

The Baby Boomers Guide

The Baby Boomers Guide

to Common Herbs Workshop

A Division of **Faith Institute of Entrepreneurship, Inc.**

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The Baby Boomers Guide

The Baby Boomers Guide **to Common Herbs Workshop**

This is a comprehensive workshop that is simple enough for Baby Boomers to understand the common herbs that are available and their value in helping to implement an alternative healthcare lifestyle.



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Preface

The information contained in this workshop is not presented with the intention of diagnosing or prescribing, but it is offered only as information for use in maintaining and promoting health in cooperation with a physician.

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In the event that the information presented in this workshop is used without a physician's approval, the individual will be diagnosing for himself.

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Preface

A person who is interested in herbal medicines and alternative healthcare should consult a duly approved health professional first for any condition that requires their services.

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This information is not intended as a substitute for a qualified medical care professionals advice. The Food and Drug Administration (FDA) classifies herbs as food, not drugs.

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However, because many herbs have some medicinal values, the reader should seek a professional's advice first before diagnosing or prescribing for themselves.

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Today, more people are becoming interested in the field of natural health, organic foods and herbal products. As controversy over some prescription and over-the-counter drugs continue, individuals are seeking alternative methods of healing and staying healthy.

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Introduction

The use of natural remedies is increasing in popularity as people rediscover their natural health heritage.

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Introduction

The Bible mentioned herbs as coming from GODS divine wisdom and great love for man. It is believed that GOD has given us an herb for every know ailment that can afflict man, so our bodies will be healthy. In fact, many medical doctors are now recognizing the benefits of natural methods of treatment.

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Introduction

Scientific studies are being conducted involving nutritional approaches to healing. These studies confirm the healing benefits of some natural methods,

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Introduction

Herbalists see nature as a positive force in healing the body. Herbs, vitamins, minerals and natural remedies provide the body with nutrients to help the body avoid diseases and to aid in the body's effort to heal itself.

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Here are the five main benefits of herbs:

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(1) **CLEANSING** (Herbs help to cleanse and purify the body without side effects).

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(2) **NORMALIZING BODY FUNCTIONS** (Herbs regulate and tone the glands to function normally).

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(3) **EXTREMELY NUTRITIONAL** (Herbs are high in vitamins, minerals and other important nutrients that nourish and build the body).

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(4) RAISES THE ENERGY LEVEL OF THE BODY (Herbs allow the body to have extra energy to maintain good health).

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(5) **STIMULATES THE BODY'S IMMUNE SYSTEM** (Herbs help to promote the body's naturally occurring and beneficial bacteria).

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COMMON HERBS

The herbs are used in capsules or teas, unless otherwise indicated. Check with your physician or a medical professional first, before you decide to self-medicate with any herbal product.

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ALFALFA

Because Alfalfa is deep-rooted, it picks up the trace minerals in the soil. It contains eight essential digestive enzymes and eight essential amino acids of protein. It is very rich in vitamins and minerals including vitamin U for peptic ulcers. It helps with allergies, arthritis and morning sickness. Athlete use this herb for endurance & energy.

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ALOE VERA

Aloe Vera is very effective when used on burns and wounds. It contains allatonin which gives it healing properties. It is also good for digestive disorders and chronic constipation – especially in older people. It can be used for some internal and external virginal irritation.

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BARBERRY

Barberry helps to improve the appetite by promoting bile secretion. It will help to eliminate gas when used with other herbs. The tea is also used as a mouth wash and a low dose may help high blood pressure, as it dilates the blood vessels.

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BEE POLLEN

Because of its nutritional value, Bee Pollen is a good source of quick energy. It can be used for allergies, hay fever and asthma, as it helps the body to build resistance to allergens.

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BISTORT

Bistort is an astringent. It can be used as a mouth wash and gargle for gum sores, inflammation of the mouth, and sore throats.

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BRIGHAM TEA

This herb is an excellent Spring Tonic. It contains ephedrine (adrenalin) which stimulates the sympathetic nervous system which cause nervousness and restlessness in some people.

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CAMOMILE

Camomile has been used very successfully as a cleanser for those who have used drugs over a long period of time. The tea is good for digestive disorders and it tones the complete digestive tract. It can be used as a hair rinse to add luster to the hair. When used externally as a poultice, it has a drawing and cooling effect on the skin.

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CATNIP

Catnip is used to stop vomiting. For fever, use the tea as an enema. To sooth, relax and it to helps to dislodge congestion in the colon. Chew the fresh leaves for toothaches. Catnip elevates the mood and gives one a feeling of well-being.

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CAYENNE

Cayenne has been recognized as one of the greatest of all herbs, not only because it helps the digestive system, but it also helps the circulation as well. It has been known to be an excellent remedy for hemorrhoids. Extract of Cayenne is especially good used as a linament for headaches, rheumatism and muscle aches. A small amount of powder sprinkled in your shoes in cold weather will keep your feet warm.

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CHAPARRAL

Chaparral is an astringent and is used external for sores and wounds,

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CHICKWEED

Chickweed is used as a poultice for rashes and sores. High in vitamin C, it helps to liquify and remove mucous from the respiratory tract. It also helps to dissolve fat in the body. It may also be used as an external scrub for acne.

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CHLOROPHYLL

Chlorophyll may be taken internally to remove body odors. It can also be used as a gargle for sore throats and bad breath. It has high calcium and iron content. Iron is necessary for glands to receive sufficient oxygen.

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COMFREY

Comfrey is high in Potassium, Vitamin A and Calcium. The allantoin in Comfrey is the same ingredient that is in Aloe Vera. It is soothing to the gastrointestinal tract. It acts as a mild laxative. Poultices of comfrey are very beneficial for wounds, sprains, sores and inflammation.

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DANDELION

Dandelion acts as a tonic for the system. It destroys acids in the blood. It contains organic sodium and it is good for anemia caused by a deficiency of nutritive salts and it is recognized as a blood builder and purifier. It has been recognized as a liver cleanser because it is very high in calcium and other nutrients. It is a great gentle laxative when used as a tea.

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DON QUAI

This herb acts as a mild laxative as it lubricates the intestines. It has been helpful in eliminating dry skin problems by moistening and softening the skin. It gives nourishment to the brain cells as it is high in vitamin E and B12.

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ECHINACEA

Echinacea is one of the best cleansers for the lymphatic system. It has been known to help to reduce fever and infections. It helps to build the immune system. It is effective against bacteria and viral infections. It is a non-toxic cleanser of the body.

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EUCALYPTUS

Eucalyptus is an antiseptic which makes it good for wounds. One teaspoon of the oil in 1 cup of warm water, then rubbed into the skin, makes a powerful insect repellent. For coughs and for expelling mucous, it is as effective as some of the best over the counter medicines.

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EYEBRIGHT

Eyebright has been used for all kinds of eye ailments, and it has been known to strengthen the eyes and improve eyesight. The tea may be used as an eye wash or the herb may be taken internally.

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FENNEL

Fennel has been used to help improve eyesight. It also helps to normalize the appetite, reducing gas, acid stomach, gout, spasms and morning sickness. It is also considered to be an obesity fighter and a very good liver cleanser.

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FENUGREEK

Fenugreek is an intestinal lubricant and helps to heal sores and ulcers in the stomach and the intestines. It can also be used a poultice for wounds and inflammation. It helps to expel mucous from the sinuses and helps to prevent migraine headaches.

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GARLIC

The antibiotic action of Garlic is very similar to penicillin and just as effective if taken in large enough doses, but only the harmful bacteria are destroyed. Garlic also cleanses cholesterol from the blood stream. It also stimulates the digestive tract.

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GINGER

Ginger is used as an antacid because it blocks the breakdown of pepsinogen to pepsin – pepsin irritates the tissues and causes peptic ulcers. Add 3 to 4 teaspoons to bath water and it will help rid the body of waste and toxins by opening the pores. Ginger is also especially good for colon gas when taken before each meal.

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GINKO BILOBA

Ginko Biloba may be of benefit in cases of mental performance including: short term memory loss, vertigo, headache, lack of vigilance and depression, It is now one of the leading prescription medicines in both France and Germany. It contains flavonoids that play n important role in improving the body's vascular system.

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GINSENG

Excellent for building resistance against stress, both mental and physical, Ginseng strengthens the endocrine glands which include the metabolism of vitamins and minerals. It builds vitality and resistance to slow the aging process. It contains steroids similar to estrogen. According to Russian studies, a high level of physical, spiritual, emotional and mental endurance has been attributed to the widespread use of Ginseng.

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GOLDEN SEAL

The antibiotic action of Golden Seal is similar to Tetracycline and Streptomycin. It also contains Hydrastine which is the same ingredient in Visine. This herb has been attributed to helping in cases of circulation, diabetes, infections, sinus congestion and sore throat. Golden Seal acts like natural insulin and provides the body with the nutrients to help produce its own insulin. It eliminates toxins throughout the body and it can be used for all infections.

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GOTA KOLA

Gotu Kola is known as the “Brain Food” or the “Memory Herb” as it improves the memory and helps to retard the aging process by stimulating circulation to the brain. It helps to rebuild energy reserves and stamina. It is available for the treatment of depression and mental problems. It not only helps with memory, but it also helps to increase vitality. It helps to relax the nerves.

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HORSERADISH

Horseradish promotes digestion. Externally it can be applied to wounds, old sores, swelling and tumors as a poultice. It has high vitamin content. It helps to reduce hoarseness in the larynx. When mixed with vinegar, it can be applied to the skin to remove freckles.

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HORSETAIL

Horsetail is used to heal stomach and intestinal ulcers because of its astringent action. It strengthens the hair, fingernails and teeth enamel. It has a high Silica content that helps the body to assimilate Calcium.

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HYSSOP

Hyssop expels mucous from all parts of the body. Use the tea as a gargle for sore throats. Valuable for asthma. It can help to regulate high and low blood pressure. It can be used as a poultice on bruises. For toothaches, boil the herb in vinegar and rinse the mouth. The mold that produces Penicillin grows on Hyssop leaves.

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JUNIPER

Juniper helps to dilate the bronchial tubes, as it is an antiseptic. Juniper Berries are especially helpful in urinary problems. It is one of the best diuretics known. It can be used as a disinfectant, It is excellent for preventing diseases. Teas of the berries can be used on insect bites and bee stings.

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LICORICE

The tea is used for Laryngitis and will restore the voice. It is also good as a mild laxative. Licorice helps to expel mucose from the reparatory tract. It contains Estroil, an Estrogen. It contains nutritive and laxative properties. It is good or colds, flu, coughs and lung congestion. It is helpful for the voice muscles to heal hoarseness and throat damage.

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MYRRH

It is an antiseptic which makes it good for sores and wounds. For throat and mouth sores, use as a gargle and mouthwash. Also use as an extract for inflamed gums, canker sores and thrush. Taken internally helps bad breath and sinus problems.

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OAT STRAW

Oat Straw is very high in Silica and helps the body to assimilate Calcium. It helps to build strong fingernails and helps to eliminate split ends of the hair.

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PARSLEY

Extremely high in iron, Parsley helps to reduce arthritic pain because of its high nutritive value. It has more iron than any other green vegetable. It will also bring down a fever. Parsley helps to take away the odors on the breath caused by Garlic or other strong herbs. It is one of the best diuretics.

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PASSION FLOWER

This herb can be used to help treat headaches caused by nervous conditions and it also can help to calm Asthma caused by stress.

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PEACH LEAVES

Peach leaves boiled in water can be used as a laxative, to help stop morning sickness, vomiting and water retention. Peach is best used as a diuretic and a mild laxative.

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PENNYROYAL

Pennyroyal used as a poultice can relieve burns. It contains an oil that helps to relieve headaches when it is inhaled.

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PEPPERMINT

Use in a tea form for digestive disorders. Peppermint is especially good for the nervous system, It acts as a mild sedative if taken before going to bed. It also is effective for itching skin when used in a bath

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PLANTAIN

Plantain is used as a poultice on all kinds of skin ailments. Rub directly on rashes caused by stinging nettles and poison Ivy – Oak. It can be used for bites, burns, rashes poisonous spider bites and snake bites,.

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PRIMROSE

Primrose acts as a stimulant to the bronchial tubes and stomach. It is an antispasmodic. It neutralizes over-acidity in the body. It is best used in an oil.

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PSYLLIUM

Psyllium helps to lubricate and heal the intestinal tract. It also moistens and acts as a bulk agent. It is sold in stores under the name Metamucil.

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PLEURISY ROOT

Pleurisy Root is used to relax the capillaries. It is used in some lung related problems.

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ROSE HIPS

Rose Hips is an excellent source of natural Vitamin C. It is used for infection and cleansing toxins from the body.

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SAFFLOWER

Safflower prevents and helps to eliminate the buildup of Uric and Lactic acid in the body which causes Gout. It alleviates fatigue and muscle cramps after exertion or exercise. It is similar to Camomile in action and uses.

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SAGE

Sage contains a volatile oil and it is use by dentist to decrease saliva. It also helps to eliminate spasms of the gastrointestinal tract.

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SARSAPARILLA

For rheumatism and gout. Acts as a diuretic. Sarsaparilla contains hormones for both male and female. It also contains the male hormone testosterone, an important ingredient for growing hair. When used with Ginseng, it helps to eliminate acne due to hormone imbalance in teenage boys.

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SAW PALMETTO

Saw Palmetto contains the enzyme lipase, which helps to break down fat. It also helps underweight people to gain weight. It acts as a regulator of weight and also hormones.

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SKULLCAP

Since Skullcap is an antispasmodic, it is one of the most effective nervous system relaxants. It also helps to decrease sex desire.

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SLIPPERY ELM

Slippery Elm can be used both internally and externally. Because of its mucilage properties, it coats the digestive tract, aids in healing inflammation and it is very soothing for ulcers. It can also be used for diarrhea and nausea. It heals and soothes inflamed or irritated areas of the body. It is equal to oatmeal in vitamin and mineral content

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ST. JOHNS WORT

St. Johns Wort is fast becoming a popular alternative to the commonly prescribed anti-depression drugs. German studies have shown that St. Johns Wort helps those suffering with mild to moderate depression, with fewer side effects of the most prescribed drugs. In Germany, more than 50% of depression, anxiety and sleep disorders are treated with St. Johns Wort compared to only 2% of the most popular drug used in the USA.

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TAHEEBO

High in iron, Taheebo is a detoxifier. It puts the body in a defensive state to give it the energy it needs to defend itself and to help resist disease. It seems to be most effective when taken in a tea. It is especially good for helping to control pain associated with Cancer.

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THYME

Thyme helps to expel mucous from the digestive, the respiratory and the urinary tracts. It helps to prevent the buildup of kidney stones. It can help to prevent migraine headaches and clear the sinuses when used with other herbs.

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TURKEY RHUBARB

Because it keeps the stool soft, it helps to alleviate hemorrhoids. It also acts as a mild laxative.

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UVA URSI

Used for chronic urinary problems, this herb can be safely used on a continuing basis and in high doses.

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VALERIAN

Valerian has a most healing and relaxing effect on the nervous system and in reducing anxiety, tension, hysteria and stress. It is very quieting and calming, and it will help to induce sleep and help to reduce nervousness. The prescription drug Valium is synthetically made from Valerian Root.

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WHITE OAK BARK

This herb is both an astringent and a tonic. It is useful in stomach problems, especially sour stomachs and heartburn. Because of its pain relieving properties, it is mostly used for minor aches and pains. Tannic acid is the active ingredient. White Oak Bark is good to harden the gums prior to the fitting of false teeth and dentures. It will set loose teeth and also heal most sores in the mouth.

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WILLOW

Willow contains salicin which is the main ingredient in Aspirin.

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WINTERGREEN

Most effective as an oil, Wintergreen contains Salicylic Acid and when combined with Acetic Acid (vinegar), it has the same properties as Aspirin, making it good for pain and headaches.

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WITCH HAZEL

Used as a mouthwash for bleeding gums, and after tooth extraction.
Use as a tea or as a gargle for sore throat.

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WOOD BETONY

Good to heal old sores. Relaxes the whole nervous system.

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YARROW

Yarrow is good for clearing mucous discharge from the bladder. It will help to produce perspiration by opening the pores. It contains steroids and it can be used as a shampoo to help baldness.

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YELLOW DOCK

Yellow Dock acts as a natural iron in the system. It is especially good as a blood purifier and body cleanser. It is helpful for ulcerated eyelids and for itching. It can be used internally or in a bath.

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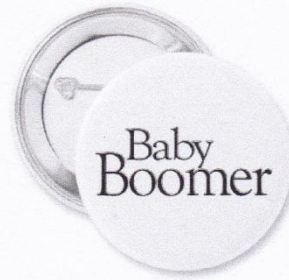


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YUCCA

Used for its cleansing and detergent properties by the Yucca Indians, it is an excellent hair shampoo. Yucca contains Steroids and therefore, it is used to reduce inflammation from the joints.

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<http://www.staffdevelopmenttrainer.com/WorkshopsGO-UNLIMITED.html>



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Edgecombe County Public Schools,
Friends of Mississippi, Jacksonville Mississippi
Westside Youth Opportunity Center, Baltimore, MD
NW Piedmont Council of Governments,
Piedmont Mediation Center, Statesville, NC
City of Wilmington, North Carolina Police Dept.
CCAP, Inc., Fayetteville, NC
Davidson County Community Action, Inc.
First State CAA, Milford, DE
Jericho Reentry Program, Baltimore, MD
McDowell County Public Schools
Phoenix Rising, Inc., Fayetteville, NC
SCCADA - Tyler, TX
SER of Houston, TX
The Raw Program—Durham, NC
Warren County Youth Services
NAACP, Statesville, NC

United Planning Organization, Washington, D.C.
Prince Georges County Parent Liaison,
Ballou High School, Washington, D.C.,
Cheraw South Carolina Family Workshop
Communities in School - Pitt County
Communities in School - Wilkesboro, NC,
Richmond Public Schools
Wayne County Public School System,
Project Build, Raleigh, NC.
Operation Breakthrough, Raleigh, NC,
Wayne County Board of Education,
United Way Tar River Region,
Cincinnati Hamilton CCA
Black Chamber of Commerce - Bakersfield, CA
Prince Georges County Detention Center,
Graspp / United Way, Rocky Mount, NC
Goldsboro YMCA
Johnston County Public Schools
New Vision Training Center, Richmond, VA
PG Cty Office of Family & Community Services
Service Source Program, Alexandria, VA
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