internment camps](#) in America
- [“My Mother Was Incarcerated](#) in an Internment Camp as a Child”
- “The Horror of Lynchings [Lives On](#)”
- Food for thought: [Americans’ ideas about money](#) blind us to reality
- [Brief primer](#) on income inequality
- [How to be a better ally](#) in anti-racism if you’re white
- [5 Things You Can Do Now](#) as a White Person
- [“White Privilege: Unpacking the Invisible Knapsack”](#) AND [“Explaining White Privilege to a Broke White Person”](#) AND [“Straight White Male: The Lowest Difficulty Setting There Is”](#) (and for giggles, [“Product Review: The Invisible Backpack of White Privilege from L.L. Bean”](#))
- [“White People: I Want You to Understand Yourselves Better”](#)
- Blog: [Afroculinaria](#) (on food, black identity, Jewish identity, southern identity)
- Blog: [Bitches Gotta Eat](#) (Sam Irby is hilarious -- see also her book *Meaty*)
- Jay Smooth, [Ill Doctrine](#)
- [Very Smart Brothas](#)
- [Tim Wise’s](#) website (if you’re in my 289 class, this is the guy who talked about race being invented by slave owners/rich people)
- [“What is Rape Culture?”](#) (blog features NSFW language and content; this post does not)
- [“We live in a strange and terrible time for women”](#)
- [Hari Kondabalu](#) (comic)
- [Akilah Hughes](#) (blogger, youtuber, comic)
- On the difference between [uninformed feeling](#) and fact-based opinion

Slightly More Advanced Ways to Decolonize Your Mind

Online collections

- [Blacklivesmattersyllabus.com](#) -- collected readings about the origins and goals of #blm
- [nycstandswithstandingrock.wordpress.com/standingrocksyllabus](#) -- collected readings about the #NoDAPL protests

- candicebenbow.com/lemonadesyllabus -- collected readings about blackness and feminism related to Beyonce's visual album *Lemonade*
- thenewinquiry.com/features/a-time-for-treason -- collected readings about how to resist unjust political systems
- publicbooks.org/feature/trump-syllabus-20 -- collected readings about how we got here

Journalism/Short non-fiction

- Short exploration of the [misogyny engrained in the white supremacist movement](#)
- "[The Identity Politics of Whiteness](#)"
- "[Still Separate. Still Unequal](#): America's Educational Apartheid"
- "There is [No Such Thing](#) as the White Working Class"
- On [the economic legacy](#) of slavery
- On [the cultural legacy](#) of slavery
- On [the political legacy](#) of slavery
- There is a [racial wealth gap](#)
- Even though race [is a fiction](#)
- Ta-Nahesi Coates, "[The Case for Reparations](#)"
- A [view from Russia](#)
- On [predicting Trump](#)
- Where your [fake news](#) comes from
- On [gerrymandering](#)
- More on [gerrymandering](#)
- [Simple explanation](#) of gerrymandering

Funny/Entertaining Books; Literature; Film

- Chimamanda Ngozi Adichie, *Americanah* (2014) (MSU Meyer General PR9387.9.A34354 A44 2013)
- James Baldwin, "[Going to Meet the Man](#)" (just go read everything Baldwin ever wrote though, for real)
- Alison Bechdel, [Dykes to Watch out For](#) (comic strip, 1983-2008); *Fun Home* (2006) (MSU Meyer General PN6727.B3757 Z46 2006); *Are You My Mother?* (2012) (MSU Meyer General PN6727.B3757 Z46 2012)
- *Moonlight* (film, 2016)
- Octavia Butler, *Bloodchild and Other Stories* (1995) (MSU Meyer General PS3552.U827 A6 1995)
- Tanner Colby, *Some of My Best Friends are Black: The Strange Story of Integration in America* (2012)
- Clarissa Pinkola Estés, *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype* (1996)
- Roxanne Gay, *Bad Feminist* (2014)
- Maggie Nelson, *The Argonauts* (2015)

- Claudia Rankine, *Citizen* (2014) (MSU Meyer General PS3568.A572 C58 2014)
- Phoebe Robinson, *You Can't Touch My Hair: And Other Things I Still Have to Explain* (2016)
- Layli Long Soldier, excerpt from "[Whereas](#)"

Nonfiction Books

- James Allen, ed., *Without Sanctuary: Lynching Photography in America* (2000) (MSU Meyer General HV6457 .A45x 2000)
- James Baldwin, *The Price of the Ticket* (1985) (MSU Meyer General PS3552.A45 P7 1985)
- Ari Berman, *Give Us the Ballot: The Modern Struggle for Voting Rights in America* (2016) (MSU Meyer General JK1846 .B47 2015)
- Robert Bullard, *Dumping in Dixie: Race, Class, and Environmental Quality* (1990) (MSU Meyer General HC107.A13 B85 1994)
- Rachel Carson, *Silent Spring* (1962) (MSU Meyer General QH545.P4 C38 1962)
- Ward Churchill, *The COINTELPRO Papers* (2nd edition, 2001)(MSU Meyer General HV8144.F43 C48 1990)
- Laura Hurd Clarke, *Facing Age: Women Growing Older in Anti-Aging Culture* (2010)
- Ta-Nehisi Coates, *Between the World and Me* (2015) (MSU Meyer General E185.615 .C6335 2015)
- Sarah and A. Elizabeth Delany with Amy Hill Hearth, *Having Our Say: The Delany Sisters' First 100 Years* (1993) (MSU Meyer General E185.96 .D37 1993)
- Vine Deloria Jr., *Custer Died for Your Sins: An Indian Manifesto* (1969) (MSU Meyer General E93 .D4x)
- Michael Eric Dyson, *The Black Presidency: Barack Obama and the Politics of Race in America* (2016) (MSU Meyer General E185.615 .D9449 2016)
- Barbara Ehrenreich, *Nickel and Dimed: On (Not) Getting By in America* (2001) (MSU Meyer General HD4918 .E375 2008)
- Paul Farmer, *Pathologies of Power: Health, Human Rights, and the New War on the Poor* (2003)
- Eliza Griswold, *The Tenth Parallel: Dispatches from the Fault Line Between Christianity and Islam* (2011)
- Jack Hamilton, *Just Around Midnight: Rock and Roll and the Racial Imagination* (2016)
- Seth Holmes, *Fresh Fruit, Broken Bodies: Migrant Farmworkers in the United States* (2013) (Ebook available through MSU library catalog)
- Ibram X. Kendi, *Stamped from the Beginning: The Definitive History of Racist Ideas in America* (2016) (Excerpt [available here](#)) (MSU Meyer General E185.61 .K358 2016)
- Audre Lorde, *Sister Outsider: Essays and Speeches* (1984)
- James Loewen, *Lies My Teacher Told Me: Everything Your High School History Textbook Got Wrong* (1995) (MSU Meyer General E175.85 .L64 1995); *Sundown Towns* (2005) (MSU Meyer General E185.615 .L577 2005)

- Charlton McIlwain and Stephen M. Caliendo, *Race Appeal: How Candidates Invoke Race in U.S. Political Campaigns*. Temple University Press, 2011. (Ebook available through MSU library)
- Ronald Takaki, *Iron Cages: Race and Culture in 19th-Century America* (1979) (MSU Meyer General E184.A1 T337 1979); *A Different Mirror: A History of Multicultural America* (2008) (MSU Meyer General E184.A1 T335 1993)
- Beverly Daniel Tatum, *Why Are All the Black Kids Sitting Together in the Cafeteria?* (1997) (MSU Meyer General E185.625 .T38 1997)
- Terry Tempest Williams, *The Hour of Land: A Personal Topography of America's National Parks* (2016) (MSU Meyer General E160 .W54 2016 New Book Area)
- Tim Wise, *White Like Me* (MSU Meyer General E185.615 .W565 2005); *Under the Affluence: Shaming the Poor, Praising the Rich and Sacrificing the Future of America* (MSU Garnett General HN90.S6 W57 2015);
 - *Dear White America: Letter to a New Minority* (MSU Meyer General E184.A1 W573 2012); *Speaking Treason Fluently: Anti-Racist Reflections From an Angry White Male*
- Leonard Zeskind, *Blood and Politics: The History of the White Nationalist Movement from the Margins to the Mainstream* (2009) (MSU Meyer General E184.A1 Z47 2009)

Advanced Mental Decolonization/Tools for Resisting Power

- Decolonize [your feminism](#)
- An [open letter](#) from Audre Lorde to Mary Daly
- On the [philosophy behind](#) democracy
- Academic writing, old and new, on power, race, class, and gender
- Michelle Alexander, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* (2012)
- Gloria Anzaldúa, *Borderlands/La Frontera: The New Mestiza* (1987, 1999) (MSU Garnett General PS3551.N95 B6 1999)
- Pierre Bourdieu, *Distinction: A Social Critique of the Judgment of Taste* (1979) (MSU Meyer General DC33.7 .B6513 1984)
- Karen Brodtkin, *How Jews Became White Folks and What that Says About Race in America* (1998)
- Judith Butler, *Gender Trouble: Feminism and the Subversion of Identity* (1990) (Ebook available through MSU library catalog)
- Kimberlé Crenshaw, et. al., eds., *Critical Race Theory: The Key Writings that Formed the Movement* (1995)
- Angela Y. Davis, *Freedom is a Constant Struggle* (2016)
- Lennard J. Davis, ed., *The Disability Studies Reader* (2010)

- *Decolonizing the Transgender Imaginary* ([special issue](#) of *TSQ: Transgender Studies Quarterly*; use the MSU library's journal finder to get free access)
- Lee Edelman, *No Future: Queer Theory and the Death Drive* (2004)
- Frantz Fanon, *Black Skin, White Masks* (1952) (MSU Meyer General GN645 .F313); *The Wretched of the Earth* (1963) (MSU Meyer General DT33 .F313 1968)
- Roderick Ferguson, *Aberrations in Black: Toward a Queer of Color Critique* (2004) (MSU Meyer General PS374.N4 F47 2004)
- Michel Foucault, *The History of Sexuality, Volume One: The Will to Knowledge* (1976) (MSU Meyer General HQ12 .F6813 1990 v.1); *Discipline and Punish: The Birth of the Prison* (1977)
- Paulo Freire, *Pedagogy of the Oppressed* (1968)
- Paul Gilroy, *The Black Atlantic: Modernity and Double Consciousness* (1993) (MSU Meyer General CB235 .G55 1993)
- J. Halberstam, *In a Queer Time and Place: Transgender Bodies, Subcultural Lives* (2005) (MSU Meyer General HQ75.5 .H335 2005); *The Queer Art of Failure* (2011)
- Mike Hill, *Whiteness: A Critical Reader* (1997)
- John Higham, *Strangers in the Land: Patterns of American Nativism 1860-1925* (1955) (MSU Meyer General E184.A1 H5)
- Bell Hooks, *Where We Stand: Class Matters* (2000) (Ebook available through MSU library catalog);
 - *All About Love: New Visions* (2000)
 - *Black Looks: Race and Representation* (1992) (MSU Meyer General E185.86 .H734 1992);
 - *Yearning: Race, Gender, and Cultural Politics* (1990) (MSU Meyer General E185.86 .H742
 - 1990); *Feminist Theory from Margin to Center* (1984) (MSU Meyer General HQ1426 .H675 1984)
- Noel Ignatiev, *How the Irish Became White* (1995) (MSU Meyer General E184.I6 I36 1995)
- Fredric Jameson, *Postmodernism, or, the Cultural Logic of Late Capitalism* (1991) (MSU Meyer General PN98.P67 J3 1991)
- Eric Lott, *Love and Theft: Blackface Minstrelsy and the American Working Class* (1993) (MSU Meyer Music General ML1711 .L67 1993)
- Lisa Lowe, *Immigrant Acts: On Asian American Cultural Politics* (1996) (MSU Meyer General PS153.A84 L69 1996)
- Robert McRuer, *Crip Theory: Cultural Signs of Queerness and Disability* (2004) (Ebook available through MSU library website)
- Toni Morrison, *Playing in the Dark: Whiteness and the Literary Imagination* (1992) (MSU Meyer General PS173.N4 M67 1992)
- José Esteban Muñoz, *Disidentifications: Queers of Color and the Performance of Politics* (1999)

- Cary Nelson and Lawrence Grossberg, eds., *Marxism and the Interpretation of Culture* (1988)
- Rob Nixon, *Slow Violence and the Environmentalism of the Poor* (2011) (Ebook available through MSU library website)
- Michael Omi and Howard Winant, *Racial Formation in the United States: From the 1960s to the 1990s* (1994) (MSU Meyer General E184.A1 O47 1994)
- Thomas Piketty, *Capital in the Twenty-First Century* (2014) (MSU Meyer General HB501 .P43613 2014)
- Anibal Quijano, *Coloniality of Power, Eurocentrism and Latin America* (2000)
- Chandan Reddy, *Freedom with Violence: Race, Sexuality, and the US State* (2011)
- Richard Rodriguez, *Next of Kin: The Family in Chicano/a Cultural Politics* (2009)
- Martin Ruef, *Between Slavery and Capitalism: The Legacy of Emancipation in the American South* (2016)
- Edward Said, *Orientalism* (1978) (MSU Meyer General DS12 .S24 1978)
- Calvin Schermerhorn, *The Business of Slavery and the Rise of American Capitalism, 1815-1860* (2015) (MSU Meyer Library E442.S34 2015)
- Hortense Spillers, *Black, White, and In Color: Essays on American Literature and Culture* (2003)
- Susan Stryker, *The Transgender Studies Reader* (2006) (MSU Meyer General HQ77.9 .T72 2006); *The Transgender Studies Reader 2* (2013) (MSU Meyer General HQ77.9 .T72 2013)
- Ned and Constance Sublette, *The American Slave Coast: A History of the Slave-Breeding Industry* (2016) (MSU Meyer Library E442.S82 2016)
- Gerald Vizenor, *Fugitive Poses: Native American Indian Scenes of Absence and Presence* (1998)
- Robert J.C. Young, *White Mythologies: Writing History and the West* (2004)
- Michael Warner, ed., *Fear of a Queer Planet: Queer Politics and Social Theory* (1993) (MSU Meyer General HQ76.3.U5 F43 1993)
- Raymond Williams, *Marxism and Literature* (1977) (MSU Meyer General HX531 .W55 1977)

Activist Tools

National Organizations fighting for civil rights:

- [American Civil Liberties Union \(ACLU\)](#)
- [Southern Poverty Law Center](#)
- [Innocence Project](#)
- [Lambda Legal](#)

Local orgs:

- [GLO](#) (Gay & Lesbian Community Center of the Ozarks)
- [PROMO](#) (LGBTQ+ advocacy in Missouri)

- [Showing Up for Racial Justice](#), Springfield branch
- Springfield branch of the [NAACP](#) (National Association for the Advancement of Colored People)
- Missouri branch of the [ACLU](#) (American Civil Liberties Union)
- [Missouri Immigrant and Refugee Advocates](#)
- How to [effectively confront racism](#)
- How to [effectively organize](#)
- [“Opportunities for White People in the Fight for Racial Justice: Moving from Actor to Ally to Accomplice”](#)
- [For white people attending #blacklivesmatter protests](#) (be a good ally/accomplice, don't let your feelings get in the way of listening)
- [Unreliable News Sources:](#)
- Large [list of fake news sites](#) -- check your sources!
- [How to evaluate](#) a news story to figure out if it's real

Decolonize Recipes/Books on Food+Body+Spirit

Decolonize Your Diet: Plant-Based Mexican-American Recipes for...

- [Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed](#)
- [Woman Who Glows in the Dark: A Curandera Reveals Traditional Aztec Secrets of Physical and Spiritual Health](#)
- [Ecofeminism: Women, Culture, Nature](#)
- [Light in the Dark/Luz en lo Oscuro: Rewriting Identity, Spirituality, Reality...](#)
- [Healing with Herbs and Rituals: A Mexican Tradition](#)
- [The Pueblo Food Experience Cookbook: Whole Food of Our...](#)

Literature & Poetry: Words for Resistance

- [Milk and Honey](#) by Rupi Kaur
- [Salt](#) by Nayyirah Waheed
- [Teaching My Mother How to Give Birth](#) by Warsan Shire
- [Memories](#) by Lang Leav
- [Love at Gunpoint](#) by Nila Northsun
- [Violet Energy Ingots](#) by Hoa Nguyen
- [Words from a Wanderer](#) by Alex Elle

- From the Belly of My Beauty by Esther Belin
- How Much We Must Have Looked Like Stars to Stars by Alysia Harris
- Unbearable Splendor Sun Yung Shin
- Beast Girl and Other Origin Myths by Elizabeth Acevedo
- My Blood is Beautiful by Mercedes Holtry
- Rain for Under watered Roses Like You and I by Tammy Lopez
- This Bridge Called my Back by Gloria Anzaldua
- Subversive Self-Care: Centering Black Women's Wellness by Shaneshia Brooks-Tatum
- Love as Political Resistance: Lessons from Audre Lorde and Octavia Butler by Adrienne Maree Brown
- Radical Self-Love Means Radical Self-Care by Julie Feng
- [Love as the Practice of Freedom \(from "Outlaw Culture"\) by bell hooks](#)
- [On Self Recovery \(from "Talking Back: thinking feminist, thinking black"\) by bell hooks](#)
- Self-Care For People of Color After Psychological Trauma by Jasmine
- [The Mystery of Holding by Matt Licata](#)
- Uses of the Erotic: Erotic as Power by Audre Lorde or [here](#)
- [The Uses of Anger: Women Responding to Racism by Audre Lorde](#)(slightly blurry) or [here \(webpage, not pdf\)](#)
- [The Transformation of Silence into Language and Action by Audre Lorde](#)
- Ode to Shea Butter, a poem by Angel Nafis
- A short instructional manifesto for relationship anarchy by Andie Nordgren
- [The Radical Politics of Self Love and Self Care by SooJin Pate](#)
- Twerking as a Radical Act of Healing, a poem by Danez Smith
- Self-Care and Social Justice Work by Quita Tinsley
- The Activists Speak: On Cultivating a Radical, Revolutionary Self Love by Chelcee and Maia Williams
- [Emotional Labor: The MetaFilter Thread Condensed](#)

10 Best Book Picks for Black Women to Read About Self-Love,

Money, & Career

- **Glinda Bridgforth.** *Girl, Get Your Money Straight.*
- **Tiffany "Budgetnista" Aliche.** *The One-Week Budget.*
- **Marilyn French Hubbard.** *Sisters Are Cashing In: How Every Woman Can Make Her Financial Dreams Come True.*
- **Nancy Roberts.** *Interaction to Transaction: How to Get Comfortable When Asking for the Sale.*
- **Self-Love, Self-Esteem, Self-Care**
- **Abiola Abrams:** *The Sacred Bombshell Handbook of Self Love.*



- **Debreana Jackson Gandy:** *Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal.*
- **Breeze Harper.** *Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society.*
- **Kelly Cutrone.** *If You Have to Cry, Go Outside and Other Things Your Mother Never Told You.*
- **Valorie Burton.** *How Did I Get So Busy. The 28-Day Plan to Free Your Time, Reclaim Your Schedule, and Reconnect with What Matters Most.*
- ***Naked: Black Women Bare All About Their Skin, Hair, Hips, Lips, and Other Parts* edited by Ayana Byrd and Akiba Solomon**
- [*The Misadventures of Awkward Black girl*](#) by Issa Rae
- [*The One Week Budget*](#) by Tiffany 'The Budgetnista' Aliche
- [*Greatness is Upon You*](#) by Eric Thomas
- [*Year of Yes*](#) by Shonda Rhimes
- [*Black Pearls: Daily Meditations, Affirmations, and Inspirations for African-Americans*](#) by Eric V. Copage
- [*The Broke Diaries*](#) by Angela Nissel
- [*Too Heavy a Load: Black Women in Defense of Themselves, 1894-1994*](#) by Deborah Gray White

Book list for black girls: promoting self-love and empowering young black women

Young Readers

- **Amelia to Zora: Twenty-Six Women Who Changed the World**, Cynthia Chin-Lee
- **Mufaro's Beautiful Daughters: An African Tale**, John Steptoe
- **I Can Do it Too!**, Karen Baicker

Older children

- **Noughts and Crosses**, Malorie Blackman
- **Checkmate**, Malorie Blackman

- **Roll of thunder hear my cry, Mildred Taylor**
- **Let the circle be unbroken, Mildred Taylor**
- **The midnight robber, Nalo Hopkinson**
- **Harriet's Daughter, Marlene Nourbese Philip**
- **The Kayla Chronicles, Sherri Winston**
- **Annie Allen – Gwendolyn Brooks**
- **The Joy Luck Club, Amy Tan**

At least aged 14 - 16

- **Tropical fish, Doreen Baingana**
- **The Other Side of Truth, Beverley Naidoo**
- **We Got Issues! A Young Woman's Guide to a Bold, Courageous and Empowered Life, Edited by Rha Goddess and JLove Calderon**
- **Purple Hibiscus, Chimamanda Ngozi Adichie**
- **Half of a Yellow Sun, Chimamanda Ngozi Adichie**
- **Wide Sargasso Sea, Jean Rys**
- **Their Eyes Were Watching God, Zora Neale Hurston**
- **The Color Purple – Alice Walker**
- **Annie John – Jamaica Kincaid**
- **Zami: A New Spelling of My Name – Audre Lorde**
- **Possessing the Secret of Joy – Alice Walker**
- **Assata : An Autobiography – Assata Shakur**
- **Aya de Yopougon, Marguerite Abouet and drawn by Clément Oubrerie**
- **We Sinful Women – Contemporary Urdu Feminist Poetry, Rukhsana Ahmad**

Herbal Remedies: Mother Earth

Mother Earth has always provided us with the necessary natural resources to heal our mind, body and souls. In this section you may find healing resources by way of plants, herbs and other natural resources. Before using any of these, please thank Mother Earth for she has consistently been at the forefront of healing and nurturing us all.

11 Plants Native Americans Used to Cure EVERYTHING (From joint pain to cancer)

Big Stretch (Wild Ginger)



The Cherokee tribe believed that the mild tea from the foundation of wild ginger animates digestion of food, and treats stomach problems, colic, and intestinal gas. Likewise, the solid tea from the foundation of wild ginger can wipe out emission from the lungs.

Another Native American tribe, The Meskwaki, cured ear infections by utilizing pulverized, soaks stems of wild ginger. The rootstocks can supplant standard ginger and blossoms as enhancing for various formulas you prepare.

Hummingbird Blossom (Buck Brush)



Hummingbird blossom has been used by the Cherokee for treatment of cysts, fibroid tumors, inflammation, and mouth/throat problems. Present day research has concluded that this herb is also great for treating high blood pressure and lymphatic blockages.

The Cherokee mainly use hummingbird blossom as a diuretic to stimulate kidney function, however it was also used to treat conditions such as:

- inflamed tonsils
- enlarged lymph nodes
- enlarged spleens
- hemorrhoids
- menstrual bleeding.

To get all of the benefits from hummingbird blossom, the Cherokee would steep the leave and flowers in a boiling water for about five minutes then drink the tea while it is still warm.

Pull Out a Sticker (Greenbriar)



This plant's roots are rich in starch, which is full of calories, but has a strange flavor. The stems and leaves are high in numerous minerals and vitamins. As it has a rubbery texture, you can use its roots like potatoes.

This plant has been used as a mild diuretic in the case of urinary infections and to purify the blood. Its bark and leaves have also been used for the preparation of an ointment which heals burns and minor sores.

Its leaves can be added to tea in order to treat arthritis, and the berries can be either consumed raw, or made into jam.

Wild Mint



Mint is a very popular herb in present day culture and is commonly used in tea. However, many people don't know that mint contains a variety of antioxidant properties. It also contains magnesium, phosphorus potassium, calcium, vitamin C, vitamin A, and fiber!

The Cherokee use this herb to aid with digestion. The leaves can be crushed and used as cold compresses, made into ointments, and even added to your bath to sooth itchy skin.

The Cherokee healers use a blend of stems and leaves to lower high blood pressure. If you are breast feeding and find your nipples cracking, try applying some mint water.

Blackberry



This has been the most well known prescription on account of an agitated stomach, yet it additionally has various different healthy purposes. It can be utilized to soothe bleeding gums on the off chance that you chew the leaves.

You can make hack syrup by setting up a decoction from the roots, sweetened with maple syrup or honey. The solid tea from its root decreases the swelling of the joints and tissues.

These delightful berries are rich in vital supplements, for example, vitamin A, vitamin C, vitamin B6, vitamin E, vitamin K, riboflavin, thiamine, folate, and niacin, and potassium, zinc, calcium, magnesium, iron, and phosphorous. Moreover, they are plenteous in vital amino acids and dietary fiber.

More advantages of blackberry include:

- Reinforces the immune system
- Alleviation from endothelial brokenness
- Malignancy anticipation
- Healthy functioning of the heart
- Enhanced digestion

Cattail



This plant has been regarded as a potent preventative medicine, which is easily digested and promotes recovery from various health conditions. Despite the seed heads and the mature leaves, all other parts of this herb have medicinal properties. Its root is rich in starch and the male plants are rich in pollen.

It can be prepared similarly to potatoes, mashed and boiled. The resulting paste treats sores and burns. Also, its pollen is rich in protein and can be used as a supplement in baking.

Its blooms can help on account of diarrhea. You can likewise utilize the fluff from blooms, known as the seed down, with a specific end goal to avert skin irritation in infants, similar to diaper rash.

Qua lo ga (Sumac)



Every single part of this herb can be used for medicinal purposes! Sumac bark can be made into a mild decoction that can be taken to soothe diarrhea. The decoction from the bark can also be gargled to help with a sore throat. Ripe berries can make a pleasant beverage that is rich in vitamin C. The tea from the leaves of sumac can reduce fevers.

You can even crush the leaves into an ointment to help relieve a poison ivy rash. A study published in Iranian Journal of Pharmaceutical Research reported that sumac, if added to daily diet, can help lower cholesterol levels.

Jisdu Unigisdi (Wild Rose)



This plant's fruit is high in vitamin C and effectively treats the flu and common cold. The Cherokee prepared a mild tea out of wild rose hips to stimulate the function of the kidneys and the bladder. The wild rose petal infusion can be used to soothe your sore throat, and a decoction of the root will treat diarrhea. Its petals can also be used in the preparation of a tasty jam.

Mullein



This herb has the power to soothe asthma and chest congestion. According to the Cherokee, inhaling the smoke from burning mullein roots and leaves works miracles to calm your lungs and open up pathways.

Mullein is exceptionally helpful to soothe the mucous membranes. You can make a warm decoction and soak your feet in it to reduce swelling and joint pain. Due to mullein's anti-inflammatory properties, it soothes painful and irritated tissue. Mullein flowers can be used to make tea which has mild sedative effects.

Kawi Iyusdi (Yellow Dock)



This herb has been a typical ingredient in the kitchen, as it is like spinach, yet incorporates a great deal of minerals and vitamins. Its roots accumulate supplements from deep underground. Its leaves are high in iron and go about as a purgative. Set up a juice decoction out of the stems to alleviate the tingling, minor bruises, or diaper rash. Also, the decoction from its smashed roots has effective cleaning properties and can be utilized as a warm wash.

Squirrel Tail (Yarrow)



This herb is known best for its blood clotting properties. Fresh, crushed leaves can be applied to open wounds to stop excess bleeding.

Yarrow's juice, mixed with spring water, can stop internal bleeding from stomach and intestinal illnesses. You can also use the leaves to make tea which will stimulate abdominal functions and assist in proper digestion.

It can also help with kidney and gallbladder related issues. It also works wonders for chapped hands and other skin irritations.

If you enjoyed reading this article and want to see more like this one, we'd be humbled if you would help us spread the word and share it with your friends and family. Join us in our quest to promote free, useful information to all!

- Herb for healing the heart: motherwort, rose buds
- Herbs for stress relief: tulsi (holy basil), Eleuthero root
- Herb for emotional sh*t: lemon balm, mint, linden leaf
- Immune system builders: echinacea, Elderberries, garlic, ginger, turmeric
- Uterine health: raspberry leaf, cranberries (raw)
- Womb/menstrual health: yarrow, black cohosh, mugwort

How to Create a Holistic Medicine Cabinet

Skin Issues

- ★ **Oregano Oil** is a great antibiotic for skin boils and acne but it needs to be diluted before it is applied. We have successfully removed warts and moles with oregano oil.
- ★ Baking soda or **Bentonite Clay** are good choices for splinters or to dry out poison ivy.
- ★ **Colloidal Silver** is our first pick for a burn or to disinfect a cut.
- ★ **Lavender Oil** has anti-histamine properties which make it a good choice for bug bites and rashes.
- ★ Aloe Vera is soothing for sunburns and cuts.



Respiratory Problems

- ★ **Elderberry Syrup** is a great choice for respiratory problems ranging from the flu to asthma.
- ★ We have used a **diffuser** multiple times to combat croup or bronchitis, adding **eucalyptus**, **thieves** and **tea tree oil** and leaning right over the diffuser, breathing in the oils. These oils can also be applied right to the chest.
- ★ **Quercetin** is a great anti-histamine that prevents the mast cells from over producing histamine in the body. This helps asthma, seasonal allergies, and sinus infections.
- ★ Vitamin C and Vitamin D3 are important for boosting the immune system and helping your body fight whatever virus you may have.

Stomach Problems

- ★ Apple Cider Vinegar is my first choice for heart burn unless you have **Histamine Intolerance** then I would choose Baking soda.
- ★ **Peppermint Oil** has very calming effects on the stomach and greatly reduces nausea.
- ★ **Activated Charcoal** is what we use for a stomach bug. It has crazy absorption power and helps to trap bacteria and viruses in the stomach and gut.
- ★ **Prescript Assist** is the probiotic we use as a way to support our digestive system. This is not a treatment for an acute problem but will help long term to support your system.

Urinary/Bladder Infections

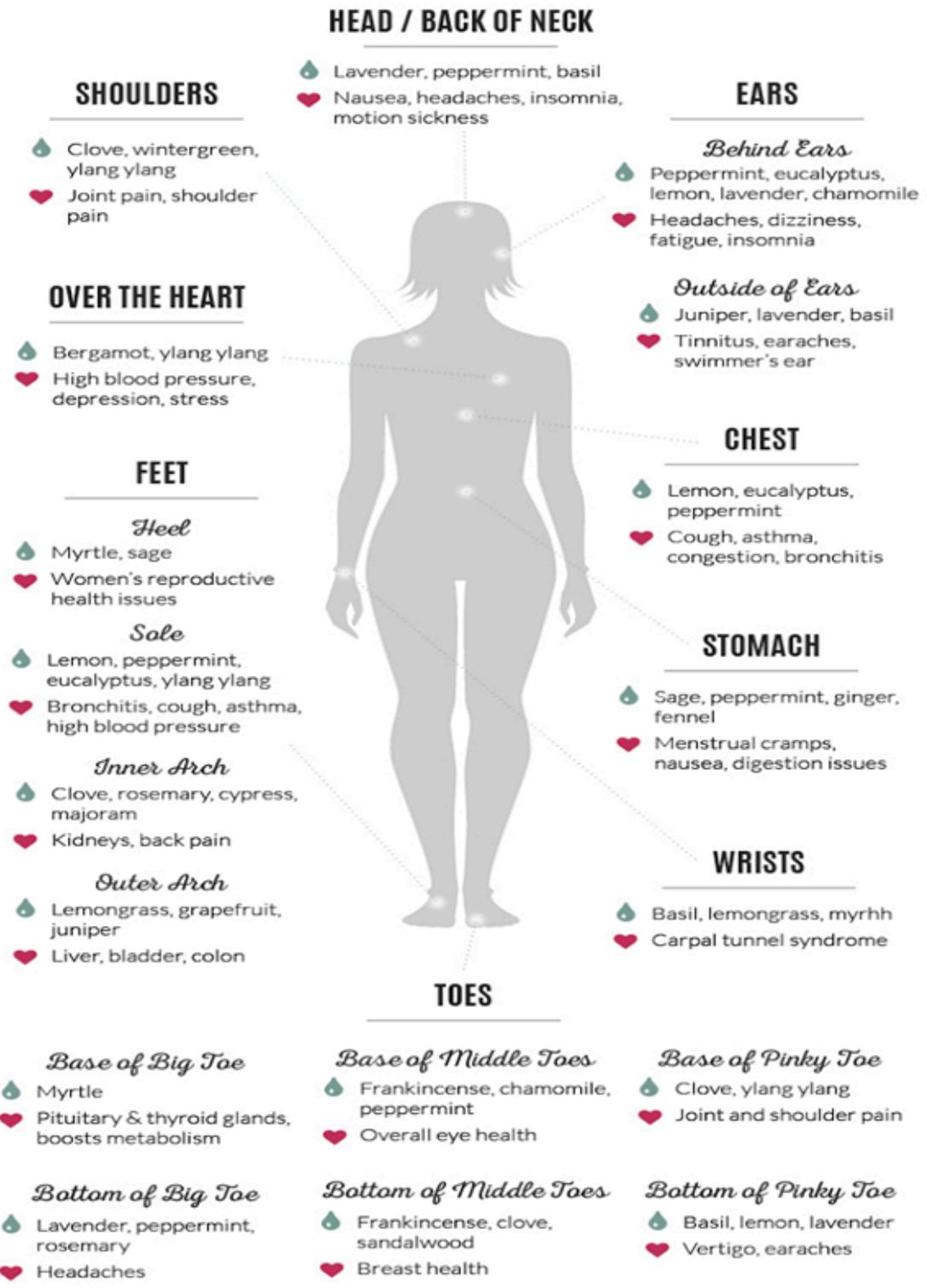
- ★ **D-Mannose** for bladder infections.

- ★ The **D-mannose** is a simple sugar that the bacteria love and they will leave your bladder wall to attach to the sugar, then you just flush them right out.
- ★ Cranberry juice is always helpful as it attacks the bacteria and also stimulates urination.
- ★ **Interfase Plus** is an enzyme that is used to eat away at the bacteria's coating, allowing their defenses to be down which gives the body a shot at destroying them. This is a good choice for an infection that is a bit tricky to get rid of.

WHERE TO APPLY

Topical Essential Oils

💧 - Type of Essential Oil ♥ - What the Essential Oil Treats



Antiviral Herbs to Boost Immune System & Fight Infection

<https://draxe.com/antiviral-herbs/>

What Are Antiviral Herbs?

Antiviral herbs inhibit the development of viruses. They can be used to treat infections without caution because they're harmless and typically cause no or few side effects. Many antiviral herbs boost the immune system, which allows the body to attack viral pathogens. This can be even better than attacking specific pathogens, which antiviral drugs are designed to do, because pathogens mutate over time and become less susceptible to treatment.

How to Use Antiviral Herbs

1. Herbal Tea

Teas are a great way to get the antiviral benefits of herbs every day. Steep one tablespoon of herbs in hot water for 5–10 minutes. Ginger, for example, is great in an herbal tea after dinner. It aids digestion and fights viruses. Echinacea, for example, is a popular herbal tea that's sold in most food stores, so the work is already done for you.

2. Herbal Infusion

Herbal infusions are stronger than teas because they require a larger quantity of herbs. To make your own herbal infusion, steep a cup of antiviral herbs in water for about 7 hours. Keep the infusion in an air-tight jar, and drink it cold or heated. Because the infusions are strong, don't drink more than one cup a day.

3. DIY Herbal-Infused Oil

An infused oil is when you heat the herb in a carrier oil for several hours. You can use the oven to heat the mixture, or try leaving it in a hot and sunny place for 12 hours. Use about 1/2 cup of antiviral herbs (you can use one herb or a mixture), and add it to 1 cup of coconut or **jojoba oil**.

If you heat the mixture in the oven, it should be in an oven-safe dish for 3 hours at 200 degrees. If you decide not to use the oven, put the mixture in an air-tight jar and let it sit in a sunny place

for about 12 hours. Once the herbs are infused into the oil, drain the leaves and keep the oil in a jar. You can use the oil topically to alleviate pain and kill infections.

4. Essential Oils

Many of these herbs are sold as essential oils; make sure to purchase organic and pure essential oils from a reputable company. To [use essential oils benefits](#) like their antiviral properties, diffuse 3–5 drops in your home, add 2–3 drops to warm bath water or mix 1–2 drops with a carrier oil and apply the mixture directly to the skin. Massaging essential oils into your feet, abdomen and chest is useful when fighting a fever or flu symptoms. If you are new to this natural remedy, use my [Essential Oils Guide](#) to get you started.

Top 10 Antiviral Herbs

1. ELDERBERRY

- Fights viruses
- Fights influenza
- Treats herpes
- Combats viral infections
- Battles bacterial infections



2. ECHINACEA

- Reduces virus infections and tumors
- Inhibits bacteria and viruses from penetrating healthy cells
- Alleviates pains
- Reduces inflammation
- Improves skin problems
- Treats upper respiratory issues
- Improves mental health



3. CALENDULA

- Protects against free radical damage
- Fights viruses
- Combats inflammation
- Battles bacteria
- Treats infections, burns, cuts and wounds

4. GARLIC

- Kills microorganisms responsible for infections, including tuberculosis, pneumonia, thrush and herpes
- Treats eye infections
- Remedies ear infections
- Reduces risk of cancer
- Controls hypertension
- Boosts cardiovascular health
- Fights hair loss

5. ASTRAGALUS ROOT

- Boosts immune system
- Prevents colds and flu
- Inhibits herpes
- Heals wounds
- Lowers cortisol



6. CAT'S CLAW

- Lowers fever
- Treats stomach ulcers
- Heals digestive issues
- Treats dysentery
- Remedies arthritis
- Heals herpes
- Treats IBS, colitis and leaky gut syndrome



7. GINGER

- Warms the body
- Breaks down accumulation of toxins
- Cleanses lymphatic system
- Relieves nausea
- Alleviates pain
- Lowers inflammation
- Improves diabetes

8. LICORICE ROOT

- Being researched for treatment and prevention of hepatitis C, HIV and influenza
- Fights free radical damage
- Relieves cough and sore throat
- Protects against leaky gut
- Reduces adrenal fatigue
- Relieves pain

9. OLIVE LEAF

- Treats common cold
- Fights viruses like candida, meningitis, pneumonia, chronic fatigue, hepatitis B, malaria, gonorrhea, shingles and tuberculosis
- Treats dental, ear and urinary tract infections
- Combats disease-causing microbes
- Destroys invading organisms
- Prevents viruses from replicating
- Shown to reverse HIV-1 infection-associated changes

10. OREGANO

- Reverses viral infections
- Fights allergies, tumors, parasites and inflammation



Media: The Revolution Will Not Be Televised but It Might Be On the Gram

Youtube Videos on Self Care

- Emotionally Restorative Self Care: People of Color - Black People - African Americans
 - https://www.youtube.com/watch?v=GuLT_YQLGF8
- Oprah Winfrey: Take Care of Yourself
 - <https://www.youtube.com/watch?v=kfLGR0KYuys>
- My 5 Favorite Self Care Rituals #blackgirlmagic
 - <https://www.youtube.com/watch?v=XyAo0nexaNA>
- How to Meditate: A Black Woman's Guide on How to Reduce Stress
 - <https://www.youtube.com/watch?v=Vvumbrnasg0>
- How To Manifest: Components Of Attracting What You Desire
 - <https://www.youtube.com/watch?v=73WKTclv3aE>
- Discovering Your Worthiness Guided Meditation with Lisa Nichols
 - <https://www.youtube.com/watch?v=k4c7MF3reUc>
- How To Step Into Your Purpose | Lisa Nichols
 - <https://www.youtube.com/watch?v=40LXbK94IxY&t=159s>

Social Media Accounts

Instagram

- LatinaRebels - 5 Latinas unveiling the complexities of Latina embodiment. Luchadoras ▲ Sucias ▲ Malcriadas
- WomenOfColorSolidarity - A space for women of color by women of color to Heal🌿Educate🌿Elevate🌿Liberate🌿Create🌿Vibrate.🌹Love for our sisters, our hood & our people.
- NalgonaPositivityPride - A xicana/brown*/indigenous body-positive project. •Eating Disorders Awareness •Cultural Affirmation •Decolonizing Body ♡ Made in the USA Shop
- Bad_Dominicana - advice columnist @newinquiry. Socio-critic.
- TheUnapologeticallyBrownSeries - A Visual Series of a Queer Brown girl trying to self express & empower POC via any means necessary.
- MujeresDeMaiz -Holistic ARTivist Brujx SiStarHood Art 🍷Activism🍷Wellness🌿Empowerment👏Spirit Classes Circles Performances Events.
- PapiJuiceBK- a Brooklyn based dance party celebrating queer and trans people of color
- La.Liga.Zine- deconstructing latinidad
- ColectivaCosmica - an art collective of girls who do collage, photography, paintings, workshops & zines. We encourage and support creativity in all feminine spirits.
- SmartGirlsClub - RADICAL HOODRATS

- ReclaimYourPower- Akwesasne Mohawk Territory - indigenous platform
- AmazonWatch - Supporting indigenous peoples. Protecting the Amazon. Join us for a visual journey through the most biodiverse place on the planet!
- IndigWomenRise -
- GuerillaFeminism - a digitally curated resource center for activists
- OdiosasBX - Cross-race, cross-class network of feminists, organizers, and artists.
- PhilaPrint - Philadelphia Printworks is a screen printing company, t-shirt brand, marketplace, community, and safe space. We believe in inclusion and intersection.
- SoulPick - Mission: unite healing/expressive SOULS
- BrujaTip - Tips • Mensajes • Love Notitas • y Cosmic Downloads for Brujas on their Journey
- TheHoodWitch - Everyday Magic for the modern mystic. 🗨️ Web-store + Visual Storytelling
- JillisBlack -
- Xicanismo
- Xicanisma_ - Dismantling oppressive isms through tears
- MelanieCervantes - printmaker
- WhatTribeProject - An art based project addressing stereotypes of "tribes" in media.
- Massy.Arias - Dominicana health coach
- NoDapl - indigenous social media platform
- AfroPunk -
- AfroLatinDiaspora- Uplift. Educate. Spread awareness of the Afro descendants. We are children of the diaspora.
- NotSolvoryTower - A blog *by* women of color in academia *for* women of color in academia. Our mission is to support, empower, and connect women of color in all stages of higher education.
- HoodHerbalism - A POC (people of color) Community Herbal Education Project 🍄 supporting the connection between yerbas y people 🌱 Learning Spaces y Pláticas 🌿
- CantosDeLaTierra - queer xicana writer
- LaFemenistaDescolonial - An anti-racist, anti-capitalist, anti-oppressive decolonized feminist platform. Una plataforma feminista de una perspectiva antiracista, anticapitalista, antiopresiva, y descolonial.
- RadicalMonarchs - Radical Monarchs empowers young girls of color to step into their collective power, brilliance and leadership to make the world a more radical place.
- KimKatrinMilan - Educator. Writer. Cultural Curator. Represented by the National Speakers Bureau & the Global Speakers Agency.
- Undocumedia - Platform for immigrant and undocumented rights + news.
- Indigenous.empowerment - Account for/about Native people of the Americas.
- BlackandBrownUnited4Change - Black and Brown solidarity platform

Afro Latino Movies

1. They Are We
2. Pelo Malo
3. Orfeu Negro
4. Ventos De Agosto
5. Dolares De Arena
6. Cidade de Deus
7. Tango Negro: The African Roots of Tango
8. O Dia De Jerusa
9. Manos Sucias
10. Favela Rising
11. Black in Latin America
12. On Our Land: Being Garifuna in Honduras
13. De Cierta Manera
14. La Playa D.C.
15. Las Manos de Dios

Latinx Films/Documentaries

1. Mala Mala
2. Still Searching: The Disappeared Children of the Quesara Massacre
3. We Never Stopped Looking For You: The Disappeared Children of the Canoes Massacre
4. Taken By Force, United by Hope
5. Sin Nombre
6. No Mas Bebés
7. Reportero
8. Irma
9. El Reloj
10. Border Beddazlers
11. You Are Dead to Me
12. Frontera! Revolt and and Rebellion on the Rio Grande
13. Los Graduados
14. Sin Pais
15. Immigrant High
16. Can't Hold Me Back
17. New American Girls
18. Latino Americans
19. America by the Numbers
20. Selena
21. Food Chains
22. The Hand that Feeds

23. Fresh Dressed
24. Stretch and Bobbito: Radio that Changed Lives
25. Bellas de Noche
26. When Two Worlds Collide
27. The Wolfpack
28. Narco Cultura
29. Los Punks: We Are All We Have
30. Cidade de Deus: 10 Anos Depois
31. Campo De Jogo
32. Mateo
33. Minerita