

QUEEN AFUA



Queen Afua is a holistic health practitioner, wellness coach, and bestselling author whose work has helped shape contemporary approaches to self-care and nutrition. A pioneer of the green foods movement, she is the creator of the Heal Thyself product line and has spent more than forty years teaching holistic health as a path to empowerment.

Her first book, *Heal Thyself: For Health and Longevity (1987)*, became a bestseller and introduced many readers to the principles of green foods, nutrition, and self-care. Through love, wisdom, and sustained advocacy, Queen Afua has become an influential figure in holistic wellness, inspiring individuals to embrace health, vitality, and self-determination.