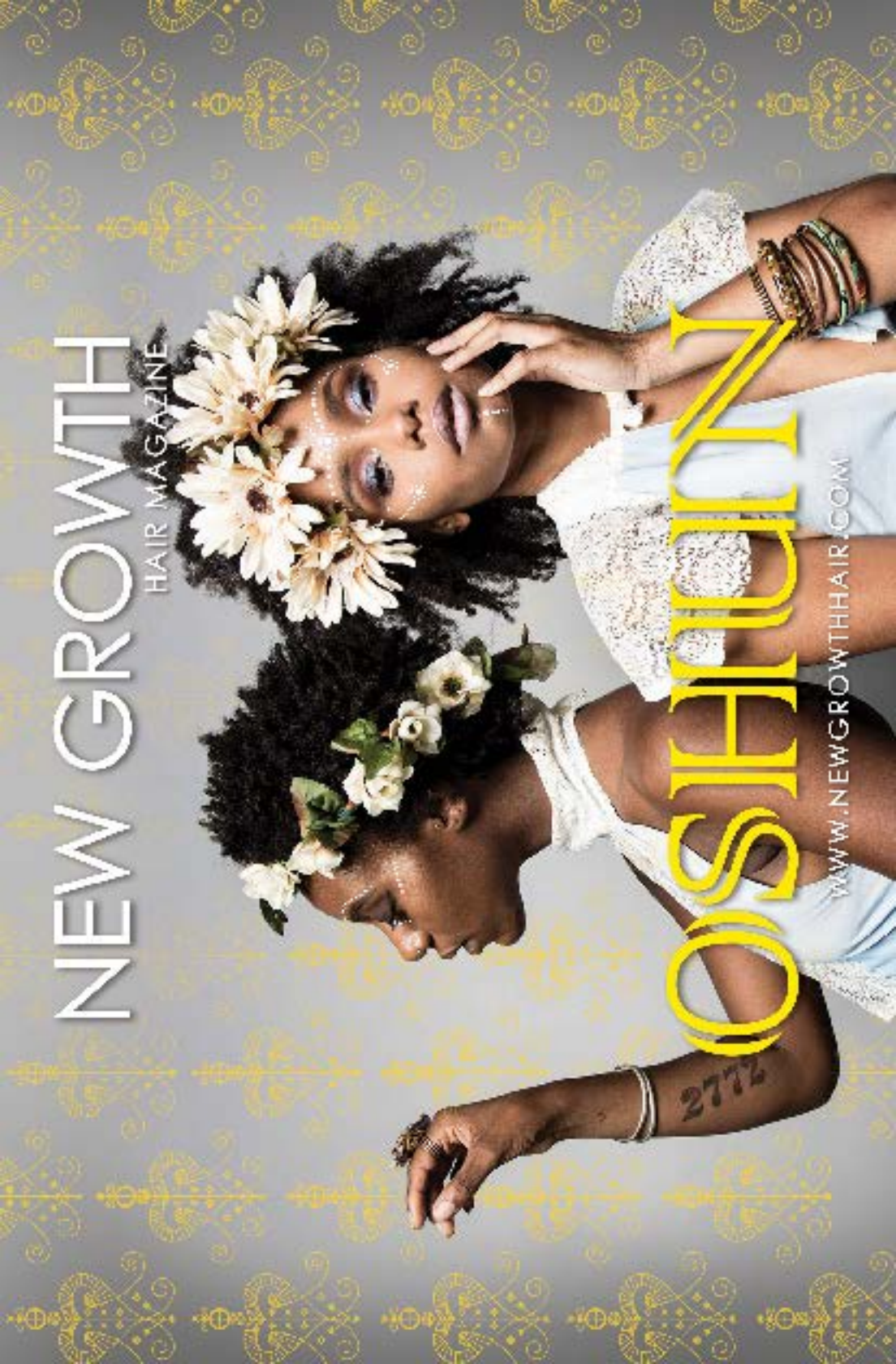


NEW GROWTH

HAIR MAGAZINE

OSHIUN

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NEW GROWTH CONTENTS

September 2016

- 
- 4,5 Queen Afua
- 6,7 Queens Clips
- 8,9 Make Black America Great Again
- 10,11 Kings Cuts
- 12,13 OSHUN
- 14 Queen Afua
16. Dr. Luv
18. Yvonne Pierre
- 20,21 Carolyn Malachi
- 22 OSHUN

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WOMB WELLNESS WITH

Queen Afua

By: Rashad Phillips

This spring, I learned that Queen Afua, a nationally renowned herbalist, natural health expert, and master teacher would be in Raleigh, NC for her Womb Wellness Tour. So, I traveled to Raleigh to have a conversation with Queen Afua. In addition to sharing Queen Afua's womb wellness message with our readers, I wanted to personally thank Queen Afua for helping me to understand women.

During a critical time in my life, I read Queen Afua's *Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit* and her book totally changed my view on women. I quickly learned that I was socially conditioned to think that women were confusing, materialistic, and sexually manipulative. After reading *Sacred Woman*, I learned some of the women that I've dated may have experienced some form of trauma that caused them to display negative behaviors but both men and woman are on a personal journey. Often times, we aren't aware of the progress or lack of progress our potential partners have made in their journey. *Sacred Woman* helped me easily identify women who are dealing with emotional trauma as opposed to women who are on a scared journey of healing and transformation.

In the African American community, men and women are dealing with various forms of trauma. We go into relationships looking to escape from our challenges to experience sexual ecstasy, but in most cases, relationships force us to face the issues that we've been running from. Queen Afua is on mission to heal our community so that we can live healthy lives, participate in healthy relationships, and growth spiritually. Below is my interview with Queen Afua about her mission to heal wombs, families, and communities.

Phillips: What is a sacred womb and how does a sacred womb speak?

Queen Afua: I'm so glad you asked that question, a sacred womb is a womb that is whole, vibrant and healthy. A sacred womb comes from a sacred woman. The womb is more than a sexual reproductive organ. When the womb and mind are open, our thoughts and womb are in alignment. When the womb and the heart are one, our feelings and womb are in alignment. The balance between our womb-mind and womb-heart reflects and

creates the physical womb that we have. When I use the term womb wellness, I am not referring only to a woman's sexual organ, I am talking about the health of an entire woman who has no disease in her womb. We have a large number of sisters who have fibroids tumors and cyst on their uterus; they have sick wombs that have become angry and wounded.

You can ask your womb questions such as: Why am I attracting the same type of men who keep making me stressed out? Why have I developed fibroid tumors





again? Our womb has an ongoing conversation with us. Often times, sick and angry wombs speak to us before, during, and after our monthly cycle. So if we're bleeding heavy during our cycle (7 days or more), then the womb is telling us we're losing life. Heavy bleeding means that you are losing your life force. Becoming a sacred woman is a process of healing your womb of disease so that you can live a peaceful life.

Phillips: How can a woman be sacred in a super sexual society like America?

Queen Afua: To be sacred is to be sensual, sexual, and in harmony with our sexuality. Being sexual means you look at yourself as a divine and powerful woman who uses the laws of attraction to manifest a man who is her reflection. For women to become whole, healthy, peaceful, and filled with love, we must become and embrace love. The journey of becoming peaceful and filled with love is a part of the process of becoming a sacred woman. Sacred women attract men who are in peace sexually, emotionally, psychologically, and mentally. Men who are fulfilled and filled with love see beyond a woman's vagina, they see women as powerful beings who are capable of giving birth to life, prosperity, peacefulness, and creativity.

Phillips: How does sex affect a woman's womb?

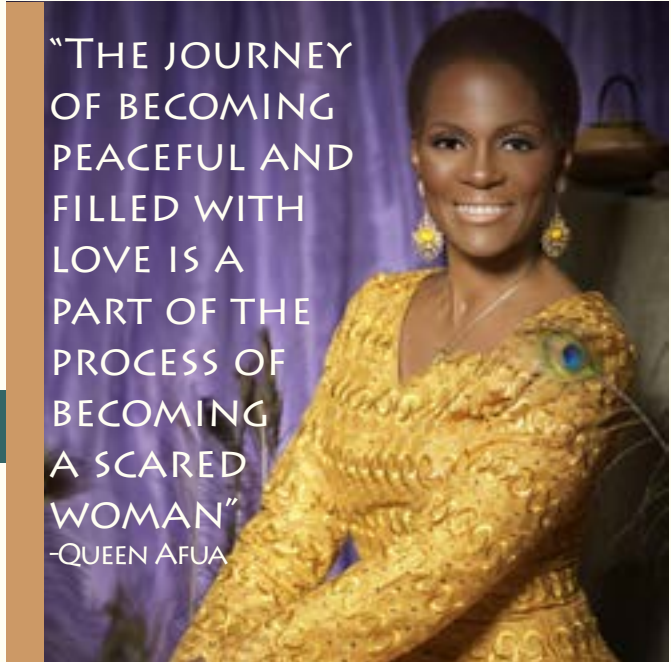
Queen Afua: Sex is a physical act that only allows you to share a portion of yourself. Love making allows you to connect with your partner on physical, emotional, mental, and spiritual levels. During love making, your entire being is present in the relationship. If a man is toxic and you are toxic, then you all will create a toxic relationship. Two healthy people create a healthy and balanced relationship.

At an early age, around 40 years old, men are suffering from erectile dysfunction due to eating fast foods, being overweight, and watching pornography. Women who accept these toxic men in relationships and into their bedroom are lowering their standards as women. Many of these women that lower their standards complain about not being able to reach orgasm. We have to elevate as women and encourage our men to elevate so that we can participate in relationships that are divine, whole, and beautiful. Orgasms are routine experiences in sacred love making which gives life to your womb

Phillips: How can women detox from toxic relationships?

Queen Afua: The first step to overcome a toxic relationship is to start the process of forgiving. During my Womb Wellness Tour, we put on a play called, "If your vagina could talk, what would it say?" Forgiveness is a theme of the play. At the end of the play

Continued on page 14



Queens of Clips



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By: Anthony Maxwell

"MAKE AMERICA GREAT AGAIN"

is Donald Trump's political slogan. Trump, the Republican Presidential Nominee's political slogan has caught on with the "silent minority" of angry white people in the Republican Party who despise the last three decades of transformation in America. In numerous speeches, Trump has told his followers that he will build a wall to keep Mexican drug dealers and rapists out of this country, he will bring jobs back, and make America respected in the world again. On a few occasions, Trump has attacked Obama for failing to improve economic and social conditions. Trump said "I will do more for the African American people in one year than Barack Obama has done in his seven years".

Besides this statement, Trump hasn't revealed any plans to "Make Black America Great Again". Based on the Clintons political track record, I doubt that they have a plan to improve our conditions. If Hillary had a plan, she probably deleted it along with the other 30,000 emails which were the subject of a FBI probe. If both presidential candidates don't have plans to improve our community, why don't we create our own plan? Do we need to wait on Hillary Clinton or Donald Trump to 'Make Black America Great Again'?

WHEN WAS BLACK AMERICA GREAT?

At the end of slavery, 80 percent of formerly enslaved Africans were illiterate and by 1940 only 12 percent of Black America was illiterate. In the late 1800s and early 1900s, black folks were the economic engine of Wilmington, NC, Durham, NC, Rosewood, FL, and Tulsa, OK. In less than 50 years after the end of slavery, black folks were