



An Adventure: Holistic Health & Wellness

The journey to holistic health and continued wellness should not be thought of as a chore or a burden. Instead, it can be thought of as an adventure without a finish line, a continuous hike on a trail, or an exciting challenge.

People tend to seek health when they are in pain or suffering. Their journey may be fueled by their illnesses or distress. I am grateful I began seeking health before I became physically ill or impaired, but I was

overweight and taking medication for thyroid and cholesterol when I began learning how to eat healthy food and exercise regularly. I spent my life creating my unhealthy state, and I realistically knew I would have to spend

KNOWLEDGE

Photo: Marilyn Pierce



some time turning those bad habits into healthy habits. It took consistency, team support and years of change and discovery to reach my current healthy state. I wrote a book in 2014 published by Black Card Books called [Ground Work Before Pound Work](#) and it describes my long journey to reach health and how I lost 130 pounds along the way. For over ten years I have sustained my health and my weight loss. I continue to eat a healthy diet and I exercise almost every day. But I realize that there is always another step to take or a way to level up. I will be sixty years old soon, and I wanted to begin my sixth decade with a good running start of information and direction. I wanted to be already hiking the trail in the right direction by the time I reached my 60th birthday so I sought the help and guidance of experts and coaches to create a plan.

Atlanta is ground zero in the fight for medical cannabis and I requested a consultation with Oskii Woskii who is an herbal alchemist and the founder and CEO of [uHy Holistic LLC](#). Oskii comes from over 25 years of cannabis experience and three generations of Jamaican agriculture, holistic plant-based healthy living and naturopathic medicine. There is kindness and passion in his eyes and knowledge in his genes. I was familiar with case studies of people he had cured and was currently treating. Join me as I bring you just a small part of the remarkably informative consultation I had with Oskii.

The Consultation



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Photo: Marilyn Pierce & Oskii Woskii

Marilyn: Since I first met you and we talked, I have made some changes in my life. You inspired me to start juicing again and I've begun composting. I also now begin my day with a warm cup of water with fresh lime and the first thing I am eating every day is something plant based. But I am addicted to sugar, and I struggle daily. What do I need to do to overcome my sugar addiction?



Oskii: Sugar addiction, nine times out of ten, is related to the parasites that live within us. Unless you've been flushing, fasting and detoxing, then these parasites are powerful and can work like a brain to create cravings. Sugar creates the parasites and then the parasites create cravings

and date sugars. Use a cashew butter with a little honey and nutmeg, or a quality brazil nut mixed with coconut oil or avocado oil rich with omega 3 fatty acids. Slather that on some ground dates with a dash of vanilla and put it in the freezer, to create a fatty sweet vanilla treat. Consider coconut oil pulling to detoxify and counteract long term sugar deterioration and damage. Also, dates in the morning on an empty stomach

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that seek more sugar. Fasting is one way to reboot and reset the system. Another option to consider is a parasite cleanse or something I coined my own phrase for, an "endorphin swap." This is a method I created that pleases sugar cravings by swapping them with a plant based healthy sugar. (Oskii Tip) An easy to find plant based sugar swap is dates

will kill intestinal worms and other parasites.

Marilyn: What are the main things I need to do to live longer and live well. I started my health and wellness journey when I was about 300 pounds, sedentary, not exercising, and on my way to disease. I'm looking at 60 soon, how do I level up for a healthy long

life?

Oskii: As healthy as we are, we are still living in an unhealthy environment.

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At your age, you want to emphasize protection and prevention of the age-related illnesses like Alzheimer's, arthritis, menopause, and inflammatory issues. The vitamins and minerals we need can be found in food we prepare for ourselves using herbs as well as cannabis. The most important advice I would give is to be patient and open to what food and blends of herbs work for you to feel your best.

Marilyn: If you were to recommend the best book to use as a guide to a plant based holistic lifestyle what would it be?

Oskii: The Kemet Diet by Muata Ashby which actually has three parts: mind, body and soul. The diet is the body part.

Marilyn: What tools do I need to create and prepare delicious holistic plant based food?

Oskii: I'm Jamaican, I love to eat delicious rich food. A food processor, an air fryer, and a dehydrator are the

best tools to have. You can shop for and cook tasty vegan food in bulk, and you will spend less time and money to eat healthy and holistically. For example, one five-pound bag of dried chick peas can be prepared and cooked to last for a month. You can create chickpea dishes such as hummus, falafel, and maybe chickpea burgers to put in the freezer. We can get fresh produce and prep and cook in bulk, dishes like: mac and cheese, soups, chili, baked bread items, veggie burgers, meatballs, stews, and so much more. By prepping our produce and food products in advance and using the tools we listed along with modern freezers, which we all have in our homes, we can spend less money and with practice less time creating pure holistic vegan food. What we are doing is actually processing our own delicious and holistic plant based foods. And all these meals taste better when reheated too.

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Marilyn: I'm also addicted to cheese. Can you help?

Oskii: Remember, what the brain is looking for are the tastes of salt, fat, and sweet. You can trick the brain and swap endorphins by using plant based foods. For cheese, use a food

processor and raw soaked cashews to make vegan cheese products. Changing the amounts of nutritional yeast, lime juice and salt, you can create vegan cheese products from creamy to sliceable. Depending on how much you dilute with coconut milk, or water, you can create a creamy sauce to a cream cheese texture. Lime juice and yeast create the tart and the sharp. If you add a thickener to solidify it, you can add peppercorns or sundried tomatoes and have sliceable delicious cheese to use however you want.

Marilyn: Thank you Oskii, I have



learned so much and want to know more.

Oskii: You are welcome, I hope you have what you need to get started.

ABOUT THE AUTHOR/INTERVIEWER

Marilyn Pierce is the author of *Ground Work Before Pound Work, Creating Life Changes from the Inside Out*. This book was written to share her personal journey to find health and wellness as well as how she achieved her significant weight loss of 130 pounds.

Marilyn has been a Registered Nurse for over 30 years. She is a speaker and contributor to *Beautiful Nurses Magazine*, as well as other freelance writing work. Marilyn is the Executive Producer and co-host of the *Radio Show Live Life In The Purple* with MLuv on the IBNX Radio Network in Atlanta (find us on iHeart). She also enjoys music, nature, hiking, reading, playing guitar, and song writing.



Connect with the Author



www.GroundWorkBeforePoundWork.com

ABOUT THE INTERVIEWEE

uHy holistic specializes in organic and mostly vegan full spectrum hemp based naturopathic medicine and Life Enhancement supplements. Their expertise extends over 25 years including cannabis experience, as well as over three generations of Jamaican agriculture and naturopathic medicine. They make an effort to grow or source their organic materials locally wherever they can. When sourcing they only use reputable sustainable companies.

In ancient times, their craft would be called Alchemy, the precursor to chemistry. Though they preach and believe prevention is better than cure, like the great Dr. Sebi and others, they also believe the plant kingdom has food and medicine capable of healing every ailment known to man.

They work vigorously and field test with medical doctors who recommend and support naturopathic medicine. As a service, they consult their patients from nagging to terminal ailments. Then, they take the information to their forest laboratory and craft organic full spectrum hemp based herbal and/or food compounds specific to the individual. They also provide holistic herbal detox programs for specific ailments like chemotherapy recovery, blood pressure regulation and others.

Their consultation services include nutritional education to

increase patient results, fitness professionals who design patient exercise regimens, patient treatment follow ups, cannabis education, cannabis education for caregivers and patients, urban gardening start-ups, and children's gardening courses. Their urban agriculture curricula teaches students, residents, and/or patients how to produce and harvest food and herbs to improve their health with limited space and resources.

Overall, the industry is huge and flooded with fluff and inexperienced players. Again, they enter with over 25 years of cannabis experience, as well as over 3 generations of Jamaican agriculture and naturopathic medicine. While most are experimenting, this is nothing new to them. They are a company that works to uplift communities and educate its residents on how to achieve optimal health, no matter their incomes. Their master craftsmanship provides a refuge for patients when nothing else works.

