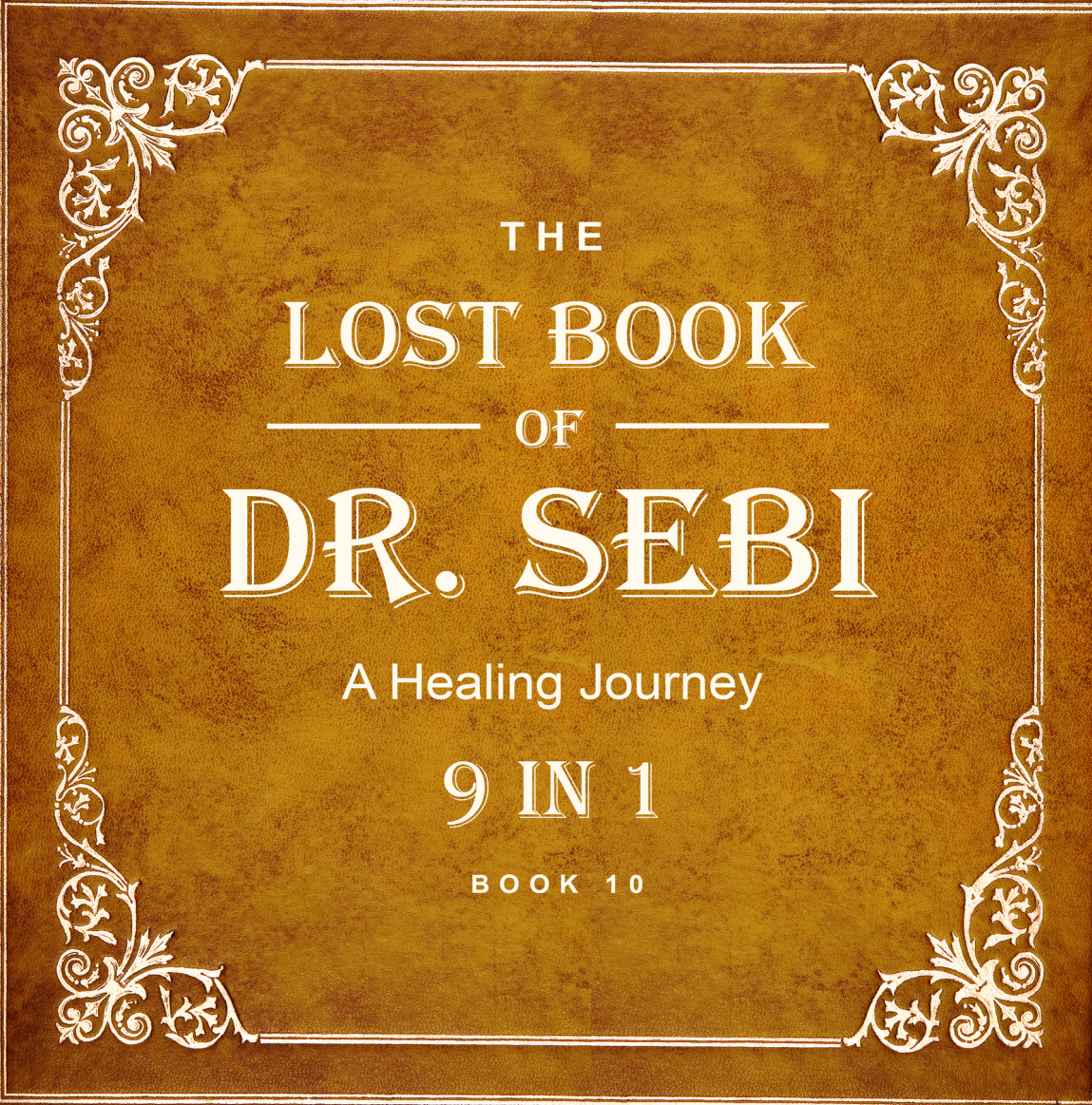


THE
LOST BOOK
— OF —
DR. SEBI

A Healing Journey

9 IN 1

BOOK 10



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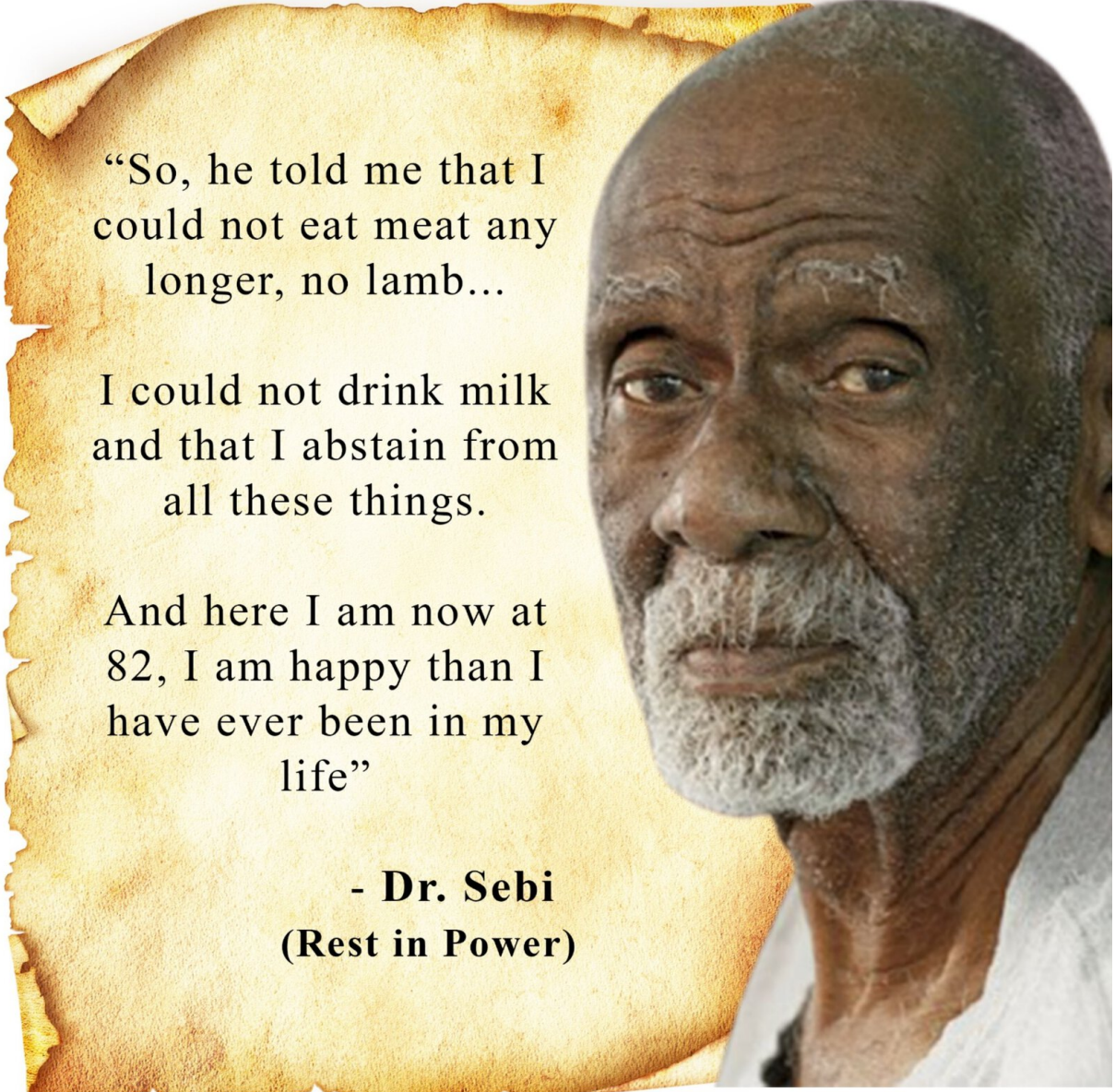
**The Big Book of Dr. Sebi 9 in 1: Sebi Teachings,
Alkaline Diets, Nutrition, Health, Food List, Recipes,
Meal Plan and More...**

With Bonus Planner, Tracker and Starter Kit

Kerri M. Williams



www.alkalineveganlounge.com



“So, he told me that I
could not eat meat any
longer, no lamb...

I could not drink milk
and that I abstain from
all these things.

And here I am now at
82, I am happy than I
have ever been in my
life”

- **Dr. Sebi**
(Rest in Power)

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DEDICATION

To the only one healer who spoke the truth, preached the truth and lived and died for the truth. Rest in Power, Dr. Sebi.

JOIN OUR COMMUNITY

Join our community of growing enthusiasts committed to the lifestyle. Also, we occasionally run discount promos for our books and other resources, and you'd be pleased to sign up to our exclusive list to get access for free. It's an amazing and growing community where we share tips and resources to help in our journey towards healthy living. [Click here](#) to sign up for free.

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[Veggie-Ful Smoothie](#)
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[HERBAL TEA RECIPES](#)

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[Colon-Gallbladder Cleansing tea](#)

[Colon-Gallbladder Cleansing tea](#)

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ABOUT THIS BOOK

I was diagnosed of high blood pressure in April 2015. I was barely 30. Blood pressure readings were fluctuating in the range between 169/110 mmHg to 145/100 mmHg. I was placed on 20 mg Nifedipine and 200 mg Labetalol twice daily. I practically lived with Hypertension even while on medication. I felt I was never going to get cured of it. I asked myself, “why me? I mean, I’m not that old?” I was taking my meds but my blood pressure only seemed to improve in the mornings on waking up. My day-time and night-time blood pressure readings were still overboard despite medicating. And I wondered if the drugs actually worked. I had to approach my Doctor a year after for a change of meds since they seemed not to be working. Prescription was changed, and still not a significant improvement was noted. The major problem was my systolic BP.

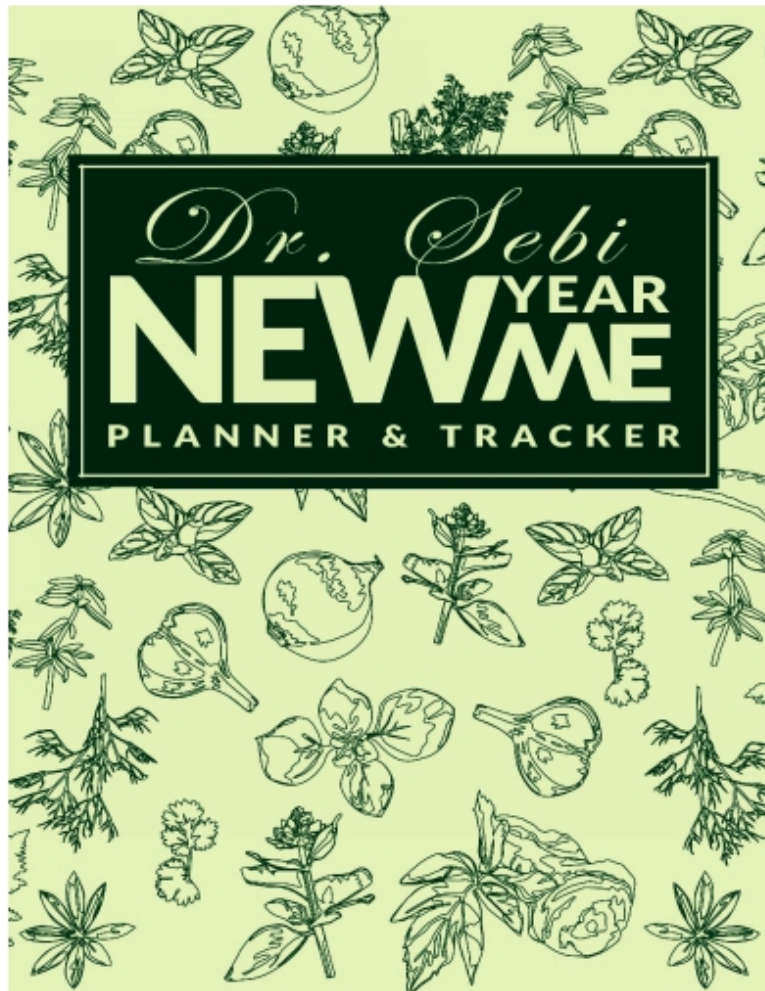
I was propelled to do quite a lot of research. I subscribed to several journals to read. I was very diverse in my research, ranging from the American Journal of Clinical Nutrition to the Lancet (which had a quite a great number of articles on nutrition and medicine), and a half dozen others. To my greatest surprise, I read a startling study reporting that Systolic BP was a major marker for arterial hypertension. So, I reasoned, if we could get the systolic under control, the diastolic practically shouldn’t be a cause for major concern. So, in my quest for true natural healing – to completely change the course of my health and reverse my high blood pressure, I discovered Dr. Sebi and his teachings. And ever since then, my life has never remained the same.

In 2017, I followed the Dr. Sebi diet religiously and in exactly 18 weeks, I got my blood pressure reversed to 112/72. Not only was my blood pressure lowered, Cholesterol (HDL) and Lipoprotein

markers also improved. I lost about 26 pounds (11kg) in those eighteen weeks as well. My readings have been normal ever since. This is despite going on cheat days (unfortunately), but I still try to make my diet at least 95% Dr. Sebi approved. It wasn't quite easy when starting out – especially with the strict restrictions but I wouldn't trade anything for my health and peace of mind.

Ever since, I have felt better and happier. My mood has improved a lot and I feel I could conquer the world. I have never felt better today than in my entire life. Today, I have no more bouts of headaches (except rarely on extremely strenuous days). I now think clearly, with better focus and concentration. There is so much more to really truly enjoy life in health and wellness. You get to spend and enjoy better quality time with friends, family and loved ones. You find it easier to complete daily tasks (compared to prior, where I would get overwhelmed from very little basic tasks). I always felt tired with headaches and muscle pain. There were days (sadly) that I felt suicidal too. I have since followed with enthusiastic interest our growing knowledge and understanding of the role of diet in health and disease. I have documented my progress. We are now aware of how diet, the gut colon and others contribute to or even cause disease. And we are grateful to use this knowledge as a tool for true, natural healing. It's really been a testimony. I was healed by Dr. Sebi's diet and I feel so motivated to preach the gospel and share it. We cannot afford to let his legacy die. Although, he is no more with us, he still lives with us. Thank you Dr. Sebi.

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Dr. Sebi New Year, New Me
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EXCLUSIVE RECIPES AS BONUS 2**

Chapter 1

Dr. Sebi – the Man, His Life and Teachings



Dr. Sebi (real names: Alfredo Darrington Bowman) was a Honduran herbalist, naturalist and healer. Although, he didn't have formal medical training, he helped a lot of people cure the most serious health conditions. His secret was an alkaline electric based diet and herbal remedies. Born in 1933, Dr. Sebi learned from his grandmother, "Mama Hay," and subsequently, in curing himself of diabetes, asthma, and impotency with a herbalist in Mexico. After getting healed through herbs, Dr Sebi created his unique line of natural cell food compounds that he used for cleansing and revitalization. Dr. Sebi's approach to disease relies on the theory of the African bio-mineral balance and herbal remedies to cleanse and detoxify the body, returning it to its previous intended alkaline state – a state which is free from disease.

About the name – Dr. Sebi

Dr Sebi was self-educated herbalist and naturalist who healed many chronic patients and those patients had proclaimed their unbelievable healing experience with Dr. Sebi's healing methodology.

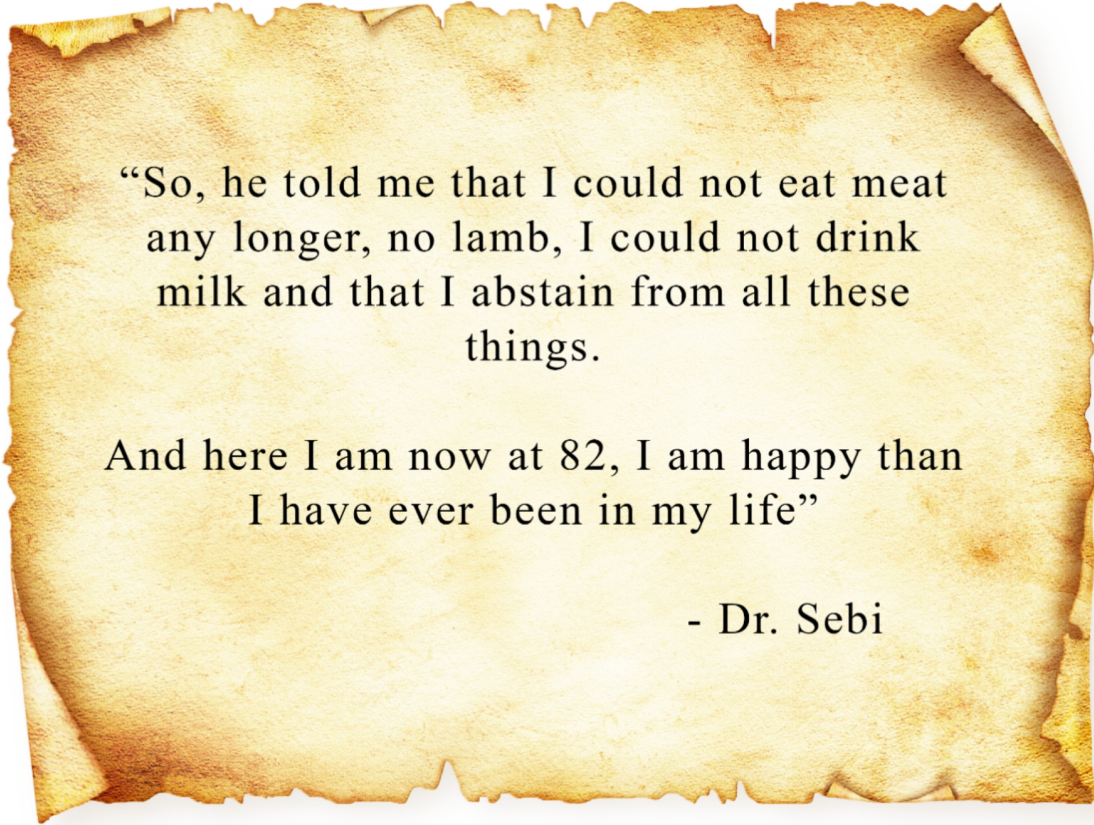
His wife Maa gave him the name Sebi and locals began calling him Doctor Sebi after they saw him heal fatal illnesses.

Dr. Sebi on His Healing in Mexico

Dr. Sebi developed his healing methodology after an herbalist in Mexico helped him cure him of asthma, diabetes, and impotence.

After he had the chance to get treatment from the herbalist in Mexico, the herbalist advised Dr. Sebi to avoid foods such as meat, lamb and milk. It cured him and he lived for more than 82 years.

Hear Dr. Sebi Speak:



“So, he told me that I could not eat meat any longer, no lamb, I could not drink milk and that I abstain from all these things.

And here I am now at 82, I am happy than I have ever been in my life”

- Dr. Sebi

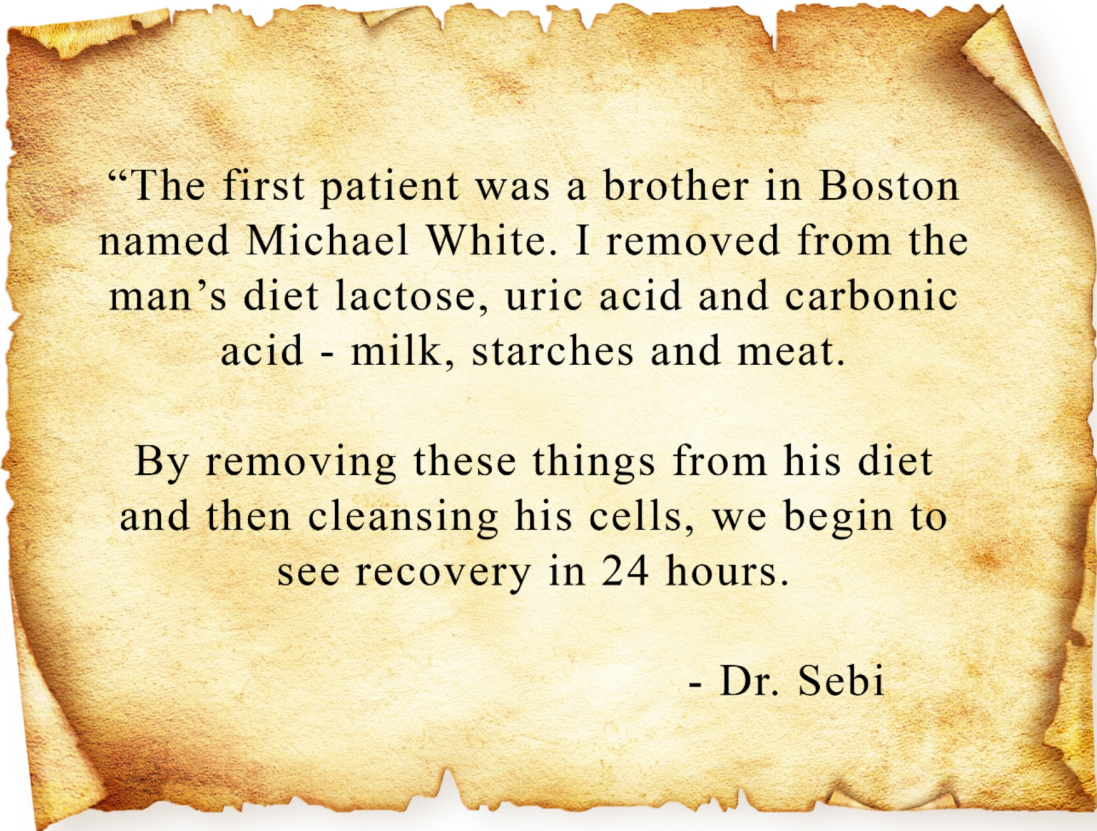
Although he had some basic knowledge of herbalism, it was after his visit

to the Mexican herbalist that made him realize that even the most serious health conditions could be avoided or treated with a change of diet and herbal remedies. He has helped quite a lot of people who were written off by conventional medicine.

Dr. Sebi on his First Cure

Dr. Sebi spent decades studying the plants and herbs of North, South and Central America, Africa and the Caribbean. After the successful treatment from the herbalist, Dr. Sebi researched on herbs all over the world and finally he found medicines which could treat diseases like Herpes, AIDS, and many others termed “incurable.” At the very beginning, he treated his own brother Michael White who lived in Boston. Dr. Sebi recommended him a diet free from lactose, uric acid, carbonic acid – which were milk, meat and starches in that order. After removing these from his diet, he was able to cleanse his cells and he began to see recovery. He subsequently cured many others including around 13 patients who suffered with AIDS.

Hear Dr. Sebi Speak:



“The first patient was a brother in Boston named Michael White. I removed from the man’s diet lactose, uric acid and carbonic acid - milk, starches and meat.

By removing these things from his diet and then cleansing his cells, we begin to see recovery in 24 hours.

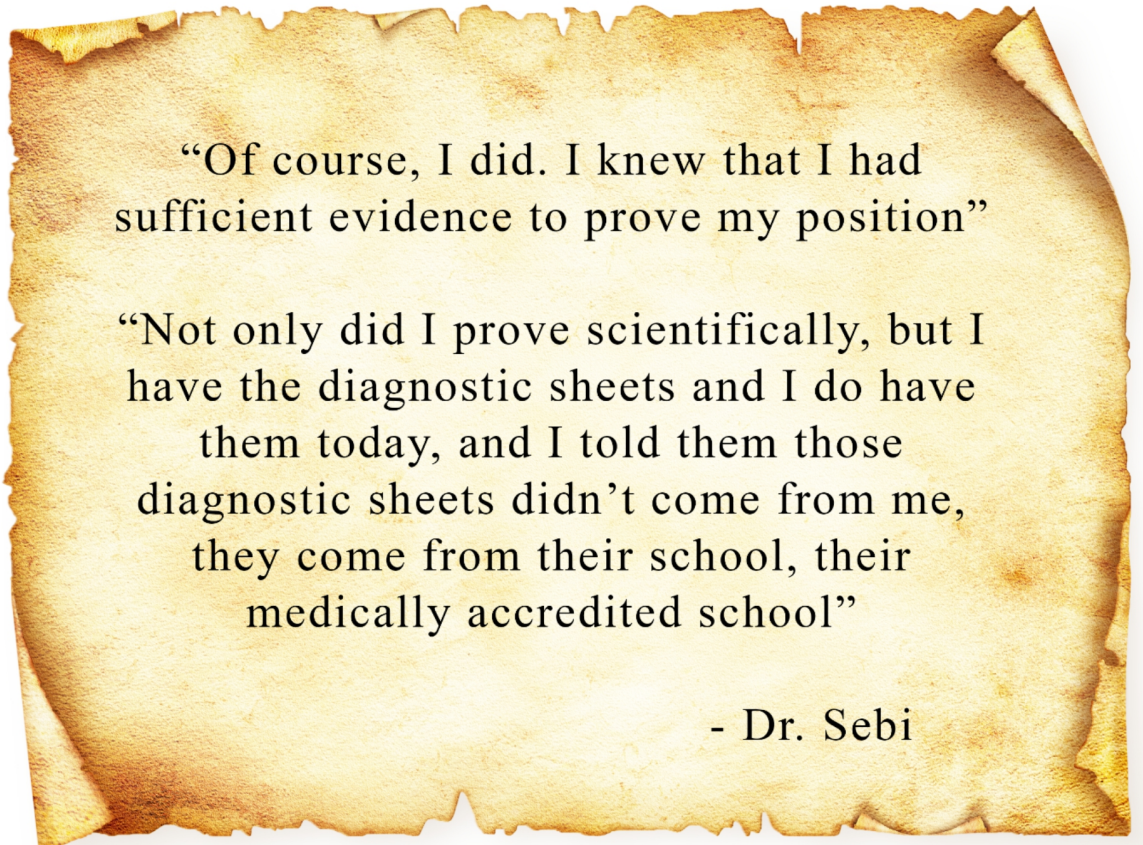
- Dr. Sebi

Dr. Sebi on the Federal Allegations

When his healing method became well known world-wide, Dr. Sebi opened up healing practices first in Honduras, followed by New York and Los Angeles. Dr. Sebi owned an institute which treated Herpes, cancers, AIDS, sickle-cell lupus, blindness and other diseases and he did several advertisings. So, in early 1980, the food and drug administration charged him because of those advertisements and practicing medication without having a license. He had chance to prove himself to judges and perform a trial where he had to treat patients who suffered from each disease. He was acquitted but was soon sued again for claiming he had a cure for AIDS, cancer, leukemia, lupus, and other untreatable diseases.

But did he defend himself?

Hear Dr. Sebi explain:



“Of course, I did. I knew that I had sufficient evidence to prove my position”

“Not only did I prove scientifically, but I have the diagnostic sheets and I do have them today, and I told them those diagnostic sheets didn’t come from me, they come from their school, their medically accredited school”

- Dr. Sebi

Those patients had to bring reports before the treatment from a doctor and after the treatment from a separate doctor. Finally, Dr. Sebi accomplished the trials and proved that he could cure the incurable diseases. He did this by treating 70 patients. In fact, there was no need to attend the court proceedings because the patients came along with verified medical reports which showed that they had been cured by Dr. Sebi’s treatments.

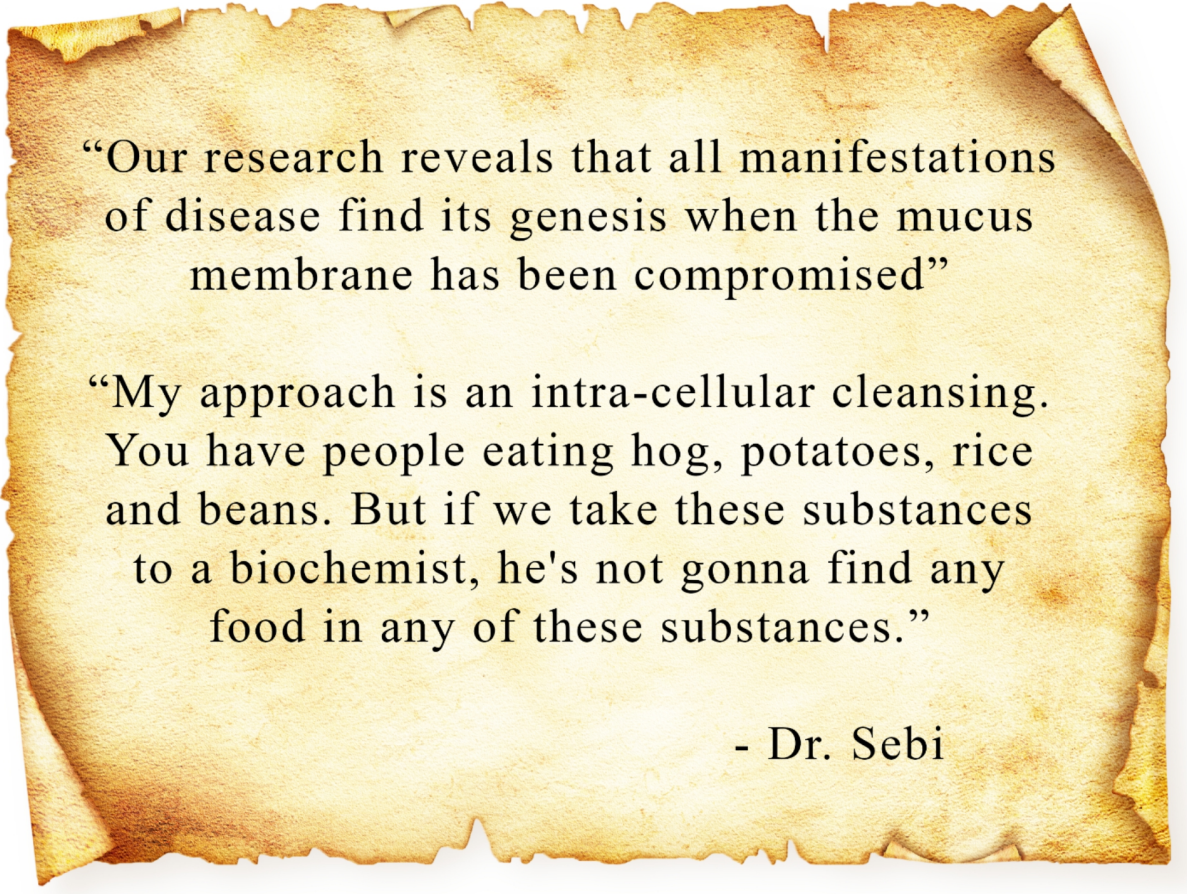
Dr. Sebi was interviewed by doctors and they decided there was no fault because all his treatments were based on essential foods. So, Dr. Sebi was found not guilty after presenting himself to the Attorney General. Also, Dr. Sebi’s medicines, cell compounds and products were made from fig tree and it had been proven as electric cell-food by the Lancaster Laboratories who conducted research on those compounds on the court’s order. After the legal victory, Dr. Sebi became a famous healer in the community and many of his patients cured with his medicine gave testimonies.

Dr. Sebi on his Healing Methodology

How did Dr. Sebi say he was healing people of these incurable diseases?

Dr. Sebi's treatments were based on removing excess mucus from the body and he believed that the mucus is the cause of every disease. He explained that deposition of these toxic mucus beyond the limits causes disease or inflammation. For example, excess mucus in the bronchial tube causes Bronchitis and excess mucus in the joints causes Arthritis.

Hear Dr. Sebi explain:



“Our research reveals that all manifestations of disease find its genesis when the mucus membrane has been compromised”

“My approach is an intra-cellular cleansing. You have people eating hog, potatoes, rice and beans. But if we take these substances to a biochemist, he's not gonna find any food in any of these substances.”

- Dr. Sebi

Dr. Sebi's theory was based on an alkaline diet. He posited that an alkaline diet does not cause formation of excess mucus. Instead, it cleanses the body and that it is electrical and contains the most beneficial materials for human

body. These substances that are electrical can be found in nature. This is so because their molecular structure has not been tampered with.

So, Dr. Sebi believed that, once a person becomes a vegetarian, all the diseases which caused pain will be healed.

He explains:

“If something is of usefulness in my structure – in my biological structure, it must necessarily be electrical.

And the only substance that is electrical are those substances that come from the forest we call the jungle...because the molecular structure is complete. It's not broken.”

- Dr. Sebi

Dr. Sebi on the Black Health

“How I found out that black people should be vegetarians...

because when I begin to remove you from that meat and that stuff, you begin to see in one week that all the pain that you had for years begin to disappear”

- Dr. Sebi

Dr. Sebi on Holistic Healing

Dr Sebi's talent in healing patients with chronic diseases, led people to trust him and proclaim him as a doctor. Dr. Sebi experimented on himself by consuming rare herbs and also fasting for long time. Not only did he use herbs, he also used several other techniques to heal. Those spiritual and psychological treatments were based on changing the way of thinking, improving self-confidence and independent living.

Dr. Sebi on Germ theory

Dr. Sebi did not believe on germs such as viruses or bacteria - which was contrary to basic science. Dr. Sebi ignored all criticisms and continued his

career. He said that western medicine had become a norm which unfortunately could not allow people to think about other possible ways.

Hear Dr. Sebi Speak:

“At the Supreme Court in the United States,
the judge said: What did you say?

I said there is no such thing as a germ, a
virus or a bacterium.

Then what is it?

I said it is a microbe that is generated in the
body when *erosion* begins.”

- Dr. Sebi

“If I take a very healthy human being and lay them on this table and not move them for a month, when

I raise them what are they gonna have on the back?

...there would be some little worms, but where did the worms come from and where were they born?

Inside that man who is healthy. Why is that so? That part of the body was lacking of oxygen”

- Dr. Sebi

“Now lets go internally, when those cells
cease to receive oxygen, they break down.
If they turn up in the ear, that is sinusitis.
If in the bronchial – it is bronchitis.

“Everyone has been taught to accept Western
medicine and reject anything outside of that
realm”

- Dr. Sebi

Dr. Sebi on Healing Blindness

Dr. Sebi treated a blind patient with his compounds and his nutritional guide. Later he explained, that the patient told him he had been trying to heal for 11 years but he failed and that if Sebi could cure him, it would be a miracle. So, after several days, the patient gained his sight with the help of Dr. Sebi's medicine made out of alkaline herbs.

Hear Dr. Sebi:

*"I heard that you've been experimenting with herbs.
I said Yes."*

*"Well, I'm blind. I'm blind for 11 years. Could you help me?"
"I shall try."*

*"If you can make me see, I give you a million dollars"
"I gave the man the substance."*

*"When am I gonna see?"
"I say by Friday."*

- Dr. Sebi

“Now why did I select Friday until this day?
I don't know. But I was so sure of myself.
How did a boy who didn't go to school be so sure of
himself. The man went home with the medicine.”

“And on Wednesday, Good morning young man.
I raised my right hand and he said *you raised your right
hand*. I winked my left eye, and he said *you winked your
left eye*.”

“I said the man is seeing. At that point of my journey, I
could explain that I know it's a bunch of herbs that
cleansed the man's body but they were all alkaline
plants.”

- Dr. Sebi

The USHA Institute

After the court occurrence in the 1980's, Dr. Sebi build a village called the USHA which he named after his oldest daughter. That healing place is situated in Honduras in Central America and many people visited to have treatments for different diseases. At the beginning, Dr. Sebi spent his time in Usha village with his family but now it is managed by his former business partners.

Several famous celebrities were treated by Dr. Sebi including Lisa Lopes, John Travolta, Eddie Murphy, Michael Jackson and Nipsey Hussle. Nipsey Hussle made a statement that he was going to make a documentary on Dr. Sebi's healing methodology but in 2019 he was murdered. There are rumors that Nipsey Hussle was murdered because he of his above statement which scared some people that Dr. Sebi's cure could become famous.

Dr. Sebi and Celebrities – Lisa “Left-eye” Lopez, Michael Jackson, Steven Seagal and Nipsey Hussle

Lisa Lopez is a famous character who got cured with Dr. Sebi’s treatments. She had mentioned in his interviews. She spent time in Usha village and went through several medications - those medications by Dr. Sebi cured her which she had struggled with in her day-to-day life. Lisa Lopes was highly addicted to alcohol and smoking and she asked for help from Dr. Sebi. Dr. Sebi advised her to go on a fast for 40 days and she did. At the end of the fast, she felt really healthy as she stated “I saw the god”.

Lisa Lopez talked about her experience and she shared it with her fans through the media. She wanted people in same predicament as she was to get relief. Lisa Lopes died in a car accident and rumors had it that she was killed.

Dr. Sebi says:

“She told me she was suffering with alcoholism and she was smoking excessive cigarettes - Drinking and smoking. She asked me: *what do I need to do to stay on the side of Peace?*”

I said fast. Do what Jesus did.
And she said what did Jesus do? He fasted for 40 days and 40 nights.

At at the end of the fasting, she came to me, I heard the door opening at 2 o'clock in the morning, she said I completed my fast this morning.

I asked what did you see?

I saw God she said”

- Dr. Sebi

“I'm gonna make you famous. I say how?

Cuz I'm gonna talk about you.

*Does everyone know you cure AIDS and cancer?
There's just a lot of people in the world who are
suffering – they're sick, they're not happy, they're
looking for answers and they don't know where to
turn.”*

*“Well, I know a man who's been hearing AIDS
since 1987, this guy has taught me a lot and I need
to share my knowledge”*

- Dr. Sebi

Dr. Sebi treated Michael Jackson who was heavily addicted to drugs. Those drugs damaged his nerves and Dr. Sebi did intra-cellular chelation which healed him. In the case of Steven Seagal, Dr. Sebi cured his long-time headache with his treatments. There are people who condemned Dr. Sebi as a scam because of his several theories on glucose and germs. According to Dr. Sebi, glucose can cause excess fat and not good for human health. But some people who were against Dr. Sebi, pointed out that the glucose is the basic energy source of human.

Dr. Sebi Family Life

Dr Sebi was a passionate person who had four marriages, although three of them were presumed not legal. His first wife was Melba Jean followed by Maa, Annette Thomas, and finally Pasty. Dr. Sebi started his first outlet in the Caribbean island with Maa and where he met Annette Thomas later.

Dr. Sebi opened his next outlet in New York. After many years Pasty moved to ocean village and started to serve Dr. Sebi. Maa separated from Dr. Sebi because of his other relationships and she continue her treatments with her children. Dr. Sebi later moved to Los Angles and married Pasty who helped him further. Together they opened a new company there. These 4 marriages produced more than 20 children.

Dr. Sebi's Death

Dr. Sebi was arrested because of laundering money and his family tried hard to get him released but they were not successful. He was kept in jail for months and suffered with pneumonia during this period. So, some of his family members said that Dr. Sebi was starved in jail and murdered. His postmortem report was not released. Dr. Sebi's daughter Usha said that there were several evidences, but investigation on her father's murder case was not released.

She also explained that at the last telephonic conversation with her father, he had mention that someone trying to kill him. Dr. Sebi's family members understood that he was a threat to western medicine and Pharmaceutical industries and it didn't come as surprise if they tried to silence him.

Dr. Sebi's Post-Death

An incident occurred where a young man had allergy on his head. After applying one of Dr. Sebi's products, he had posted the controversial results on social media. This caused rejection of Dr. Sebi's product by some people. But Dr. Sebi's family members warned there were lots of fake products and fake social media accounts which often used Dr. Sebi's identity. One of Dr. Sebi's assistant sold such products using Dr. Sebi's identity.

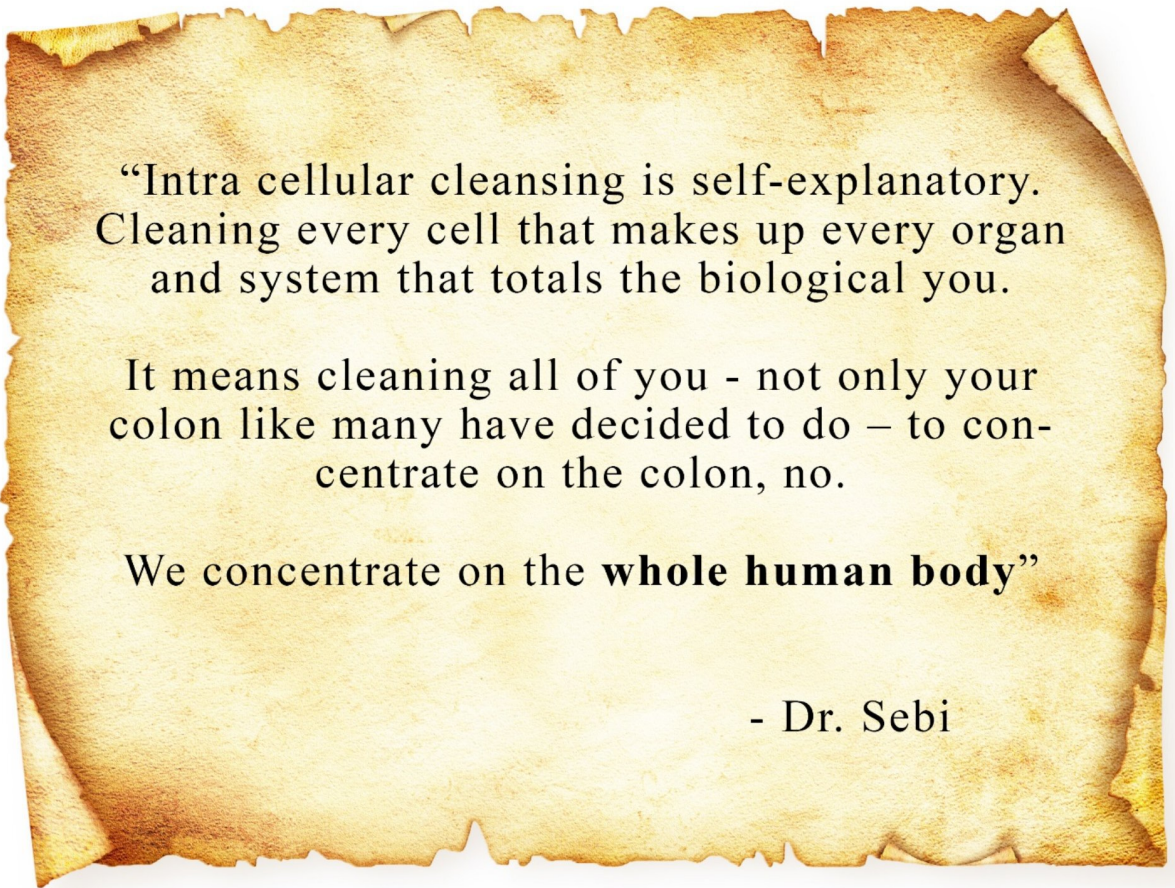
Also, there were several conflicts among the family members on Dr. Sebi's properties and products. Pasty Bowman, Dr. Sebi's legal wife owns the international healing and Dr. Sebi's authentic product and she mentioned that she and Dr. Sebi's second wife Maa had the original products. But many of Dr. Sebi's customers believe that the original products can be purchased from Greenleaf herbal solutions owned by Dr. Sebi's third wife Annette Thomas and that those were the products which he used in his very

first trial at the court. In several other interviews, Dr. Sebi's had mentioned that His wife, ex-wives, and his children betrayed him.

Dr. Sebi's method of cleanse and revitalizing

Dr. Sebi's method of cleanse and revitalizing can be used by anyone with a disease or whoever needs to revitalize the body. There are several processes that should be undertaken during this process. Cleansing the body by consuming spring water, herbs, alkaline fruit smoothies, tamarind, Irish moss, and green juice. And then fasting followed by consuming herbs that boost the immune system.

When these steps are followed, the body starts to heal. This healing typically happens in two steps – the first step is intra-cellular detoxification and elimination of mucus. This is generally referred to as “Cleansing of the body.” The second step is restoring the body's lost energy and balance by consuming sea moss and revitalizing herbs.



“Intra cellular cleansing is self-explanatory.
Cleaning every cell that makes up every organ
and system that totals the biological you.

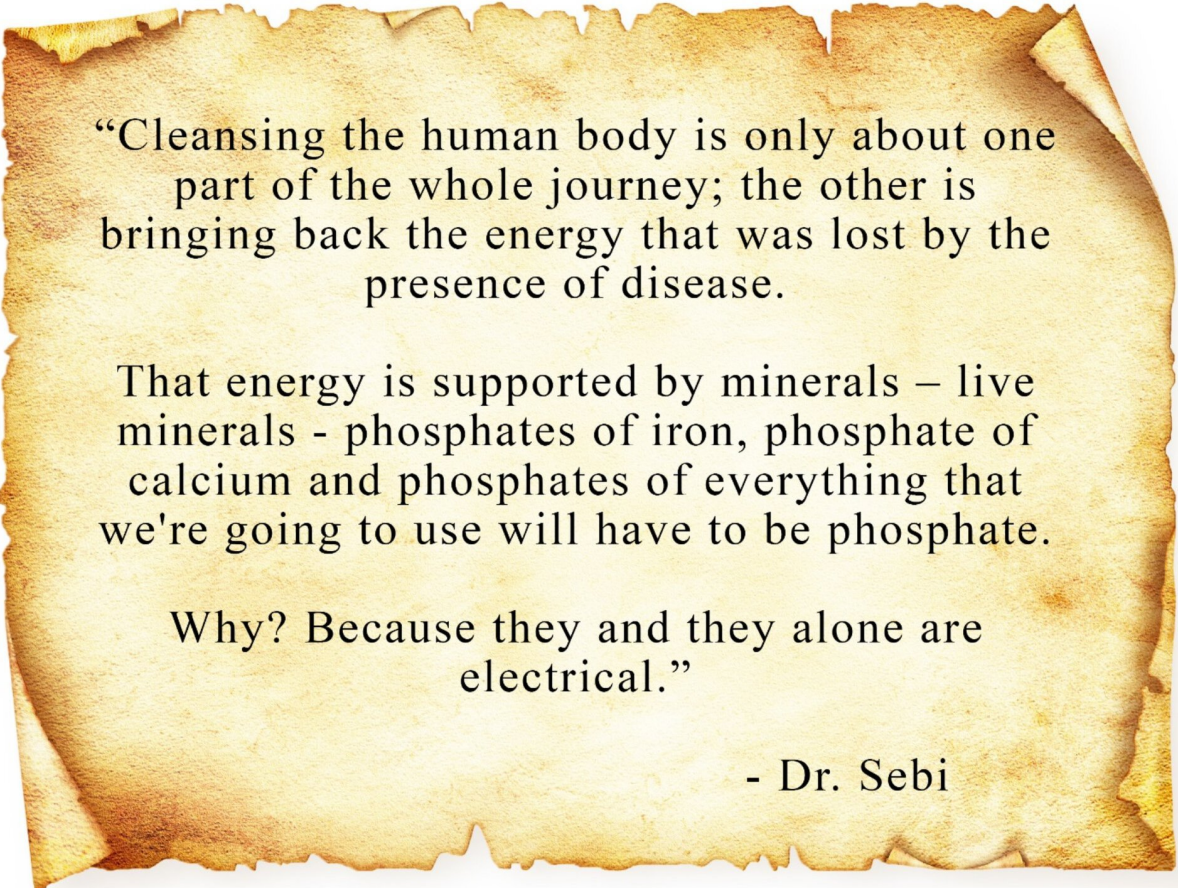
It means cleaning all of you - not only your
colon like many have decided to do – to con-
centrate on the colon, no.

We concentrate on the **whole human body**”

- Dr. Sebi

Dr Sebi mentioned that cleansing should be holistic and cover all parts of the body including the organs like skin, liver, gall bladder, lymph glands, kidney, and colon. Unfortunately, many people only concentrate on the colon.

After the cleanse, revitalization is next. It is basically a process of restoring the energy that was lost due to the disease. Basically, energy is replaced with minerals like phosphates and iron which are electrical in nature. To get electrical minerals, Dr. Sebi advised to consume electrical herbs which are the base ingredients of his products.



“Cleansing the human body is only about one part of the whole journey; the other is bringing back the energy that was lost by the presence of disease.

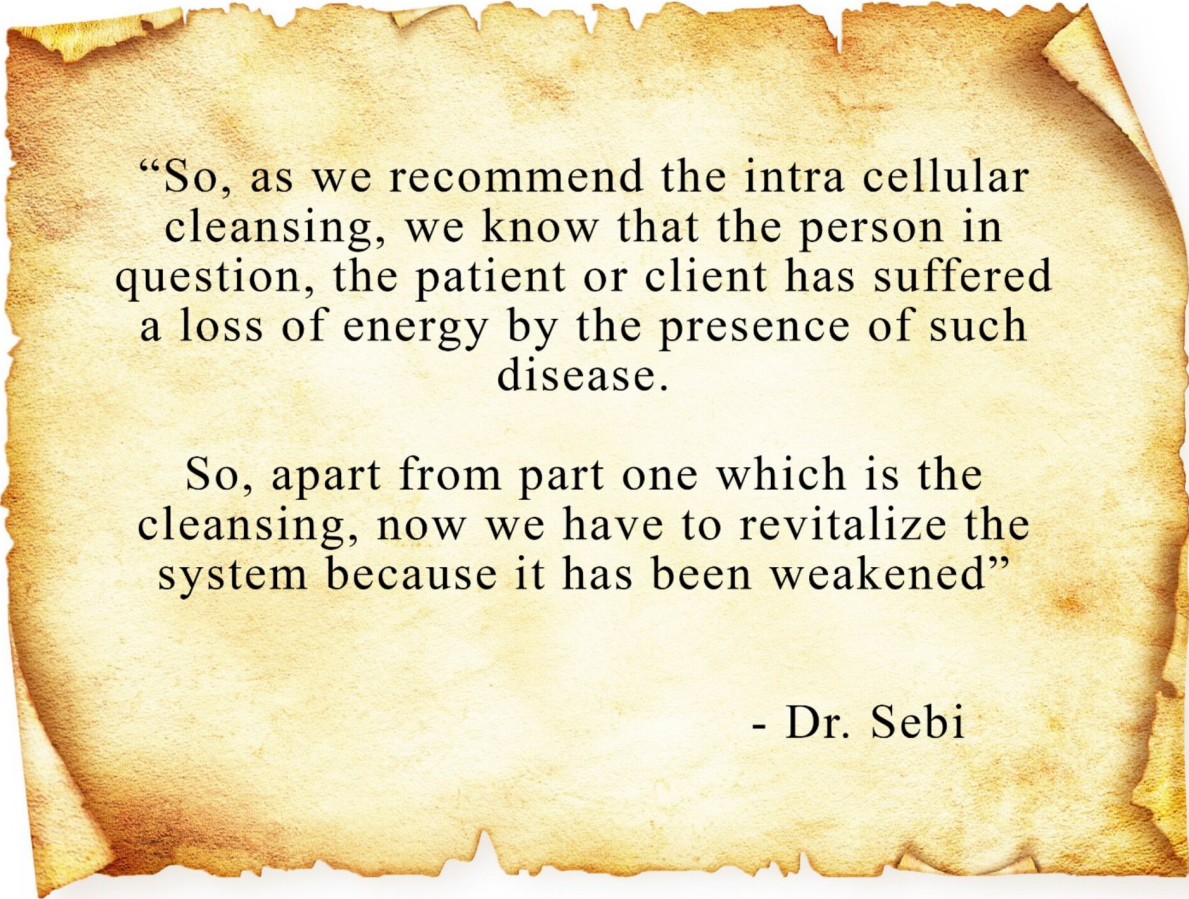
That energy is supported by minerals – live minerals - phosphates of iron, phosphate of calcium and phosphates of everything that we're going to use will have to be phosphate.

Why? Because they and they alone are electrical.”

- Dr. Sebi

Detoxification is removing toxins which accumulated in the body. The common method of detoxification is fasting and there are several types of fasting methods such as raw food fast, smoothie fasting, water fasting, liquid fasting and fruit fasting.

Dr. Sebi recommended to fast for at least 12 days with sea moss, herbs, water, or fruit or veggie smoothies. This method of fasting entails consuming the selected food or liquid along with the detoxing herbs. During the detoxification process, there may be different signs and symptoms you may notice like mucus, lower blood pressure, pains, itching, flu and cold, difficulty in sleeping, etc. Those signs however disappear after first week of detoxification.



“So, as we recommend the intra cellular cleansing, we know that the person in question, the patient or client has suffered a loss of energy by the presence of such disease.

So, apart from part one which is the cleansing, now we have to revitalize the system because it has been weakened”

- Dr. Sebi

The detoxification process may vary from person to person and on toxic level in the body. Normally it is recommended to use one to two weeks, but one to three months of fasting will give good results. Minimum time period for fasting is 12 days. If the person is suffering from any disease, the detoxification process may take more time than a normal healthier person. Anyone with any disease that cannot fast on water or juice, should follow fruit or raw vegetable fasting according to the Dr. Sebi's nutritional guide.

Dr. Sebi on Electric Herbs

Dr. Sebi studied herbs from Africa, North and South America, and Europe and focused his research and healing methodology on acid/alkaline balance within a human body. However, he did not base his therapies only on alkaline foods. He went a step further. He was adamant that all hybridized herbs (and foods) should be excluded from a healthy diet. Dr. Sebi insisted that alkaline herbs are essential for health and vitality and was very passionate about which herbs support one's health and which ones don't. His approach to herbalism was based on a belief that only that which is natural, can be truly healing. Most of the foods available today (ie fruits, vegetables, herbs, spices, grains, etc) were at some stage cross-bred to improve the yield. The list of all hybridized plants is too long to mention but the problem with this is that some of the herbs not approved by Dr. Sebi are unfortunately touted in the health community to have amazing health benefits, e.g. Aloe Vera, Echinacea, ginseng, turmeric, mint, ginger, garlic, etc. Dr. Sebi insisted they are hybrid and acidic and should be excluded from diet.

Dr. Sebi based his approach on the simple premise that wild plants were created in God's laboratory, while hybridized plants were created in medical laboratories through cross-pollination and genetic modification. As a result, they have an incomplete molecular structure. They are acid-based and should not be consumed for the simple reason that they are unnatural. According to Dr. Sebi, hybridized herbs and foods are acid-forming and negatively affect the brain (eg mint), destroy cells by weakening their membranes (eg garlic). If you are trying to heal using Dr. Sebi methodology, you should stay away from them.

“We can't select comfrey and goldenseal,
aloe vera, peppermint, echinacea, no.

We have to go to Kalawalla, we have to go to
Contribo. We have to go to Condoncillo
negro, and we have to go to the one that I
favor most of all – the Pavana.

Now we are talking about electric herbs for
an electric body”

- Dr. Sebi

GOALS OF DR. SEBI HEALING METHODOLOGY

1. To Cleanse/Detox

According to Dr. Sebi;

“Disease can only exist in an environment that is acid...only consistent use of natural botanical remedies will effectively cleanse and detoxify diseased body, reversing it to its intended alkaline state.

Dr. Sebi insisted on using only natural electric herbs to heal the body. These herbs cleanse the cells on the cellular and intra-cellular level. Only natural herbs can replenish our bodies and keep in tune with our electric bodies. The food we eat today is unfortunately based on acidic foods, e.g. meat, dairy, sugar, etc. Today's diet is typically western, it is so high in processed, GMO, and hybridized foods which unbalance the alkalinity of the blood. Dr. Sebi advised to avoid all these foods and eat only natural foods made my God.

Dr. Sebi healing method revolves around the idea that disease exists only in an acidic environment. Therefore, his motto was: alkalize the environment and get rid of the disease. We know that the body constantly tries to maintain a healthy balance of 7.4 pH level in the blood. We can help it achieve and maintain this balance if we eat a natural alkaline based electric diet. Unfortunately, a typical western diet is high in very acidic foods. It is tasty, convenient, and nutrient deficient.

2. To revitalize the body

Dr. Sebi protocol is based on the idea that the reason the western diet is unhealthy is that, being heavily processed, it lacks nutrition. That's why he insisted on foods that include over 100 minerals that support electrical activity and overall vitality of the body.

PRINCIPLES OF THE DR. SEBI DIET

Dr. Sebi diet is based on the following principles:

1. You must only eat foods listed on the Dr. Sebi Food List

Dr. Sebi insisted that you eat only the foods from his list of approved foods.

Although the list is quite restrictive and many foods are left out, it contains wholly natural alkaline foods. Besides, Dr. Sebi insisted that no hybridized foods should be taken. By hybridized foods, he meant all the plants produced by artificial cross-pollination. Needless to say, most of the fruits and vegetables available today are hybridized.

Although Dr. Sebi diet seems rather restrictive, you can still create healthy, balanced, and tasty meals with the approved foods. One of the reasons so many foods have been left out from the list is that so much of what we eat today is hybridized. Dr. Sebi believed that although hybridized fruits and vegetables generally taste better than the original plants they were developed from, their nutrient level is lower. One of the ways to know a plant that is hybridized is if it has no seeds. We now have quite a lot of seedless fruits ranging from watermelon, oranges, grapes, to tomatoes and berries. etc. Avoid these whenever you can. Dr. Sebi believed that natural foods are much healthier than those created by man.

2. Drink Springwater



According to Dr. Sebi method, you should drink about 4 liters (1 gallon) of natural spring water a day because it helps flush out accumulated toxins. Many of the herbs from Dr. Sebi Food list are diuretics that increase urination. Toxins are naturally flushed out through urine, stool, and sweat.

3. No microwaving



Dr. Sebi was convinced that microwaving is a very unhealthy method of food preparation and insisted one used a stove for cooking.

4. No Canned and Seedless fruits

Many of the seedless fruits available today are hybridized. There is hardly a

naturally occurring seedless fruit. Canned foods also contain a lot of added sugar and preservatives such as salt. The reason for this is understandable.

5. No Animal Products (Meat, Fish, Eggs, Dairy, Honey, GMO's)

6. No Sugar (White and brown)

7. No Alcohol

8. Sleep during healing time (10.00PM – 2.00AM)

9. Take Dr. Sebi Supplements 1 hour before medications

Chapter 2

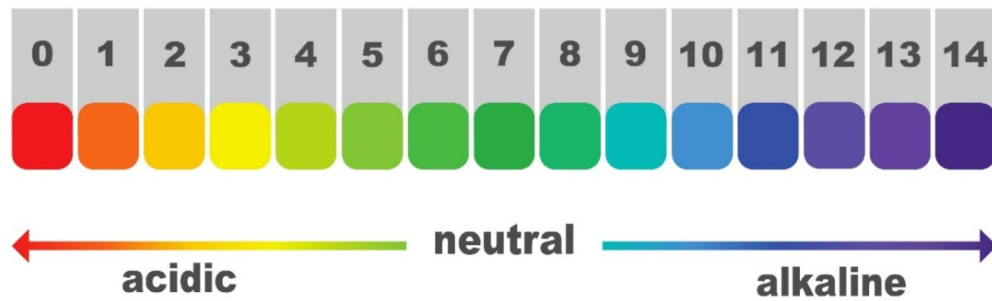
Understanding the Alkaline Diet

Although conventional medicine is still skeptical about how beneficial an alkaline diet really is, it's not true that the benefits of the alkaline diet are not supported by scientific studies. There are hundreds of research papers published in scientific journals throughout the world which generally agree that an alkaline diet helps reduce morbidity and mortality from chronic disease. We know that certain foods affect the body's pH levels. Good health requires a healthy pH balance within the body. This is necessary because, to function properly, organs and fluids need a balanced pH level.

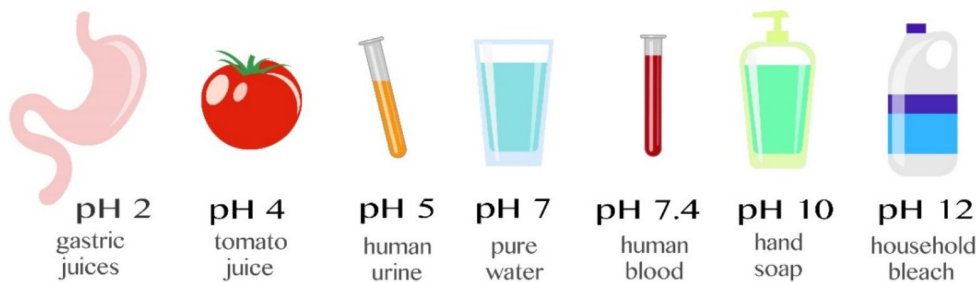
To understand the importance of an alkaline diet, you have to know why our modern diet is so acidic. Ever since we started practicing agriculture and adopted a settled lifestyle, our diet has been steadily changing. This happened about 10,000 years ago and this period is known as the Agricultural Revolution. Although this seems like a very long time, in an evolutionary sense, this is like something that happened just a few minutes ago. So, until about 200 years ago, our diet wasn't that bad. Although many of the foods were hybridized, our lifestyle was still not as sedentary as it is today, the environment contained much fewer toxins than it does today, and our diet did not contain processed foods. We ate mainly natural carbs, vegetables, and only occasionally, meat. The main sources of sugar were fruits. Foods were minimally processed. Then, the Industrial Revolution changed everything. Ever since, our diet has contained more and more refined grains, unhealthy fats, commercially processed meats and sugar. It also became increasingly rich in inflammatory foods.

As most of the chronic diseases of civilization are diet-related, it's obvious that something is very wrong with our eating habits. The life-threatening diseases plaguing the modern world, which can all be reversed with a healthy diet are obesity, diabetes, cardiovascular disease, cancer, autoimmune disorders, depression, amongst others. Compared to what we eat today, the diet of 200 or more years ago was very alkaline. It was based on whole grains, little or no meat, and naturally grown organic fruits and vegetables. Combined, these foods produced a “net alkaline effect.”

pH scale



Examples of pH Conditions



The PH scale depicting acidity and alkalinity

The human body is an amazing organism and the reason we have as a species survived for so long is that our body has means of self-repair. This includes maintaining good pH levels regardless of what we eat. The pH scale runs from 0 to 14. While 0 is acidic, 14 is alkaline or basic; and the midpoint, 7 is neutral. Ideally, pure water is on a scale of pH 7.

Ideally, we should try to maintain a pH level of around 7.4. However, not all our organs and fluids require the same acidity level. For example, to be able to break down food, our stomach needs to be acidic (around 4 pH). Some other organs require even higher acidity, e.g. duodenum is 7-8.5, small and large intestine 4-7, etc. So, organs that are involved with food processing have high acidity. On the other hand, blood is usually neutral. When the pH level of a particular organ or system becomes too high or too low, this affects our health in many ways. For instance, the inside of your stomach is lined with a thick layer of mucus that protects it from being destroyed by your stomach's natural acidity. On the other hand, the small intestine has alkaline bile released into it which offers protection from the stomach acidity.

Proper pH is essential for good health and an extreme imbalance (either too much or not enough of acidity) can be fatal. In the absence of balance, you develop either acidosis or alkalosis. Acidosis is characterized by high acidity. There are several different types of acidosis: respiratory, metabolic, renal (kidneys), and lactic acidosis. Symptoms include fatigue, lethargy, confusion, and shortness of breath. Furthermore, metabolic acidosis is the commonly associated with the alkaline diet, but this condition can also be the result of kidney disease or dehydration. Besides, this type of acidosis increases your risk of developing cardiovascular disease, diabetes, insulin resistance, and kidney stones. Diet-induced metabolic acidosis is the consequence of eating too much meat, and not enough fruits and vegetables.

On the other hand, alkalosis is also a potentially dangerous health condition. It occurs when blood or

bodily fluids become *extremely* alkaline. It's a condition that can be caused by low oxygen levels, a sudden loss of electrolytes or lung or liver disease. Symptoms include confusion, lightheadedness, and muscle spasm, seizure, tingling in the extremities and face, and respiratory problems.

DOES THE ALKALINE DIET WORK?

An alkaline diet is based on the assumption that certain foods promote either alkalinity or acidity in the body. However, mainstream science does not support this theory. Very acidic foods indeed cause kidneys to excrete more acid, but having acidic urine doesn't have to mean that your overall pH levels are high. Measuring your acidity through urine is not a reliable method of checking your pH levels because it does not show how acidic your whole body is. Different fluids in our body require different pH levels to function properly. For example, an average pH for urine is from 4.6 to 8, while blood pH it's about 7.4.

Under normal circumstances, our body is perfectly capable of getting rid of excess acid. Its secret weapons against acidosis are kidneys and lungs. The kidneys maintain a healthy pH level by removing excess acid via urine. However, when kidneys are not working well, excretion of urine can slow down or stop. This is a potentially very dangerous situation because it means that urine will start accumulating in the body, making it even more acidic. This condition usually gets worse with age, as kidney functions slowly but steadily decrease. Another organ crucial for maintaining balanced pH levels is the lungs. Carbon dioxide which is a byproduct of cell metabolism creates acidity in the blood. If your lungs work well, they'll be able to maintain a balanced pH level by regulating respiratory functions as necessary.

The purpose of an alkaline diet is to help you maintain healthy pH levels within all your organs. However, people follow this diet for many other reasons, e.g. to lose weight, to have more energy, to avoid or reverse diabetes, etc. To know if a specific diet "works" or not, you have to be clear why you are on that diet. Only when you have a goal, will you be able to determine whether the diet works or not. Your goal may be to lose weight, build muscle, detox your body, etc. and only by occasionally revisiting your goals will you be able to decide if you've been successful or not.

Although the alkaline diet is somewhat limiting because it excludes many nutritious foods, it is generally a very healthy diet simply because it revolves around healthy foods, i.e. potassium-rich fruits and vegetables. This is why many nutritionists believe that the reason this diet is so healthy may have more to do with the type of foods it is based on, than with the balanced pH levels.

PROS AND CONS OF THE ALKALINE DIET

When we discuss pH levels, we usually think about a diet. However, the issue of acidity is much more complicated than that.

Life on earth depends, to a large degree, on appropriate pH levels in and around living organisms and cells. For human life to exist, i.e. continue, it requires strictly controlled pH levels of about 7.4.

When we analyze global records over the past 100 years, we see how industrialization has affected the pH of the ocean – it dropped because of increasing Carbon dioxide (CO₂) deposits. This has had a very retrogressive effect on marine life and may cause to the fall of the coral reefs.

On the other hand, the pH of the soil in which we grow plants we use for food affects the mineral content of the food grown in such soil. The ideal pH of the soil is between 6 and 7. Acidic soil (below 6) has reduced calcium and magnesium, while soil above 7 pH may have too much iron, manganese, copper, and zinc. This is why manure and chemical fertilizers are added to soils - to increase or neutralize pH levels.

In regards to the human diet, it has undergone a tremendous change over the last few thousand years. Starting with the agricultural revolution more than 10,000 years ago, and intensifying since the industrial revolution 200 years ago, there's been a significant drop in potassium (K) and an increase in sodium (Na) and chloride in our diet.

Nutritionists are aware that today's modern diet is deficient in potassium, magnesium and fiber but rich in simple sugars, saturated fat, and sodium. Compared to what our diet used to be like and to how we were genetically programmed to eat, the so-called Western diet is very unhealthy.

The modern diet is particularly unhealthy for middle-aged and senior people because it contributes to a gradual deterioration of kidneys as well as a diet-induced metabolic acidosis. Simply put, this means that although a low-carb high-protein diet does not affect your blood pH levels, it does affect your urine pH levels, and creates ideal conditions for the development of kidney stones.

Key advantages of alkaline diet:

1. When a body becomes too acidic, it starts leaching minerals, e.g. calcium, sodium, magnesium, and potassium from vital organs. As a result, your bones may become brittle, your teeth may deteriorate, you may experience muscle cramps, etc.
2. The alkaline diet is simple and cheap and can easily fit into any lifestyle
3. This is not a very strict diet which is great news for those who lack self-discipline. The alkaline diet does not forbid all acid-forming foods – it's enough to limit the intake of these foods
4. This is a very healthy diet since it's based on healthy foods, ie fruits, vegetables, and whole grains and it eliminates or limits red meat, sugar, and processed foods
5. Even if you achieve nothing else, you'll have much more energy once you start eating healthy

2 main disadvantages of alkaline diet:

1. Some healthy foods which are not allowed on this diet contain important nutrients that are essential for optimal health, e.g. certain fats and oils that are necessary for a strong

immune system and healthy cells. Besides, beans and legumes are discouraged and this limits your intake of important phytonutrients that help boost your immune system and lower the risk of cancer. When these foods are excluded from your diet, you have to take supplements to prevent nutrient deficiency.

2. The human body is perfectly capable of regulating its pH level, which is why we have kidneys. This is the main reason why many experts don't believe an alkaline diet is necessary.

So, despite the lack of scientific evidence about the efficacy of the alkaline diet, we know it provides many health benefits simply by making you eat more of plant-based foods, and discouraging you from eating meat and carbs.

DOES SCIENCE SUPPORT THE ALKALINE DIET?

This is a tricky question because conventional medicine does not believe that following the alkaline diet brings all the benefits it does. They believe that the body can successfully manage its acidity without the help of the alkaline diet. However, most medical practitioners do agree that a plant-based diet is a super healthy way to eat. They believe that if you eat mainly alkaline foods, there is no need to try and change the pH of your body because, on a healthy diet, it can easily regulate its acidity.

So, what does science say about alkaline diet benefits?

– **Bone health**

There is not enough evidence to support the claim that the alkaline diet improves bone health and protects against osteoporosis. However, the modern diet is very rich in sodium which we know contributes to hypertension and osteoporosis, particularly in postmenopausal women.

Now it gets complicated - a diet rich in protein is very acidic and decreases bone density, however, to prevent osteoporosis, you must have protein. The solution is that, to make your body more alkaline, instead of reducing protein, you can simply increase the amount of fruits and vegetables in your diet.

– **Muscle mass**

Muscle loss is a normal part of aging, however, studies show that a diet rich in potassium, e.g. fruits and vegetables, as well as a reduced acidic load, helps preserve muscle mass in older men and women. However, regardless of your age, certain diseases contribute to muscle loss but this can be corrected, ie slowed down or reversed, by consumption of less acidic foods. Therefore, it's possible to prevent or control muscle loss with an alkaline diet.

– **Growth hormone**

Children that suffer from metabolic acidosis have very low levels of growth hormones. As a result, these children are usually shorter than they should be. Metabolic acidosis happens when a body is no longer able to maintain the pH balance. It either starts making too much acid or becomes unable to get rid of excess acid. This condition can be reversed by introducing bicarbonate or potassium citrate, which significantly increase growth hormone levels. As far as postmenopausal women are concerned, an alkaline diet can neutralize the acid load which will increase the levels of growth hormone and osteocalcin. The reason this is important is that sufficient levels of growth hormones help reduce cardiovascular risk factors and also improve memory and cognition.

– **Back pain**

Back pain problems can be improved by taking alkaline minerals supplements.

– **Chemotherapy**

The effectiveness of chemotherapeutic treatments to a large degree depends on pH levels. Many of the agents used in chemo, e.g. Epirubicin and Adriamycin, require an alkaline media to be more effective. However, some need acid media. It is suggested that inducing metabolic alkalosis improves the effectiveness of chemotherapy. So, although there is no scientific evidence that an alkaline diet can prevent cancer, it helps considerably during cancer treatments.

4 scientifically-proven benefits of an alkaline diet:

1. When you follow an alkaline diet, your K/Na ratio increases which benefits your bone health, reduces muscle loss, and prevents some chronic diseases such as hypertension and stroke.
2. An alkaline diet increases growth hormone which improves cardiovascular health, memory, cognition, etc.
3. An alkaline diet is rich in magnesium which helps activate vitamin D which in turn helps keep your bones, heart, teeth and other organs healthy.
4. Alkaline diet improves the efficacy of chemotherapeutic treatments that require a higher pH.

In conclusion, adopting an alkaline diet significantly improves your overall health by reducing unnecessary suffering and preventing premature mortality.

The Dr. Sebi Alkaline Diet

HISTORY

Dr. Sebi (real names: Alfredo Darrington Bowman) was a Honduran herbalist, naturalist and healer. Although, he didn't have formal medical training, he helped a lot of people cure the most serious health conditions. His secret was an alkaline electric based diet and herbal remedies. Dr. Sebi developed his healing methodology after an herbalist in Mexico helped him cure him of asthma, diabetes, and impotence. Although he had some basic knowledge of herbalism, it was after the visit to the Mexican herbalist that made him realize that even the most serious health conditions could be avoided or treated with a change of diet and herbal remedies. He has helped quite a lot of people who were written off by conventional medicine.

Dr. Sebi spent decades studying the plants and herbs of North, South and Central America, Africa and the Caribbean. Born in 1933, Dr. Sebi learned from his grandmother, "Mama Hay," and subsequently, in curing himself of diabetes, asthma, and impotency with a herbalist in Mexico. After getting healed through herbs, Dr Sebi created his unique line of natural cell food compounds that he used for cleansing and revitalization. Dr. Sebi's approach to disease relies on the theory of the African bio-mineral balance. He relies on herbal remedies to cleanse and detoxify the body, returning it to its previous intended alkaline state – a state which is free from disease.

When his healing method became well known world-wide, Dr. Sebi opened up healing practices first in Honduras, followed by New York and Los Angeles. However, because he did not have a license to practice as a healer, New York charged him with a criminal charge of working without a license. He was acquitted but was soon sued again for claiming he had a cure for AIDS, cancer, leukemia, lupus, and other untreatable diseases. In 2016 Dr. Sebi was arrested in Honduras but after falling sick while in prison and not receiving adequate treatment, he died of pneumonia-related complications. Dr. Sebi's methodology is based on an alkaline diet and healing methodology which he termed "The African Bio-Mineral Balance". His remedies are mainly based on herbs from North America, Central and South America, Africa, and the Caribbean.

DR. SEBI ELECTRIC DIET VS CONVENTIONAL ALKALINE DIET

The concept of the alkaline diet is not a new one. It's been known since the middle of the 19-th century. Although some of the aspects of the alkaline diet were used by many nutritionists and holistic practitioners, the alkaline diet became popular relatively recently. It was during the 1990s, that some nutritionists started suggesting a 100% alkaline diet. Dr. Sebi took this a step further. He developed a diet that revolved around maintaining vitality by using the "African Bio Mineral Balance". Dr. Sebi referred to his method as either the African Bio-mineral balance or the African Bio Balance. The African Bio-mineral Balance remedy consists of 102 minerals that support electrical activity and overall vitality of the body. This therapeutic approach addresses disease on two levels. It first cleanses the body of acidity. This step relies heavily on herbs that clean the body's cells on both the cellular and intra-cellular level. The next step is to revitalize cells by supplying minerals that have been lost through the consumption of acidic foods.

Unfortunately, 90% of the modern diet is based on acidic foods, e.g. meat, dairy, processed foods as well as GMO and hybridized foods. Eating these foods will acidify the body and unbalance the

alkalinity of the blood. The reason Dr. Sebi insisted on unhybridized fruits and vegetables is that such foods have an alkaline base. They were designed by nature to provide a human body with all it needs for optimal health. Dr. Sebi developed his approach to health on the assumption that disease can only exist in an acidic environment. The body works non-stop to maintain a 7.4 pH level in the blood. When you eat a balanced diet, your body is perfectly capable of maintaining this level of acidity. However, the modern diet is very unbalanced. It is based on carbs, meat, sugar, and junk food which are all very acidic and which is why our body needs help to maintain homeostasis.

Some of the cleansing herbs Dr. Sebi used in his alkaline diet are burdock root, sarsaparilla, and dandelion, which clean the blood and the liver. Dr. Sebi diet revolves around three principles that are simple to follow and that everyone can easily fit into their lifestyle, no matter how hectic or unusual.

PRINCIPLES OF DR. SEBI ALKALINE DIET

1. Food list

Eat only the foods that are on the Dr. Sebi food list. The list is very specific (and restrictive) and excludes many nutritious foods. Dr. Sebi believed strongly in natural foods and insisted one should stay away from hybridized fruits and vegetables (i.e. plants produced by unnatural cross-pollination). He was adamant that these foods have their genetic structure, electrical composition, and pH balance changed and are therefore not suitable for human consumption.

2. Springwater

Drinking about 4 liters of water a day is necessary partly because 70% of our body is water, and partly because water helps with the detoxification process. Waste that remains in the body for too long (eg when you are constipated) becomes toxic. Water also helps with the absorption of nutrients. This is why many of the herbs Dr. Sebi recommends are diuretics that increase urination and so help remove toxins from the body. Springwater may not be easy to come by nowadays but it provides the best hydration.

3. No microwaving

Dr. Sebi considered food prepared in microwave unhealthy and recommended the use of a stove or oven for heating or cooking your meals. An ideal solution would be eating raw foods whenever possible.

Dr. Sebi believed that with the alkaline diet it's possible to both prevent and cure disease. According to him, the disease is a result of mucus build-up in an area of your body. For example, a build-up of mucus in the lungs causes pneumonia, while excess mucus in the pancreas leads to diabetes, etc. Dr. Sebi argued that diseases cannot exist in an alkaline environment and only occur when your body becomes too acidic. He believed that by strictly following his diet and using the prescribed supplements, it's possible to restore your body's ideal pH levels and get rid of the accumulated toxins. Dr. Sebi alkaline diet comprises of a list of approved fruits, vegetables, grains, seeds, herbs, nuts and oils. He claimed that for your body to heal itself, and stay healthy, you must follow the diet consistently for the rest of your life.

Chapter 3

How to Get Started on the Sebi Diet



Alkaline foods are some of the healthiest foods there are, and they are particularly recommended to those suffering from frequent colds, headaches, low energy, anxiety, and benign breast and ovarian cysts. The foods that are known to contribute to acid and that we usually eat a lot of are red meat, pasta, sweets, and dairy. Changing a diet, especially if it is supposed to be a drastic change, is not easy. To improve your health, you have to find a way of reducing the acid load and adopting healthier eating habits.

HOW TO GRADUALLY SWITCH TO THE DR. SEBI ALKALINE DIET

Many people don't enjoy dieting but the best results are achieved when the desire to change your eating habits is self-imposed, rather than suggested by someone else, e.g. doctor, colleague, partner, etc. It's best to proceed slowly and set a goal, e.g. to lower your cholesterol levels. However, what seems to be even more difficult from changing a diet is maintaining it. Most diets are to a certain degree restrictive and although most people usually stick to a diet for a while, i.e. until they've achieved their goals, e.g. to lose a certain amount of weight, what everyone finds very difficult is sticking to a new dietary regimen for extended periods.

One of the methods for a "smooth transition" is that, before going on a diet, you start eating healthy. If your eating habits are not that bad this will be relatively easy, but if you live on junk food, then you'll struggle. For example, to prepare yourself for adopting the alkaline diet, you may gradually

start to increase the quantity of plant-based foods in your meals.

Another way of tricking your body into eating healthy foods is a method called "crowding out". It's very simple, instead of giving up on unhealthy foods; you simply add healthy foods to your diet.

For example, you eat meat but you also have a big salad with every meal. Or, you first eat healthy foods and then unhealthy ones, e.g. you first eat your veggies, and only then you fill your plate with meat or dairy. The idea is that by the time you start eating meat, you already feel full which means you will eat less meat than you would have otherwise. Or, if you have a sweet tooth and can't give up desserts, first have some fruits and only then have a piece of cake. Ideally, as fruits are full of fiber, they will easily fill you up so you won't have space for pudding.

What are the benefits of crowding out? They boil down to this:

– **Nutrients**

Your body will get all the nutrients it needs from the healthy foods (those you eat first) even if your diet is generally unhealthy.

– **Food preferences**

The more you eat healthy foods, the greater the chance you'll get used to them and hopefully start preferring them to unhealthy foods.

– **Cravings**

If your main problem with following a healthy diet is craving for unhealthy foods, you should know that craving usually means you lack certain nutrients. So, if you eat nutrient-dense foods, chances are you will get all the nutrients you need and will stop craving.

Dr. Colleen Huber, the founder of *Nature Works Best Medical Clinic*, believes we should take cravings seriously. According to her, cravings are a sign of mild malnutrition. This phenomenon is wide-spread even in developed countries. However, cravings are easy to cure if you replace the foods you crave with nutritious foods. For example:

- If you crave **chocolate** , what you need is magnesium and you can get it from raw nuts and seeds, and fruits

- If you crave **bread** , what you need is nitrogen which can be found in protein-rich foods, e.g. nuts and beans

- If you crave **simple carbs** such as bread and pasta, what your body needs is the amino acid tryptophan. This acid is essential for the production of the "feel-good" hormone *serotonin* . So, if you are often in a bad mood, you may be subconsciously trying to cheer yourself up by craving high-carb foods.

To make the transition to a healthy diet easier, take a lot of liquids, eg water, herbal teas, soups, etc. These are not only filling and will help you feel full even if you are hungry but will make it easier to keep your organs hydrated.

Chapter 4: Dr. Sebi Approved Food List

The body produces all the acid it needs, so when your urine pH levels are high, it means that your body is trying to rid itself of excess acid. This excess acid gets into your organs through acidic foods and beverages. Fortunately, your body continually tries to maintain balance and will not tolerate the surplus of acid so it gets rid of it. However, if you continually, over many months and years, consume very acidic foods, your kidneys and lungs will eventually become unable to process the surplus and you may develop acidosis. Most of the surplus of acids come from proteins. That is why Dr. Sebi never cared much about proteins and amino acids. An easy solution to this problem, if you can't avoid or reduce protein, is to simply eat more alkaline foods (i.e. fruits and vegetables). That way, alkaline foods will reduce acid levels. However, the trouble is that the modern diet contains too many neutral foods, e.g. starches, fats, and sugar, which are unable to compensate for a surplus acid load.

Dr. Sebi food list is what your diet should focus on if you want to reap the benefits of the alkaline lifestyle. Although, many of the foods listed may not be available where you live, it's easy to prepare tasty and varied meals even with only some of the foods from this list.

DR. SEBI NUTRITIONAL GUIDE FOOD LIST FOR DIABETES

Below are Dr. Sebi generally approved List in the Nutritional Guideline. This list of vegetables, fruits, herbs, grains, oils and nuts and seeds is general and represents the general rule of thumb for foods to eat for healthy living. They include:

Dr. Sebi-approved vegetables

- Olives
- Wakame
- Zucchini
- Wild Arugula
- Cucumber
- Mushrooms (but not Shitake)
- Squash
- Onions
- Garbanzo Beans
- Cherry and Plum Tomato
- Tomatillo
- Nori
- Turnip Greens
- Amaranth
- Kale
- Okra
- Watercress
- Dandelion Greens
- Chayote
- Arame

- Lettuce (but not iceberg)
- Bell Pepper
- Avocado

Dr. Sebi-approved fruits

- Cantaloupe
- Bananas
- Prickly Pear
- Peaches
- Soursoups
- Limes
- Cherries
- Plums
- Berries
- Tamarind
- Rasins
- Papayas
- Soft Jelly Coconuts
- Currants
- Apples
- Pears
- Dates
- Figs
- Prunes
- Orange
- Mango
- Grapes
- Melons

Dr. Sebi-approved spices and seasonings

- Oregano
- Cloves
- Tarragon
- Pure Sea Salt
- Powdered Granulated Seaweed
- Cayenne
- Habanero
- Sage
- Sweet Basil
- Dill
- Basil
- Achiote
- Savory
- Thyme
- Onion Powder
- Bay Leaf

Alkaline Grains

- Kamut
- Rye
- Quinoa
- Wild Rice
- Amaranth
- Spelt
- Fonio

Alkaline Sugars and Sweeteners

- Agave Syrup from cactus
- Date Sugar from dried dates

Dr. Sebi-Approved Herbal Teas

- Fennel
- Elderberry
- Chamomile
- Red Raspberry
- Tila
- Ginger
- Burdock

DR. SEBI APPROVED DIABETES-FIGHTING ELECTRIC FOODS

The super-foods listed below may not be available everywhere or may not be available throughout the year, but there are so many of them that regardless of where you live, or which time of the year it is, you are bound to have access to at least some of them.

15 Dr. Sebi Approved foods that help fight Diabetes:

1. *All Leafy greens listed in Dr. Sebi Nutritional Guide*

These are kale, lettuce (except iceberg), wild arugula, onions, etc. Leafy veggies are some of the most natural electric foods because they are loaded with minerals (Calcium, Iron, magnesium and potassium) and vitamins (C, K, E, and B vitamins).

2. *Cherry or Plum Tomatoes*

Tomatoes are a rich source of vitamins, particularly C, A, and K. What's more, a single tomato can provide about 40% of the daily recommended dose of vitamin C. It improves your vision, digestion, and skin. It's also rich in lycopene which helps reduce the risk of certain types of cancer, e.g. prostate, ovarian, lung, and stomach.

3. *Avocado*

This fruit is loaded with nutrients and can help improve many diabetes and pre-diabetes.

Avocado is loaded with fiber which boosts friendly gut bacteria. Avocado is the food to eat if you undergo chemotherapy because it helps reduce side effects.

4. *Olive oil*

Cold-pressed olive oil is one of the best oils there is. It's rich in healthy fats that help reduce inflammation, contains a lot of antioxidants that protect you from diabetes, stroke and heart problems. It also has anti-cancer properties, relieves rheumatoid arthritis inflammation, and helps fight infections.

5. *Berries*

High in vitamins, minerals, and fiber, blueberries have the highest antioxidant level of all fruits. Regular consumption of these berries is one of the best protections against premature aging and cancer. Blueberries can prevent heart disease, improve cognitive performance, help with urinary tract infections, boost your eye health, and much more. Besides, by keeping your brain sharp, they indirectly protect you against Alzheimer's.

6. *Key Lime*

Lime is very rich in vitamin C and soluble fiber, a combination that helps protect you against diabetes and heart disease. It is also efficient protection against kidney stones, anemia, cancer, and various digestive problems.

7. *Apples*

This popular fruit is so nutrient-dense, that eating them regularly lowers the risk of many diseases. Apples can stabilize blood glucose levels, reduce the risk of diabetes, maintain a healthy cholesterol level, and a healthy heart. Besides, an apple a day will improve your digestion, reduce the risk of certain types of cancer, diabetes, and stroke.

8. *Walnuts*

Walnuts are super rich in omega-3s, and you should eat a dozen or so every day. If taken regularly, walnuts can easily reduce your cholesterol levels, improve insulin sensitivity, boost memory, and protect you against certain types of cancers.

DR. SEBI APPROVED HERBS TO REVERSE DIABETES

Bilberry - Berry and leaf
Bitter Melon - Fruit and seeds
Bladderwrack - Whole herb
Blueberry - Fruit and leaf
Burdock - Root
Dandelion - Root and leaf
Eucalyptus - Leaf
Fenugreek - Seeds
Fig - Fruit and leaf
Guaco - Root
Guinea Hen Weed {Anamu} - Whole plant
Ginger - Root
Huereque {Wereke} - Root
Holy Basil - Leaf
Irish Sea Moss - Whole herb
Linden {Tila} - Flower and leaf
Mango - Fruit and leaf
Milk Thistle -Seeds
Mulberry - Leaf
Nettle - Leaf
Nopal Cactus - Flat stems
Okra - Whole and seeds
Prickly Pear Cactus - Whole fruit, seeds, and juice
Prodigiosa - Leaf
Raspberry -Berry and leaf
Sage - Leaf
Seville {Sour Orange} - Fruit
Soursop - Fruit and juice

The 3 Most Important Dr. Sebi Recommended Herbs for Diabetes

– **Fig leaf**

Fig leaf tea is a well-known natural remedy for diabetes. Alternatively, you can take a fig leaf extract. Research carried out in 2009 confirmed that fig leaves easily stabilize blood sugar levels. You should use two teaspoons of leaves per cup of water. Or, you can boil two tablespoon of leaves per liter of water.

– **Mulberry leaf**

Mulberry leaves have been traditionally used to treat diabetes and obesity in Korea and Japan. If you'd rather use the extract, don't take more than one gram in a little bit of water before meals.

– **Black seed (cumin seed)**

Black seed oil successfully controls blood sugar levels and is traditionally used for treating diabetes all over the Middle East. You can use it as a black seed oil that you can add to cereal or salads, or as a powder which you can make as tea or sprinkle over meals. Even as little as 2 teaspoons of black seed

powder a day is enough to reverse diabetes. Other plants recommended for diabetes for the Dr. Sebi treatment are bitter melon, avocado, Swiss chard, red clover, fenugreek, ginger, okra, and ginseng. In summary, adopting healthy living habits and a healthy eating plan is the easiest and the most natural way to address diabetes. Maintaining a healthy weight and following a plant-based diet will not only help you reverse this condition but will go a long way to ensuring you reduce the risk of many other chronic diseases.

24 FOODS YOU SHOULD NEVER EAT (AND WHY)

Regardless of the diet you're on, there are usually foods you should eat more of, as well as those you should stay away from. Today, there are dozens of healthy, as well as fad diets, and they all have their "followers." However, there are some foods everyone should not only stay away from but avoid them like a plague. These foods are more than just unhealthy. Some of them contain so many artificial additives and synthetic chemicals, they are actually dangerous to eat.

Unfortunately, many of these foods are very popular and we eat them all the time. Some of them are even offered by health food shops. When you go through this list, you'll understand why the so-called diseases of civilization are becoming a serious threat to global health. Three things that most unhealthy foods have in common:

- *They are popular*

Most of these foods are on our table every day. What's even worse, some of them are sold in health food shops as healthy alternatives to sugar, meat or dairy.

- *They are aggressively marketed*

The meat and dairy industries have powerful lobbies that successfully manipulate people into buying foods they shouldn't. Aggressive marketing campaigns and misleading messages have resulted in consumers becoming unable to decide for themselves, but doing what they are told.

- *They are tasty, cheap, and convenient*

What makes giving up these foods so difficult, is that most of them are very tasty (because they are full of flavor additives), cheap (because they are mass-produced from the cheapest ingredients), and convenient (many of them are pre-packed and ready to use, requiring minimum preparation time). The story of modern agriculture and the stressful sedentary lifestyle we now lead is a long and complicated one and is beyond the scope of this book. Suffice it to say that your diet should be much more than fuel that keeps you going.

A diet can be a source of healing or toxic foods. It can improve or destroy your health. It can boost your mood and performance or contribute to premature aging and chronic disease. So, whatever food you think is best for you, make sure it's free of the following foods:

1. Canned foods

All canned foods contain Bisphenol A (BPA). This chemical is used in can lining and has been linked to infertility, obesity, cancer, and other conditions. Whenever possible, choose fresh or frozen foods instead of canned ones.

2. Deep-fried foods

Deep-fried foods are usually very tasty which is why we love them. However, they are cooked in a lot of oil which makes them very fatty. Besides, what makes it even more unhealthy is that such oil is usually reused many times. Avoid or limit these foods if you want to get rid of free

radicals, high cholesterol levels, heart disease or acidic diet.

3. Instant noodles

Instant noodles, just like all other instant foods, are full of preservatives, and color- and flavor additives. Besides, they contain a lot of calories and sodium. If you often eat instant noodles, you risk having a stroke, developing diabetes or succumbing to heart disease.

4. Margarine

Margarine is based on trans fats. These clog arteries and restrict the flow of blood to the heart. When it first appeared on the market, we were told it was healthier than butter and would protect our hearts. Today, we know this is nonsense. Regular consumption of trans fats increases your risk of developing type 2 diabetes or heart disease.

5. Soft drinks

Soft drinks contain a lot of sugar (about 40 grams per bottle) and if taken regularly will increase your blood sugar levels which can lead to many serious conditions, eg high blood pressure, diabetes, etc.

6. Packaged Fruit juices

Many people start their day with a glass of orange juice. Well, they shouldn't. It takes four oranges to produce a single glass of juice. Although juice is a healthy beverage, unfortunately, all the fiber from the fruit has been discarded. Besides, fruit juice contains almost as much sugar as soft drinks. A better way to start a day would be to eat an orange, not drink a glass of orange juice. That way, you'll get all the vitamins, plus the fiber, and the amount of fructose your liver has to deal with would be minimal.

7. Artificial sweeteners

Artificial sweeteners are found in many sugar-free products, et chewing gums, baked goods, jams, etc. They are also what sugar replacements are based on, e.g. xylitol, erythritol, isomalt, lactitol, maltitol, mannitol, sorbitol. Although these artificial sweeteners are marketed as natural, they are actually heavily processed and are often produced from GMO ingredients. Long-term use of artificial sweeteners can create an imbalance in your gut flora and contribute to the development of diabetes, gastrointestinal problems, weight gain, etc.

8. Soy protein

Most of the soy produced in the US (as well as in some other countries) is genetically modified. The reason GM soy is now farmed is that it is resistant to glyphosate, a weedkiller commonly used in soy farming. A recent Norwegian study found that US-produced soy contains so much of this herbicide, it almost feels like you are eating weedkiller. Glyphosate is linked to many life-threatening conditions, including several types of lymphoma cancer. While fermented soy products, such as natto, tempeh, and miso soups are perfectly safe to use, you must stay away from edamame, soy

milk, and soy protein.

9. Farmed salmon (Atlantic salmon)

Most people eat salmon because it's high in omega-3 fatty acids. However, farmed salmon available today have considerably lower levels of these healthy fats than the salmon we could buy only five years ago. The most likely reason for this is that salmon is now fed much less nutritious food. Besides, dioxin levels are ten times higher in farmed salmon than in wild salmon. This is bad news because this chemical is linked to cancer, organ damage, and immune system dysfunction.

On top of that, farmed salmon is regularly treated with banned pesticides. To make things even worse, it recently became legal to produce and sell genetically engineered salmon without having to label it as such.

10. Meat from large-scale farms

All animals raised this way are fed growth hormones, antibiotics, and food grown with chemical pesticides and fertilizers. A recent analysis of chicken meat and feathers discovered traces of banned antibiotics, allergy medications, painkillers, and even arsenic.

11. Microwave popcorn

The microwavable bags are lined with perfluorochemicals that make the bags resistant to heat. Unfortunately, these chemicals are linked to cancer. Besides, the fake butter flavoring that's often used in the production of popcorn is known to cause lung disease and inflammation in various organs.

12. Shrimp

Farmed shrimps contain a certain food additive that is used to improve the color of shrimp. This additive has estrogen-like effects that can affect the sperm count in men and increase the risk of breast cancer in women. Besides, ponds where shrimps are raised, are often treated with neurotoxic pesticides known to cause certain neurological problems, eg attention deficit symptoms, impaired memory, etc.

13. Table salt

Iodine is one of the most essential trace elements our body needs for proper functioning which is why we should use only iodized salt. Salt comes either from underground salt deposits or the sea. Although the natural salt is rich in minerals, by the time it is delivered to shops, it has been processed so much, that none of its original nutrients remain. Besides, salt rich in natural minerals is never white which is why it is bleached (to look clean). After bleaching, various anticaking agents are added to make it free-flowing. Excessive consumption of salt (including the mineral-rich healthy salt) increases the risk of high blood pressure, heart disease, stroke, kidney disease, etc.

14. Vegetable oils

Vegetable oils, e.g. canola, cottonseed, corn or soybean oil, are as bad as margarine. If you use a lot

of oil or eat a lot of deep-fried foods, you will become more vulnerable to certain diseases, eg inflammation, atherosclerosis, certain types of cancer, diabetes, digestive disorders, heart disease, high cholesterol, liver problems, obesity, etc.

15. Fat-free and low-fat milk

When raw milk is pasteurized, it loses a lot of its nutrients. Long-life milk is particularly unhealthy because it first has to be dried at temperatures of about 1000 degrees Centigrade, after which water is added to it. Needless to say, no enzymes or any other nutrients can survive these high temperatures.

People usually choose low-fat or fat-free dairy products because they don't want to gain weight. However, what they don't realize is that when fat is removed, carbs or sugar are added. This is done so that milk would have flavor, otherwise, it would taste like water. So, fat-free and low-fat milk contains added sugar, which, if you drink a lot of milk, puts you at risk of developing diabetes or heart disease.

16. Coffee with added flavors

Black coffee has a number of health benefits and can even protect you from certain liver diseases. However, after sugar, whipped cream or powdered milk has been added to it, it becomes a very unhealthy beverage.

17. Seitan

We usually think of seitan as a healthy alternative to meat protein. However, it is simply wheat gluten. This means that even if you are not allergic to gluten but you often eat seitan, you may develop gluten intolerance symptoms. Besides, seitan contains a lot of sodium, over 500 milligrams per 100 grams.

It gets even more unhealthy if you add non-dairy liquid creamers based on corn syrup. Black coffee is the healthiest option because although these additives improve the taste of coffee, they also contribute to increased liver fat and some gastrointestinal problems.

18. Burnt food

Burnt foods should be avoided whenever possible. This is necessary partly because they are more difficult to digest, but especially because they produce cancer-causing chemicals. Burnt meat in particular is very unhealthy. Although many people find charred meat tastier than medium-to-rare, the risk of ingesting carcinogens is not worth the improved taste.

19. Diet soda

The main reason you should avoid diet soda is that it's full of artificial sweeteners. For a number of reasons, these are worse for your health than ordinary sugar. So, if you drink diet soda regularly, you are at a higher risk of developing both cancer and diabetes.

20. Processed meats

Many people can't imagine a sandwich without salami but cured meats are so full of saturated fat, sodium, and preservatives, that if you are into healthy eating, this is one of the first foods you should give up.

21. Canned green beans

For some reason, U.S.-grown canned green beans are some of the most toxic canned foods there are. This food is treated with some of the most dangerous pesticides and eating just one serving a day, puts you at risk of developing cancer and having other health problems. Besides, all cans are lined with materials that contain Bisphenol A. This is a synthetic estrogen that can create fertility problems for both men and women. Unless you can find fresh or frozen green beans, this is one of the foods you must avoid at all costs.

22. Non-organic strawberries

Some fruits and vegetables contain so many toxins from pesticides and fertilizers, that they are actually dangerous to eat. One of them is strawberries. Besides the pesticides, the soil on which non-organic strawberries are grown, is often treated with toxic gases. These were initially developed for chemical warfare, but are now used in agriculture. In other words, if you can't afford organic strawberries, stay away from them.

23. Energy drinks

The reason they are so addictive is that they taste so good. Which they do because they are full of sugar and flavor additives. Long-term use of energy drinks is linked to inflammatory processes, heart disease, and certain neurological problems.

The list of unhealthy foods is much longer but the bottom line is to try and stay away from all processed, instant or foods that don't even look like food. Whenever possible, stick to organically grown fruits and vegetables and grass-fed meat, dairy, and eggs.

24. Packaged foods

They are usually very tasty which is why we love them. However, they are cooked in a lot of oil which makes them very fatty. Besides, what makes it even more unhealthy is that such oil is usually reused many times. Avoid or limit these foods if you want to get rid of free radicals, high cholesterol levels, heart disease or acidic diet.

Chapter 5

Dr. Sebi-Approved Herbs



Over the millennia, many different healing traditions emerged around the world and all of them were based on herbalism. The major herbal systems were often drastically different from what most of us know as “Western herbalism” and it has taken us a very long time to “decipher” the meaning and understand the concept of some of the ancient holistic systems such as Ayurveda, Traditional Chinese Medicine, Shamanic healing, etc. Today, we know that one of the ways to prevent a disease or recover from one, is through a diet and the alkaline diet is probably one of the healthiest diets there is. However, there is not a single alkaline diet and what made Dr. Sebi Alkaline Diet stand out, is that his methodology was based on both alkaline foods and medicinal herbs.

Dr. Sebi studied herbs from Africa, North and South America, and Europe and focused his research and healing methodology on acid/alkaline balance within a human body. However, he did not base his therapies only on

alkaline foods. He went a step further. He was adamant that all hybridized herbs (and foods) should be excluded from a healthy diet. Dr. Sebi insisted that alkaline herbs are essential for health and vitality and was very passionate about which herbs support one's health and which ones don't. His approach to herbalism was based on a belief that only that which is natural, can be truly healing. Most of the foods available today (ie fruits, vegetables, herbs, spices, grains, etc) were at some stage cross-bred to improve the yield. The list of all hybridized plants is too long to mention but the problem with this approach is that some of the herbs and foods not approved by Dr. Sebi have amazing health benefits, eg Aloe Vera, Echinacea, ginseng, turmeric, ginger, garlic, beans, whole grains, etc. Still, Dr. Sebi was adamant they should be excluded from his alkaline diet.

Dr. Sebi based his approach on the simple premise that wild plants were created in God's laboratory, while hybridized plants were created in medical laboratories through cross-pollination and genetic modification. As a result, they have an incomplete molecular structure. They are acid-based and should not be consumed for the simple reason that they are unnatural. According to Dr. Sebi, hybridized herbs and foods are acid-forming and negatively affect the brain (eg mint), destroy cells by weakening their membranes (eg garlic). If you are trying to heal using Dr. Sebi methodology, you should stay away from them.

So, although Dr. Sebi Alkaline Diet is very restrictive, he made up for the very limited choice of fruits, vegetables, herbs, and grains by including some highly nutritious herbal remedies and supplements. We are witnessing a steadily growing interest in holistic medicine. This is partly because, being better informed, people are now aware of the negative side effects that prescribed drugs come with. On top of that, the long-term use of antibiotics has led to the development of antibiotic-resistant bacteria. Besides, both painkillers and antidepressants are addictive and you will gradually have to increase the dosage if you want them to "work." For these, and many other reasons, more and more people are hoping to find a cure for their health problems in natural remedies. The technological innovations enabled us to have a glimpse into the amazing world of plants and to begin to understand how they interact with the environment and with the human body. They work both internally and externally and heal on all

levels – physical, mental, and spiritual. They can destroy microbes, bacteria, and fungi. Some, such as garlic, destroy all three. They reduce inflammation, dull the pain, help you relax, or boost your mental clarity. Some can induce vivid dreams or an alternate state of mind. And, the most amazing thing of all is that many of these medicinal herbs with almost magical properties grow all around us and we often refer to them, and treat them, as “weeds”.

Pharma vs Farmer?



In the world we live in today, chronic diseases are on the rise, effectively making both conventional and alternative medicine a big business. And just when you realize that Americans spend more than \$250 billion each year on drugs and supplements, then it is easier to understand how much of a problem the chronic disease pandemic has become. It's only human to want the best and safest, so we are naturally attracted to choose the most effective remedy – and worry about the side effects later. Be it food, drugs, herbs or supplement, we simply want the best – for health and healing. But the fact that what we see or hope to get isn't the reality is worrisome. Besides the benefits of synthetic drugs and pills, many Americans often go with supplements because they believe its healthier, costs less, and has little side

effects. We have often been told herbal medicine is unregulated, and hence may be potentially more dangerous, but what about prescription drugs? Notwithstanding the side effects of drugs, we are made to believe that the cure is in the pill.

However, recent prescription drug recalls, have left much to be desired. Zantac, a popular H2 receptor blocker that treats extreme cases of acid reflux and heartburn, was recently pulled off the shelf. Zantac was linked to Stomach cancer and many other drugs with similar mechanism of action were also implicated. Other drugs such as Accutane and Vioxx were not spared – in fact, *Vioxx* in particular resulted in nearly 30,000 deaths and was used by more than 20 million people in a little over a 4-year span. These recalls and many others have further cast a doubt on not just conventional medicine, but the regulatory agencies including the U.S. Food and Drug Administration (FDA). But when you realize that the majority of Americans perceive the FDA's approval of drugs and food as a guarantee of safety and that all approval is based on “high degrees of certainty and clarity about a drugs benefits and risks”, then you realize we may have a much bigger problem than we ever imagined.

So, when we look at all these, it begs the pertinent question – Can we really trust the conventional medical industry to getting true holistic health and healing? Can we continue to put our health on the line for silly errors or slippages? How long can we continue to swallow every pill and hope our health get better? I don't know. But what I do know is that soon, soon enough, a major paradigm shift will occur. We will realize all these and I hope it's not too late by then. I hope it is not too late to go back to mother nature and use her medicine that is bequeathed us by nature.

Why Electric Herbs?



Electric Herbs are medicinal plants which helps the human body to heal, rebuild and nourish itself. They are alkaline and found in nature. They are not hybrid, irradiated, or genetically-modified.

Electric herbs improve the electrical activity in the nerves and helps with better cognitive function. It boosts your mental clarity and use of one's senses. Electricity is the reason the human body can move - crawl, walk, climb or run. Without electricity, there would be no movement and no life. If the body is electric, then you should feed it electric (alkaline) nutrition. Electric herbs are herbs made in nature, non-hybridized and non-GMO. Electric herbs are wildcrafted, grown without the use of chemical fertilizers and pesticides.

Proving That Alkaline Electric Herbs Work

There are countless people taking herbs that swear by their efficacy. Although many supplements and herbs are effective and safe, health science has been slow to confirm health claims. While pharmaceutical companies spent billions of dollars on drug research and discovery, herbs and other natural nutritional supplements often don't command big cash for research because they cannot be optimized to get a fiscal payoff the same way pharmaceuticals would. That notwithstanding, many adherents prefer and

stick to natural herbs because of its natural healing properties and far less side effects.

Many herbs work pharmacologically as well as by action, providing a strong rationale for their use in healing especially where we have no alternatives in synthetic drugs. Note that many of the conventional synthetic drugs treat symptoms and not heal. In other words, alternative medicine from nature's herbs will have true holistic healing compared to drugs. Picking between drugs and herbs is tough for so many people because the advice they will need to make these conclusions is mostly inaccessible. To date, there are only a few clinical trials where the closest herbal medication was contrasted to a pharmaceutical drug and a placebo control.

With this, the information out there is limited and often confused. Aside from healing uses and benefits, confusions often arise from:

Dosage - How much should I use?

Usage/Application – How should I use it?

Safety- How safe is this for me?

Sourcing – Where can I buy wildcrafted herbs

Contraindications – I am pregnant, would this be safe?

Herbal/Drug Interactions

Many herbs have been used to treat certain ailments for centuries. But simply because a product is organic or has been in existence for quite a while, that does not mean that you should assume that it is safer than pharmaceuticals. The same as interactions involving drugs, many herbs may cause adverse reactions when combined with medication or other nutritional supplements. A recent study published in the Journal of the American Medical Association demonstrated that one of every prescription drug consumers, one in six adults chooses one herbal nutritional supplement together with a prescription medication, and many are unaware of the effect one could have on another.

This lack of information could have serious consequences. By way of instance, the popular memory booster sweeteners taken with aspirin can lead to bleeding, and St. John's wort, a popular remedy for depression, may negate the efficacy of oral contraceptives in addition to protease inhibitors used in the treatment of HIV. People who have existing health conditions, and pregnant women or people intending to conceive, have to be particularly conscious of drug/herb interactions, and talk with their doctors prior to making supplements part of the wellness plans, as they want prior

to taking a prescription medication.

It is essential to be mindful of some interactions between herbs and pharmaceuticals. Also talk to your Physician before adding supplements to your health regimen, just as you would for a prescription medicine.

Medicinal Plants and Herbs



oregano



dill



rosemary



basil



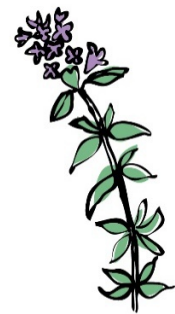
tarragon



bay



chives



thyme

Herbs are not ordinary plants. They carry fragrance and aroma. They can be medicinal or sacred. They can flavor your food and environment. They can lift you up when you are down or calm you when you are anxious. And most importantly, they can heal.

What are Herbs?

Herbs are usually only the green or leafy part of a plant (ie leaf, stem, and flower). On the other hand medicinal plants (including those approved by Dr. Sebi) often use other parts of a plant, eg root, bark, berry, fruit, etc. Besides, there is a difference between herb and spice although many spices are often called herbs, eg turmeric, cinnamon, etc. These two words are often used interchangeably and many plants that are actually spices, eg ginger, cumin, and tamarind, are often listed under medicinal herbs.

Common spices include:

1. Cinnamon

2. Paprika
3. Cayenne pepper
4. Peppercorn
5. Ginger
6. Turmeric
7. Nutmeg
8. Cumin
9. Cardamom
10. Cloves
11. Fennel seed

However, regardless of how you call them and classify them, plants are essential for our survival. Not only do they provide food, housing, and building material, they also absorb carbon dioxide and release oxygen so we can breathe. Plants also help keep our waters clean. On top of all that, they nurture and heal.

The healing qualities of plants can be found in almost all their parts:

- Seeds
- Flower
- Gum/resin
- Leaves/sprouts/buds
- Bark
- Root
- Fruit
- Whole plant
- Sap
- Bean oil
- Rhizomes

When we speak of herbs, the first thing that comes to mind is the flavor they add to our food, however, they have many other uses, eg:

– **Domestic uses**

There are many ways you can use a herb around the house, eg basil keeps flies away, rosemary sprays deter mosquitos, a mixture of crushed cloves and lavender will protect your books and clothes from fish moths. Fresh herbs can freshen your house or you can make a potpourri with dried ones.

APPROVED HERBS



To Dr. Sebi, medicinal herbs were an essential part of his healing methodology but he was very particular about which herbs should be used alongside his alkaline diet. He was against all hybridized herbs as well as herbs that are not alkaline. In this chapter, we shall look at some of Dr. Sebi-approved herbs. Like most alternative medical practitioners, Dr. Sebi believed that prevention is better than cure. He taught us that an alkaline diet and herbal remedies could prevent or solve all our health problems. Dr. Sebi used the below-mentioned herbs to dry up mucus, free the body of toxins, and boost the immune system. This is a complete list of Dr. Sebi detox herbs and it contains herbs he recommended over and over again. In this chapter, we shall look at some of Dr. Sebi-approved herbs.

Black Walnut Hull Powder



Black Walnut Hull (Fresh)



Black Walnut Hull (powder)

Description: Black walnut contains compounds that make it very effective in fighting bacteria and fungus. Besides, the tannins in black walnuts successfully dry up mucus and successfully kills parasites inside the body. This herb should not be taken on a regular basis, but only occasionally for cleansing. It can be taken as a capsule or a tablet.

Bladderwrack



Bladderwrack (Fresh)



Bladderwrack (Dried)

Other Names: *Fucus vesiculosus* , Black tang, Bladder fucus, rockweed, Sea oak, Dyers fucus, cut weed, Rock wrack and Red focus.

Description: Bladderwrack is a found on the coasts the western Baltic Sea, the North Sea, and the Pacific and Atlantic Oceans. It is high in iodine – a key substance for thyroid health.

Uses: Used to take care of many thyroid ailments, e.g. underactive thyroid, outsized thyroid Gland, and potassium deficiency. It's also utilized for heartburn, arthritis, bronchitis, obesity, arteriosclerosis, digestive disorders,

blood cleansing, emphysema, urinary tract disorders, constipation as well as nervousness. Other uses include boosting the immune system and increasing energy.

How to Use: Bladderwrack might be consumed whole, taken as tea or even blended with sea turtles from beverages and smoothies. To make tea, then combine 1 teaspoon per cup of warm spring water, and then allow to sit for 15 minutes prior to drinking. This may be taken one or two times every day.

Caution: Bladderwrack may potentially contain high levels of potassium, which might worsen some thyroid issues, so avoid protracted high or used doses.

Blue Vervain (*Verbena officinalis*)

In pre-Christian England, vervain was considered a sacred herb. The ancient Romans also considered it sacred and used it to purify their homes and temples. It was regularly used in magic and ritual.

Blue vervain active ingredients include:

- Volatile oil
- Bitter glycosides
- Tannins

Dr. Sebi valued this herb very much and prescribed it for many conditions.

Medicinal properties of blue vervain:

- Relaxant tonic
- Promotes milk flow
- Stimulates labor
- Promotes sweating
- Nervine
- Sedative
- Antispasmodic
- Liver stimulant
- Laxative
- Uterine stimulant
- Urinary cleanser
- Fever remedy
- Bile stimulant.

Aerial parts should be gathered in summer while flowering. Vervain is usually taken internally but can be used topically as well.

Ways to use vervain:

– **Infusion**

Take for insomnia and nervous tension or to encourage sweating in the case of fever. Can also be used as a liver stimulant to improve appetite and digestion. If sipped during the labor, it will encourage contractions and if taken during lactation, will stimulate milk flow

– **Tincture**

Use for depression, as a stimulant for liver, nervous exhaustion or for poor digestion. It can be used in combination with other urinary herbs for stones and conditions related to excess uric acid

– **Poultice**

Apply to muscle sprains, insect bites, and bruises

– **Ointment**

Use on skin problems such as eczema or wounds. Can also be used for neuralgia

– **Mouthwash**

You can use the infusion for spongy gums, or mouth ulcers

Caution:

- Avoid the herb in pregnancy. This is because it stimulates the uterus. However, it may be taken during labor as it stimulates contractions

Burdock Root (*The Efficient Blood Cleanser*)



HISTORY: Burdock was used as far back as the middle ages to heal several disorders. They have been used by early herbalists to relieve pain and purify the bloodstream from China, India and Europe.

DESCRIPTION: Burdock Root comprises all 102 minerals which form the human body in trace quantities.

KEY BENEFITS: Assists with indigestion, joint pain, detoxifying the liver, and balancing hormones. Helps improve skin quality, decrease inflammation, and reduce blood glucose levels.

USES: Heal insomnia, cancer, Gastrointestinal ailments, joint pain, arthritis, kidney infections, complications of syphilis, & skin ailments such as psoriasis. May assist with gout, thyroid health, bladder ailments + kidney & gallbladder stones.

TASTE: Getting a nutty sweetness and taste

HOW TO USE: Blend it with Dandelion Root to get a great "java" or into Perrier + Date Syrup to create a "beer. I love to blend it with other herbs to provide me a nutrient increase. Since Sarsaparilla is greatest in iron and behaves as a magnet for the rest of the minerals, I blend them frequently (typically with a 3rd herb which rounds out the taste (such as Linden Flower). **CAUTION:** If You've Got a Bleeding disease, burdock may

increase bleeding.

Cascara Sagrada (*The World's Natural Laxative*)



Other names: Rhamnus Purshiana, Bitter bark, Sacred bark, Cascara buckthorn, Bearberry, chittem rod and chitticum stick

Variants: None

History/Origin: The bark of Cascara Sagrada was used as far back as the 1600s from the natives of the Pacific shore and Euro-Americans as a natural laxative. It was also used as one of many anthraquinone-containing herbal medications. Commercially it's known as "Cascara sagrada" (meaning 'sacred bark' at Spanish), though, traditionally it's called "Chittem bark" or "Chitticum bark". Spanish soldiers moving round the Pacific Northwest struck many natives utilizing the bark for a laxative and gave it the title "sacred bark" with regard to its own efficacy.

Description: Considered a high All-natural laxative by herbalists. It's supposed to be the best herb for colon cleansing accessible. Cascara sagrada is proven to serve as a natural antibiotic in the intestines when taken internally. It's been used to eliminate gastrointestinal ailments such as worms.

How it functions: Cascara sagrada will cause a bowel movement over eight

to 12 hours taking a dose. It induces muscular contraction in the gut which help move stool throughout the gut. Additionally stimulates the liver/pancreas secretion.

Cascara sagrada increases the secretion of bile in the gallbladder. As a result of this property, it's been used to divide and prevent gallstones.



Key benefits: Laxative for constipation, therapy for hepatitis, liver disorders, and also cancer. A colon cleaner thought to enhance the muscular tone of the colon walls.

Other applications: It Is believed to ease the strain and pain associated with hemorrhoids and anal fissures too (however this claim is just supported by traditional use).

Taste: It does not taste great.

How to utilize: Cascara sagrada will generally cause a bowel movement within 12 hours, so it is Ideal to take it at night in order that at the morning it is simpler to use the bathroom

Caution/Side Outcomes: Can cause laxative dependence since the intestines start to adapt to this anthraquinones and be able to operate by themselves.

Please refrain from accepting it for more than two weeks without needing a rest (at least two days). Don't advise

Drinking this and then heading out for a very long amount of time in which you must use a toilet in somebody else's home.

Chamomile



Chamomile (Flower, fresh)



Chamomile (Flower, dried)

The plant is indigenous to Europe and has been used for centuries for medicinal purposes. Ancient Egyptians worshipped it for its incredible healing powers. It has a soothing effect on your skin and calming effect on your mind which is why it is used for skin conditions or as a tea to help you get a good night's sleep.

Chamomile boosts your immune system by helping your sleep well because when you're well-rested, your immune system works better. It is usually taken as a tea to reduce muscle tension and anxiety, to improve digestion, relieve stomach cramps. It has a powerful sedative effect and if you have trouble sleeping make a strong brew before going to bed. You can wash your face with chamomile tea or pour strong chamomile tea into your bath to relieve sunburn. Use only loose-leaf chamomile, never teabags.

Chaparral (*The Anti-Inflammatory Herb*)



Other Names: Larrea divaricate, Creosote bush, Hediondilla, Greasewood, Jarilla, zygophyllum tridentatum. Variants: Larrea tridentate, larrea divaricata, larrea Mexicana

History: Chaparral was reported to be as old as 4 million years of age. Chaparral originates in the creosote regions, which will be a desert tree native to southern area of the USA and northern portion of Mexico.

Description: Chaparral is a yellow flowering plant using quite bright blossoms and dark green leaves. All areas of the plant have been used for medicinal purposes but despite its own usage, it's quite controversial and was reported to be prohibited in certain states including Canada.

Key Benefits: This cleanses the lymphatic system and stomach. Also will help to clean heavy metals in the blood and reduced blood glucose levels.

Uses: Employed to deal with insomnia, cancer, skin disorders, arthritis, and STDs

Taste: Chaparral includes a sour flavor with a rather strong taste. Caution: No significant side effects; although could lead to skin irritation when applied to the skin

Contribo (*Aristolachia grandiflora*)

This herb is known by many other names, eg Bejuco de Santiago, Dutchman's Pipe, Calico Vine, Vine of St. James, Liana couresse, Six Sixty-six, Pipe vegetale, Tref, Twef, Birthwort, and Trefle caraibe.

This unusual plant has a huge flower that smells like rotting meat. We mentioned earlier that plants have to have attractive flowers and a strong scent in order to attract bees, birds, and insects who will pollinate them. As contribo flower is pollinated by a fly, it shouldn't be surprising it developed a smell of rotting meat as that is the smell flies are most drawn to.

Throughout Central America, contribo is a popular natural remedy for colds and flu, stomach ache, and indigestion. It can also be soaked in rum and used as a bitter.

Contribo is a jungle-vine that needs to be sun-dried before it becomes a medicinal herb. The dried vine is then soaked in water or liquor. The liquid is drunk as and when necessary, and new liquid is added to replace the consumed liquid. It should be kept in a cool, dry place.

Contribo is usually found in wet areas and is a well-known medicinal herb not only in Central America but also in western herbal medicine, Ayurveda, and Traditional Chinese Medicine (TCM). Apparently , it's been used for its therapeutic properties since 300 BCE.

Conditions that can be treated with contribo:

- Kidney problems
- Bladder stones
- Stones
- Gout
- Snakebite
- Uterine complaints
- Insomnia
- Skin conditions (eg bruises, wounds, skin infections)
- Alleviate fever
- Enhance appetite
- Strengthens the immune system

Contribo can be used as a tea or its powder can be mixed with honey and olive oil. It can also be used topically as a lotion to treat wounds and skin infections.

Although this herb has been known and used for a very long time, there have been very few scientific studies of this plant.

Unfortunately, contribo doesn't come without side effects so it's best to use it under the guidance of a qualified herbalist.

Caution :

- Due to aristolochic acid, continuous use of contribo can have very negative effects on one's health.
- It contains high amounts of calcium oxalate, so overuse could lead to kidney stones

Damiana (*Turnera diffusa*)

Damiana is a shrub native to Mexico, Texas, Central and South America, and the West Indies. It has been used as a herbal remedy for a very long time. By the time the Spanish colonized South America, indigenous peoples had been using it for centuries.

There is very limited scientific research on this herb

Damiana is also known by many other names, eg Damiana Herb, Damiana Aphrodisiaca, Old Woman's Broom, Damiana Leaf, Feuille de Damiana, , Damiane, Feuille de Damiane, Houx Mexicain, Mexican Damiana, Oreganillo, Mizibcoc, Rosemary, Turnera aphrodisiaca, Thé Bourrique, Turnera diffusa, Turnerae Diffusae Folium, Herba de la Pastora, Turnera diffusa var. aphrodisiaca, Turnera microphyllia and Turnerae diffusae herba.

Active ingredients of damiana relate to the endocrine and nervous systems. It is used both to relax the body and boost energy levels.

Damiana medicine is made from the leaf and the stem. It can be used as a juice, tea, or supplement (capsule or tincture). Damiana herb can also be smoked or inhaled as it mimics the effects of marijuana.

Medicinal uses of damiana include:

- Treatment for obesity
- Improved mental and physical performance
- Immune support
- Natural remedy for asthma
- Natural remedy for diabetes
- Relieves headache
- Reduces depression and anxiety
- Stomach complaints
- Relieved constipation
- Fights infections
- Relieves symptoms of menopause and premenstrual syndrome complaints
- Acts as a bladder tonic
- Helps you get “high”
- Acts as an aphrodisiac (improves libido)

Caution :

- Pregnant and nursing women should not consume damiana, nor should anyone with liver conditions
- Damiana leaves are safe to smoke or inhale but in high doses can cause hallucinations

Dandelion Root (*The Great Coffee Replacement*)



Dandelion (Root, Fresh)



Dandelion (Root, Dried)

Dandelion Root

OTHER NAMES: Lentodon taraxacum, Blow-ball, Bitterwort Cankerwort, Common dandelion, Clockflower, Irish daisy, piss-in-bed, Lion's tooth, Pissinlit, Puffball, Priest's crown, swine's snout, Yellow gowan, Telltime.

VARIANTS: None

HISTORY: Dandelion was a well-known recovery plant for centuries. They have been popular in ancient Egypt, Rome and Greece and also have been utilized in their conventional medicine. Dandelions likely came in America by travellers that used it for medicinal advantages.

DESCRIPTION: Even though a Fantastic coffee substitute, Dandelion is an awesome herb for liver-cleansing. Cleansing the liver provides you some energy back. Thus, drinking it in the morning is a superb java substitute and allows the entire body to stay in detox mode rather than getting all of the acid that coffee drinking could create within the body.

KEY BENEFITS: This amazing Herb may improve your immune system, destroy free radicals, combat diabetes, and help with sinus ailments, and even combat cancer. Additionally, it enhances energy levels; alleviates stomach upset, intestinal gas, gallstones, joint pain, muscle aches, & eczema; and utilized to treat viral diseases.

USES: It's been used to deal with Viral diseases and improve immunity. Reduces inflammation and cholesterol; reduces blood pressure, also helps regulate glucose levels.

HOW IT WORKS: Its curative Impact in the liver also helps cleanse the

bloodstream that assists in clearing up skin conditions such as psoriasis, eczema and psoriasis.

TASTE: Dandelion Root Tea Tastes much like java, so there is no excuse to not give up coffee for your wholesome lifestyle. Insert Hemp Milk and Date Syrup and you have got the healthiest latte in history

HOW TO USE: You are able to consume the Flowers, leaves, stalks, and also the origin. The whole plant may be utilized in salads, soups, and vegetable dishes.

CAUTION: In some individuals, Dandelion might lead to stomach distress, diarrhea and heartburn.

Elderberry (*The Great Immunity Booster*)



Elderberry (Herb, Fresh)



Elderberry (Herb, Dried)

OTHER NAMES: Elder, Common Elder, Black Elder, Black-Berried Alder, Black Elderberry, Bountry, Boor Tree, Baccae, Baises de Sureau, Arbre de Judas

VARIANTS: None

Elderberry have been used for since the seventeenth century for a wide range of ailments. It was majorly used by the people of Northern Africa and ancient Asia to wade of evil spirits and cure several health problems.

DESCRIPTION: Used medicinally by herbalists to boost the immune system during cold and

flu season. Almost every part of the elder plant has medicinal or culinary value. Dr. Sebi focused on berries as studies show they have antioxidant, antidiabetic, anti-inflammatory, and immune-modulating, as well as antidepressant properties. Elderberries are high in nutrients. They contain flavonoids, vitamins (A, B1, B2, B6, B9, C and E), minerals (K, Ca, and Mg), as well as phytochemicals (eg carotenoids, phytosterols and polyphenols). Elderberries are successfully used for respiratory, cardiovascular, and mental health. As it has strong anti-viral properties, it is most often used to fight the symptoms of flu.

KEY BENEFITS: anti-inflammatory, antiviral, anti-influenza & anticancer properties. Used to boost the immune system. Aids the healing process, stimulates digestion and eliminates chronic pain. It is also said to possess chemo-preventive properties.

USES: Packed with antioxidants they help to cleanse the body, improve vision, speed up the metabolism, increase respiratory health, lower inflammation, and protect against chronic disease.

HOW IT WORKS: Elderberry helps loosen mucus from the upper respiratory tract and lungs, making it easier to cough up mucus, which in turn prevents respiratory infection from resulting to bronchitis or pneumonia

It also helps with increased perspiration via sweating and urine flow.

TASTE: Although elderberries don't taste sweet, they have a somewhat mild earthy taste with a tart flavor

They can be used to make a great combo with other herbs so as to make them more palatable.

HOW TO USE: It's best not to eat raw elderberries as they contain some cyanide. They can be cooked and used to make juice, jelly, syrups, wine, smoothies or in salads (cooked). The most popular way is to make it into a syrup or to use as infusion in teas.

If you can't take the herb, you can take in capsule form, usually about 3 capsules per day.

CAUTION: Avoid taking elderberries as regular berries. They can cause often result in diarrhea, nausea or vomiting if taken raw.

Irish Sea Moss (*The Daily Mineral Intake Companion*)



Irish Sea moss (Fresh)



Irish Sea moss (flakes)

OTHER NAMES: Chondrus Crispus, Irish moss, Irish carraigín, carrageen moss, the tiny stone **HISTORY:** The title "Irish Moss" was originated through the potato famine in Ireland back in the nineteenth century. During the famine, many were hungry and desired food that was in short supply, then they resorted to eating the red alga that climbed on the stones.

DESCRIPTION: A Excellent species of algae That grows along the rugged areas of the Atlantic coast of North America and Europe. A fantastic daily vitamin supply. Includes 92 of 102 minerals which compose the entire body. Sea moss is an alga and is still a very fantastic source of dietary fiber, vitamin and several minerals (calcium, copper, iron, magnesium, phosphorous, potassium, phosphorus, sulfur, and manganese).

BENEFITS: aids in fostering the metabolism, encouraging the immune system, relieving joint pain, soothing the digestive tract, + supporting cardiovascular health.

HOW TO USE: To gain most from this herb, it is ideal to take it in conjunction with bladderwrack. Create a warm drink from it with hemp dates and milk. And try to drink twice or once daily preferably in the afternoon and day. I also use it to cleanse my Face many times every week. I just blend a dime sized amount of this powder with spring water, then make it into a paste, and spread it on my face. I leave it around for 5 minutes or longer, then wash.

Sea moss powder could quickly be utilized as an inclusion in smoothies, or add capsules or made in to gel. The powder form is simpler to use if you're

just beginning, otherwise you might need to contend with the sea moss herb at which you'll first have to soak and mix to make gel.

CAUTION: No known side effects

Kalawalla (*The Natural Anti-Oxidant*)



Kalawalla (Herb, Fresh)



Kalawalla (Herb, Dried)

Other Names: Calaguala, *Polypodium decumanum*, Callawalla

Variants: None

History: From the jungles of Honduras, they grow exclusively over Palm trees in symbiotic relationship.

Key Benefit: antioxidant, immune system,

Uses: The indigenous people use it as a blood purifier. It contains three types of amino acids that are powerful antioxidants and protect your DNA from free radicals. Kalawalla is particularly effective for those suffering from skin conditions and has also been used to treat neurological disorders like Alzheimer's.

Taste: more like a bland taste. Kalawalla does not have a bitter or after taste.

How to Use: For best results, take Kalawalla every day as a tea.

Caution: Very little or no side effects. Although some have reported a little indigestion and some skin rashes.

Linden Flower (*Natural Expectorant*)

Great for expelling mucus from the lungs. Really soothing. It's my go to if I have a dry throat or a persistent cough. It has a mild flowery taste.

Wonderful addition to herbal blends for balancing out strong flavors.

KEY BENEFITS: Can aid in lowering blood pressure and inflammation.

Gives relief to gastrointestinal discomfort and helps with efficient digestion.

USES: Used for colds, stuffy nose, mucus relief, sore throat, fever,

breathing problems (bronchitis), and headaches (including sinus and migraine)

HOW IT WORKS: It makes it easier to bring up phlegm by coughing (as an expectorant).

TASTE: A light, flowery taste. Good to mix with more bitter herbs to help balance out their taste.

HOW TO USE: Wonderful addition to herbal blends for balancing out strong flavors.

LUPULO



Lupulo (Herb, Fresh)



Lupulo (Herb, Dried)

Lupulo is a well-known natural remedy used to relieve pain, help to calm the nerves, improve sleep, help with hot flashes. By calming you down, it indirectly lowers your cholesterol as well as blood pressure. One usually takes these herbs for 7 to 30 days after a cleanse, detox or fast.

The longer you fast, cleanse or detox, the better. However, there is a limit to how long your body can go on without solid foods before it gets sick, so don't overdo it. Therefore, regardless of how you decided to heal your body, eg with a cleanse, detox or fast, as soon as you're done with it, start taking revitalizing herbs and follow the Dr. Sebi alkaline diet. Irish moss and iron can be consumed both during the cleanse and during the revitalization.

If you follow an alkaline diet, you should cleanse once a year for 7 days. Otherwise, for the best results, you should perform a cleanse every three months.

Nopal (*Opuntia ficus cactaceae*)

Most people are probably unfamiliar with the word *nopal*, although most have heard of prickly pear cactus. Nopal and prickly pear are, in fact, the same plant. Nopal cactus originates in the deserts of the southwestern United States and Mexico. It is a common ingredient in Mexican cuisine but can only be eaten fresh when young (that's when the fruit is juicy and tender). Nopal fruit is also used to make marmalade, soups, stews, and salads.

Therapeutic properties of nopal revolve around its antiviral and antioxidant properties. There are over 100 species of nopal in Mexico and it has been used in traditional medicine for hundreds of years.

Some of the common medicinal uses of nopal:

- **Prevents viral infections**

Nopal cactus has antiviral properties and early studies suggest that it can be effectively used against herpes simplex, respiratory syncytial virus, and HIV.

- **Protects nerve cells**

When your nerve cells are damaged you end up with sensory loss or pain. Nopal cactus can protect against this damage

- **Protects cells from free radicals**

Being high in antioxidants, nopal protects your cells from damage caused by free radicals.

- **Regulates blood sugar**

Consistent use of opal cactus can regulate blood sugar levels. It is best if nopal is taken together with other diabetic medications.

- **Helps treat enlarged prostate**

An enlarged prostate makes you want to urinate more frequently. Nopal helps not only with an enlarged prostate, it is also used in prostate cancer treatments.

- **Helps reduce cholesterol**

Nopal cactus can help you lower the “bad” cholesterol with much fewer side effects than traditional cholesterol medications.

- **Eliminates hangovers**

Nopal cactus helps relieve the symptoms of hangovers but the problem is it should be taken BEFORE you start drinking.

You can benefit from the healing benefits of nopal cactus either by eating it raw or taking it as supplements (capsule, powder, or tincture).

Nopal juice benefits:

- Lowers cholesterol
- Antioxidant and anti-inflammatory properties
- Relieves pain
- Boosts immune system
- Protects the liver
- To treat bladder and urinary issues
- As an aphrodisiac

Conditions that can be treated with nopal:

- Glaucoma
- Wounds
- Fatigue
- Liver conditions
- Ulcers
- Diabetes

Caution

- Commercially produced nopal juice is often mixed with other fruit juices which means it usually contains much more sugar than the pure nopal juice would. So, anyone with diabetes should avoid taking commercially-produced nopal juice and should rather choose fresh fruit or freshly squeezed home-made nopal juice.

However, when buying nopal juice from street vendors, remember that most of them use tap water to rinse the fruit. Such juice is not pasteurized and treated for bacteria although cattle manure is used as a fertilizer. A recent study found that over 90% of street-sold nopal juice tested positive for *Escherichia coli* and 1% tested positive for Salmonella. If you love this juice, it's best to buy it from a reputable source.

- Nopal cactus has fewer side effects when eaten as food than when taken as a supplement. To be on the safe side, get your nopal from a reputable source. Potential side effects of nopal supplements include headache, nausea, and diarrhea
- Pregnant women should never take nopal supplements
- Nopal supplements can affect your blood sugar levels, so if you have

diabetes you should be particularly careful. It's best to discuss this with your doctor first.

Prodigiosa



Other Names: Brickellia Grandiflora, Brickellia canvanillesi, Amula, Calea zacatechichi, Hamula, fantasy plant, Bitter bud, Cheech. Variants:

Brickellia Grandiflora, Brickellia canvanillesi

History: Prodigiosa is a species of snout moth that originated from Peru.

Description: This really is a dark green bushy herb with leaves around the top side and a greyish purple color on the bottom. It develops as large as 5 feet. The flowers on this plant include a pure white color to a yellowish shade and may be seen growing in clusters. This perennial plant could be found flowering almost throughout the year.

Prodigiosa is frequently talked about as being correlated with all the dark arts because it had been used in voodoo for part of their rituals. But this herb is not difficult to cultivate and develops just too in a plant pot also. Its medicinal advantages shouldn't be overlooked and by developing this herb into your garden, you're never too much from a new cup of herbal tea.

Key Benefits: Prodigiosa arouses pancreas secretion, reduces blood glucose, and enhances fat digestion in the gall bladder. Helps with gut

digestion, supports healthy kidney function, helps maintain Wholesome Glucose Levels, supports a healthy immune system

Uses: Immune system, Gallbladder and Pancreas, immune system health, reduces blood glucose, and is valuable for individuals with diabetes.

Taste: it's quite bitter in flavor.

You may think of this as a bad thing but when it comes to digestion, bitter is better.

How to Utilize: Take as tea or in capsule form. Once consumed as tea, then the herb produces lactic acid, which assists stomach digestion. Make tea by brewing leaves (fresh or dried) in warm spring water. Since pf the sour flavor of these leaves, you may add date syrup into it. This tea may be taken twice each day.

Caution: No known unwanted effects.

Red Clover (*Trifolium pratense*)

Traditionally, red clover was used as a fodder crop for cattle. It is only recently that we became aware of its health benefits.

Red clover active ingredients include:

- Phenolic glycosides
- Flavonoids
- Salicylates
- Coumarins
- Cyanogenic glycosides
- Mineral acids

Only the flowers have therapeutic properties and it's best to harvest them during flowering.

Effect it has on the body:

- Alterative,
- Antispasmodic
- Diuretic
- Anti-inflammatory
- Oestrogenic properties

Traditionally, red clover was used for skin complaints and to treat coughs and bronchitis but in the 1930s it was recommended to treating certain types of cancer, eg breast, ovarian, and lymphatic. Unfortunately, after the boom of the pharmaceutical industry in the 1960s, red clover is no longer considered an effective cancer treatment. Still, many holistic doctors prescribe it as an anti-cancer therapy.

7 ways to use red clover flowers:

1. Fresh flowers

Crushed fresh flowers may be applied to insect bites and stings

2. Tincture

Take internally for skin problems like psoriasis and eczema.

3. Compress

Use for arthritic pains and gout

4. Eyewash

Use about 6-12 drops tincture in about half an ounce (20 ml) spring water for a well-strained infusion for conjunctivitis or a full eyebath

5. Douche

Use the infusion for vaginal itching

6. Syrup

The syrup is an effective treatment for stubborn, dry coughs

Rhubarb Root (*The Natural Laxative*)



Other Names: Chinese Rhubarb, Garden Rhubarb, Da Huang, Himalayan Rhubarb, Medicinal Rhubarb, Indian Rhubarb

Variants: *Rhizoma Rhei*, *Rewandchini*, *Rhei*, *Rhei Radix*

History: The name “Rhubarb” was derived from rhabarbarum.

Rhabarbarum’s herbal uses started as far back as 5000 years ago, when Chinese used its roots as a laxative.

Description: Rhubarb has a distinctive yellowish root. Highly effective in improving the tone and health of the digestive tract, the root and rhizome (underground stem) are used as medicine.

Benefits: It also helps in cleansing the bowel of heavy metals and harmful bacteria. Helps relieve constipation, bloating and cramps

Uses: Used for digestive issues such as diarrhea and constipation; stomach pain, heartburn, ulcer or stomach bleeding, etc.

How It Works: Works mainly as a laxative

Taste: Has a sweet-sour taste with a tangy flavor.

How to Use: Use as tea

Caution: Can cause uterine contractions; should not be used if pregnant
Sarsaparilla Root



Sarsaparilla (Herb, Fresh)



Sarsaparilla (Root, Dried)

DESCRIPTION: This is one of the very best natural resources of iron, a mineral necessary in the practice of recovery. It has diuretic and restorative properties.

Used for its Anti-inflammatory, antiulcer, antioxidant, anti-inflammatory, diaphoretic & diuretic properties. It comprises plenty of plant compounds believed to have a favorable influence on the body. **BENEFITS:** Anti-inflammatory, Antiulcer, antioxidant, anti-inflammatory, diaphoretic & diuretic properties. Maximum concentration of iron of any plant.

USES: Assist with inflammation, congestive Heart failure, higher blood pressure, PMS, urinary problems, hypertension, migraines, nervous system disorders, and suffering from arthritis.

HOW IT WORKS: Compounds Called saponins might decrease joint pain and skin itching, and kill germs. May also aid in reducing inflammation and protecting the liver from harm. Maximum concentration of iron of any herb (based on Dr. Sebi).

Soursop (*The Powerful Antioxidant*)



Soursop (Herb, fresh)



Soursop (Leaf, dried)

Other Names: Custard apple, *Annona muricata*, Guanabana, Brazilian paw, Cherimoya

Variants: None

History: Soursop Is a plant which grows in rain forests of Africa, South America, and Southeast Asia.

Description: It Comprises over 200 phytochemicals and contains anti-inflammatory and antioxidant properties. All areas of the plant possess medicinal properties.

Benefits: It can assist you to enhance the state of skin, nails and hair. High in carbohydrates.

Uses: It May Help Kill Cancer Cells, assist Fight Bacteria, decrease Inflammation, modulate Blood Glucose Levels

Taste: The Fruit includes a buttery sweet flavor while the leaves possess a spoonful of tartness

How to Use: You May take it as extract or tea but it's ideal to eat the leaves and fruit raw.

Valerian Root



Valerian root (Herb, Fresh)



Valerian root (Herb, Dried)

An ancient remedy for anxiety, stress, nervous asthma, hysterical states, hypochondria, headaches, and stomach upsets. You can use it for hypertension caused by stress.

Yarrow



Yarrow (Herb, Fresh)



Yarrow (Herb, Dried)

Traditionally, it has been used to promote sweating and stop wound bleeding. It can also reduce heavy menstrual bleeding and pain. Can ease gastro-intestinal problems, cerebral and coronary thrombosis, lower high blood pressure, improve circulation, and tone varicose veins.

Yellow Dock (*Rumex crispus*)

The dock is very similar to sorrel and has a multitude of medicinal uses. Native to Europe and Asia, it is now found throughout the world where it is often considered a weed. Both the leaves and the root have therapeutic properties. Leaves are also used in cooking.

Medicinal use of the yellow dock is based on a tincture, syrup, or an ointment. Ointments made to relieve itching and swollen glands, are

prepared by boiling the root in vinegar and the pulp is then mixed with coconut oil or a similar agent. It is available in capsules and as tea.

Yellow dock active ingredients:

- Tannins
- Resins
- Salts
- Volatile oils
- Starches
- Thiamine

The yellow dock comes with many health benefits but was traditionally used to treat various skin conditions (eg ...) and as a mild laxative. It has astringent and purgative properties and has been used to treat many different conditions.

Conditions that can be treated with yellow dock:

- Poor digestion
- Liver detox
- Skin conditions (eg scabies)
- Inflamed nasal passages
- Rheumatism
- Scurvy and scrofula
- Constipation
- Promotes bile production
- In some parts of Africa, warm dock leaves are used to dress swollen breasts during lactation, and also pound and pulp the leaves for use as a pile treatment.
- Laryngitis and gingivitis (the dried root of dock mixed with warm water is used as a gargle to treat laryngitis, and as a mouthwash. it is also effective against gingivitis)
- Intestinal infections (eg ringworm)
- Fungal infections
- Jaundice

Caution :

- Yellow dock contains oxalic acid which can irritate the bowels and may cause mild diarrhea.
- You should not use yellow dock if taking drugs to decrease blood

calcium, eg diuretics, Dilantin, Miacalcin, or Mithracin. Or if you have kidney disease, liver disease, or an electrolyte abnormality

- Overdosing on the yellow dock may cause metabolic acidosis – a very threatening blood disorder as well as calcium deficiency in the blood.
- The yellow dock should never be consumed uncooked as it may cause severe reactions. Even just handling raw yellow dock may cause a skin reaction in some people

Chapter 5

D. Sebi Healing for High Blood Pressure

Until recently, it was mainly people in the developed world that were plagued with high blood pressure but now, this debilitating condition has become a pandemic and now very common even in developing and third world countries. The scary thing is that the number of people living with this condition has more than doubled over the last 40 years.

The reason this is worrying is that, high blood pressure is the leading cause of heart disease and stroke, conditions that kill over 7 million people every year. However, there is a misconception that this is an “adult disease.” In recent years we have seen more and more cases of elevated blood pressure among young people, even teenagers. An unhealthy diet, smoking, drinking, hyperthyroidism, and sleep apnea are some of the main causes. What makes teens vulnerable to this condition are the physiological changes they go through as they grow up. Apparently, hormonal changes and rapid growth can increase cholesterol and blood pressure levels. On its own, this is not a problem as it's a normal part of growing up. However, when these hormonal changes are combined with an unhealthy diet, lack of exercise, and smoking, then you have a big problem. To complicate things further, a young person's blood pressure has different numeric values than that of an adult so it should always be taken in context. Readings which may seem high, may in fact be perfectly normal when you take into account their age, gender, and height.

Surprisingly, more than half of those living with high blood

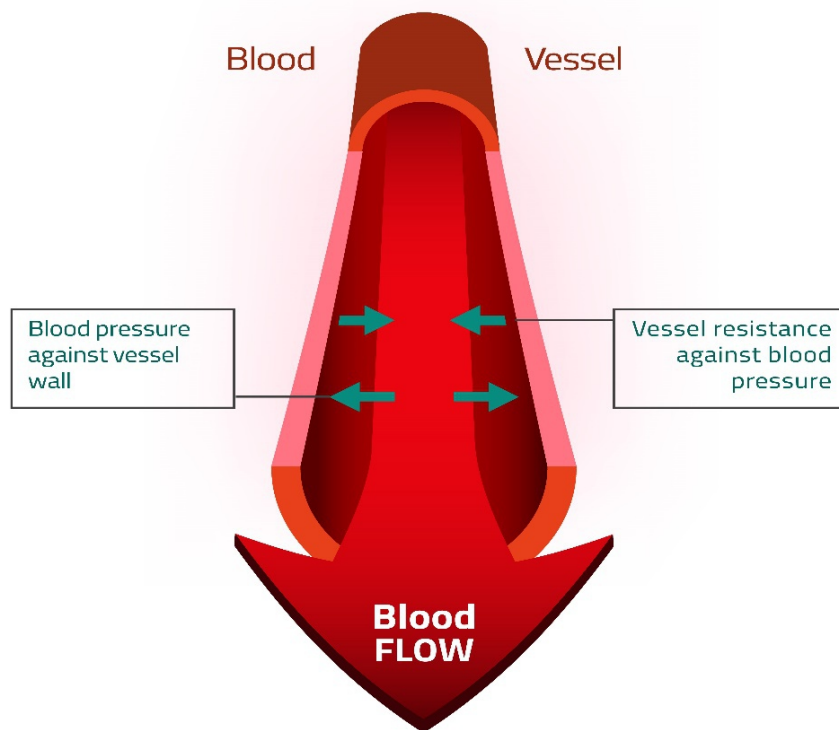
pressure live in Asia, mainly in China and India. At the same time in the countries where this was for decades a major problem, eg Canada, Australia, and western Europe, the number of adults struggling with hypertension has dropped dramatically in recent years. This is believed to be due to widespread government campaigns on a healthy lifestyle, healthy diet, and exercise. So, in these countries, the number of people joining the vegetarian and vegan train is steadily growing and people visit gyms *en masse*. Obviously, the initiative has worked.

However, lifestyle change is not the only reason high blood pressure is no longer as big a problem in these countries as it used to be. Good healthcare makes it possible to detect high blood pressure early and medication that keeps it under control is readily available. So, we now have a situation where the most developed countries, such as Canada, Australia, the UK have the lowest numbers of people suffering from high blood pressure. On the other hand, throughout Eastern and Central Europe, parts of Africa, and most of Asia, the numbers are still very high.

What does this tell us? Parts of the world where people typically live on very unhealthy diets and where stress runs high (both major contributing factors to high blood pressure) and governments' investment in education programs paid off. From being the leaders in high blood pressure, they have become the leaders in healthy living. On the other hand, countries where people traditionally lived on simple but healthy diets, e.g. Africa unfortunately adopted the western value system and diets. On top of that, their governments can't afford to invest in mass education programs nor are the medical systems capable to cope with the increasing demand. This clearly shows that all chronic diseases are preventable and that the easiest way to deal with them is by a

lifestyle change, including a dietary one.

THE SCIENCE BEHIND HIGH BLOOD PRESSURE



How Blood flows through the blood vessels

Before we delve into the Dr. Sebi diet proper, let us try to understand the mechanism behind high blood pressure. Your blood pressure is the pressure inside your arteries. For the blood to transport nutrients and oxygen throughout your body, your heart needs to pump it into your blood vessels. If you have high blood pressure, your heart has to work twice as hard to pump the blood. And when it flows through your blood vessels at higher than normal pressure, your blood vessels become weak and damaged which eventually leads to the hardening of the arteries. If unmanaged, this condition can lead to atherosclerosis, stroke, kidney disease, and heart disease.

SYSTOLIC AND DIASTOLIC BLOOD PRESSURE

For example, 120/80 mm Hg. The top number, also called the **systolic** blood pressure, refers to the amount of pressure within your arteries when your heart muscles contract. While the bottom value, called **diastolic** pressure, refers to your blood pressure reading when your heart muscle is between beats. In simple terms, the systolic pressure is measured between when the hearts contracts and the diastolic pressure is measured between beats when the heart relaxes

SYSTOLIC PRESSURE → Is measured between when the heart contracts



DIASTOLIC PRESSURE → Is measured between beats when the heart relaxes

Blood Pressure

Blood Pressure is the pressure exerted by circulating blood upon the walls of blood vessels.

Blood vessel dilation in relation to blood pressure

HIGH BLOOD PRESSURE CAUSES

High blood pressure is a complex condition and does not have a single cause. Although it has been studied extensively over the last fifty years, the underlying causes are still a mystery. To complicate things further, many people fail to notice the tell-tale symptoms of this condition and are not even aware they have high blood pressure. Below are ten (10) of the most important risk factors for high blood pressure:

1. A diet high in table salt
2. Heavy drinking
3. Smoking
4. Being overweight or obese
5. Stress
6. Age
7. Genetics
8. Chronic kidney disease
9. Adrenal and thyroid disorders
10. Sleep apnea

Still, in over 90% of the cases, the underlying causes of high blood pressure are poorly understood. This is known as "essential hypertension," i.e. hypertension with no identifiable cause. It is assumed that a specific combination of environmental and genetic factors can trigger hypertension. This is the most common type of hypertension and it increases with age. This condition is more common in men than women and race also play a part. In the United States, young Afro Americans are twice as likely to have high blood pressure compared to young Caucasians but around the age of 45, there is no race gap. However, from the age of 65, it is mainly black women that are affected by this condition.

So, if you have high blood pressure, the first thing you should do is

try to find out what the leading cause is, so you can address it. However, even if you manage to work out what the main cause is, there are probably several other factors that contribute to your condition, including:

- **Processed foods**

What makes this diet so deadly is that it is not only low in nutrients but is very high in salt and chemical additives.

- **Alcohol**

Excessive drinking (i.e. more than 3 drinks for men and 2 for women) can tighten the blood vessels. Besides, alcohol can increase the fats content in your bloodstream and this can cause hardening of the arteries and high blood pressure.

- **Sedentary lifestyle**

A sedentary lifestyle is normal for most people living in urban areas; however, this is why so many people exercise. But, leading a sedentary lifestyle without being engaged in any kind of regular physical activity, will sooner or later, raise your blood pressure.

- **Chronic stress**

Stress is one of the main causes of elevated blood pressure, and to make things worse, people often try to relieve the tension with alcohol or comfort foods, both of which can lead to hypertension. The reason stress raises your blood pressure is that when you are stressed, your body produces the so-called stress hormone that temporarily increases your heart rate and narrows your blood vessels. This, in turn, raises your blood pressure. If this doesn't happen often, your blood pressure will soon come down, however, if stress is a way of life for you, then you have a big problem.

- **Depression**

People who are depressed often try to lift their mood with comfort foods (i.e. sugary foods or alcohol). If this gets out of hand, it can lead to weight gain, heart disease, and hypertension.

– **Genetics**

We know that certain conditions, including high blood pressure, run in the families. However, modern genetics has proved that our genes interact with the environment and that we can influence them by lifestyle choices we make.

– **Other conditions**

Certain conditions, e.g. Cushing's syndrome, thyroid problems, renovascular disease, etc., can raise your blood pressure, especially if not diagnosed on time. Besides, certain medications, e.g. St. John's Wort, oral contraceptives, certain medications used for asthma and rheumatologic diseases, can also contribute to high blood pressure. So, as you can see, most of these causes can be avoided with better lifestyle decisions. It's all up to you.

HIGH BLOOD PRESSURE SYMPTOMS

High blood pressure comes with many symptoms but the worst-case scenario is if there are no symptoms. If you have symptoms, you'll most likely try to address your condition but if you are unaware you have high blood pressure, you may live with it for years without doing anything about it, while your health steadily deteriorates.

However, after going through the list of high blood pressure symptoms, don't panic if you realize you occasionally experience some of them. Some of the below-mentioned symptoms may be caused by different conditions, some of which have nothing to do with hypertension. Besides, your blood pressure fluctuates throughout the day and just because it occasionally raises, does not mean you need to start taking medication. Blood pressure fluctuations are normal. For example, when you exercise, your blood pressure rises temporarily; or, when you stand, your blood pressure is lower than when you sit (gravity makes your blood go to the legs so there is less blood pumped by the heart and your

blood pressure decreases temporarily), etc. Then, your blood pressure is lower in the morning than in the afternoon. It is usually low at night, while you rest but a couple of hours before you wake up, it starts rising. It continues to rise during the day and peaks in the middle of the afternoon. Then, it slowly starts dropping again. However, if you recognize several of the below-mentioned symptoms as something you experience on the regular basis, first of all, check your blood pressure and if it is high (ie over 180) go and see your medical practitioner immediately. According to statistics, about 30% of people accidentally discovered they have elevated blood pressure. The problem is that only very few high blood pressure sufferers has typical symptoms (as listed below). However, even if you don't experience any of these symptoms, if this condition runs in your family, check yours as soon as possible.

Typical hypertension symptoms include:

- Pounding in the chest, neck or ears
- Poor vision
- Nosebleed
- Irregular heartbeat
- Headache
- Fatigue or confusion
- Difficulty breathing
- Chest pain
- Blood in the urine

Associated and Underlying Causes of High Blood Pressure (Thyroid, Adrenal, and

Kidney Problems)

Uncontrolled high blood pressure may have been quietly damaging your organs for years before you noticed any symptoms. However, it is not uncommon that people are aware of their elevated blood pressure but either don't take this seriously or have no access to medicines. The latter is not such a big problem provided they know how to lower their blood pressure naturally. So, to reduce the risk of life-threatening conditions, it's essential to control your blood pressure. Untreated high blood pressure can cause many problems because it affects different organs in your body.

5 major problems that can arise with untreated high blood pressure:

1. Arteries

Healthy arteries should be flexible and strong and blood should flow smoothly. However, if the blood flows under pressure, the arteries gradually become narrower. This means they can transport less blood to your organs and they gradually become starved for blood. On top of that, weak arteries may develop a bulge on the wall of an artery and it can rupture and cause internal bleeding. This is called aneurism and usually happens in your aorta.

2. Heart

High blood pressure leads to coronary artery disease which occurs when narrowed arteries prevent blood from flowing smoothly. High blood pressure makes your heart work twice as hard to pump sufficient blood to the rest of the body. That extra exertion of your heart may make a part of it to thicken which increases the risk of a heart attack.

3. Kidneys

Kidneys have the task to filter the fluid waste from your blood. To work well, they need healthy blood vessels. As high blood pressure damages blood vessels, it also indirectly leads to deteriorating kidney function. Over time, this can lead to kidney scarring or even kidney failure.

4. Brain

Your brain can live as long as your heart continues to supply it with sufficient blood. If due to high blood pressure, the supply becomes weak or irregular, a number of problems can occur, the most common one is a stroke. A stroke occurs when your brain is deprived of oxygen and nutrients. The limited blood flow can also cause dementia.

5. Eyes

High blood pressure can damage the blood vessels that supply blood to your eyes. This, in turn, can lead to damage to your retina, fluid buildup under retina or nerve damage. Fortunately, high blood pressure is easily controlled and you can live with it for many years. Unfortunately, this is a chronic condition which means it won't go away on its own and you have to keep it under control your whole life. However, if untreated it can lead to many health problems.

Health deterioration due to high blood pressure can lead to:

- Memory loss
- Irritability
- Trouble concentrating
- Stroke
- Severe damage to your aorta
- Chest pain

- Heart attack
- Kidney failure
- Complications in pregnancy
- Blindness

Certain occupations can also contribute to risk factors for developing high blood pressure, such as night-shift work, high-stress professions, sedentary jobs, diving, driving or flying at high speed, etc. However, although you can keep your high blood pressure under control with exercise, there are activities you should avoid. These are sports that involve vigorous short bursts of high energy that put unwanted stress and strain on your heart, e.g. squash, skateboarding, rollerblading, rugby, weightlifting, boxing, scuba diving, and sprinting.

On the other hand, low-impact exercises such as yoga, Pilates, golf, cycling, tennis, swimming, brisk walking, jogging, dancing, and gardening can greatly improve your condition. So, when you maintain healthy blood pressure, you not only avoid many life-threatening diseases, you also have a greater choice of occupations or activities you can get involved with.

Step by Step Guide to Naturally Reverse High Blood Pressure Using Dr. Sebi Methodology

SWITCHING TO THE DR. SEBI DIET FROM A MOSTLY STANDARD AMERICAN DIET

To go through with this regimen, you would need a lot of willpower and many people find it much easier to take medication than change their diet. Going plant-based on Dr. Sebi especially if you're used to a Standard American Diet, an omnivorous diet or eat a lot of meat, can be quite challenging. But there is a way to make the switch quite easy.

1. Firstly, take it slowly and listen to your body. Some people can switch to a plant-based diet overnight, some may need months to get their bodies respond and adjust to it. Again, listening to and understanding your body is key. But do not worry. You will adapt. Your body will adapt. That is the amazing thing about the human body. It is equipped to adapt to changes in a most wonderful way.

So, hang in there if you feel like giving up, or experience quite a lot of unpleasant symptoms. They will surely go away. But if your tolerance levels are low, you can try to adjust dosage or use what I call the elimination diet strategy. To be able to listen to your body effectively, I recommend you switch gradually and only introduce one new ingredient per day. That way, you can easily track and notice foods that may not particularly align with your body system.

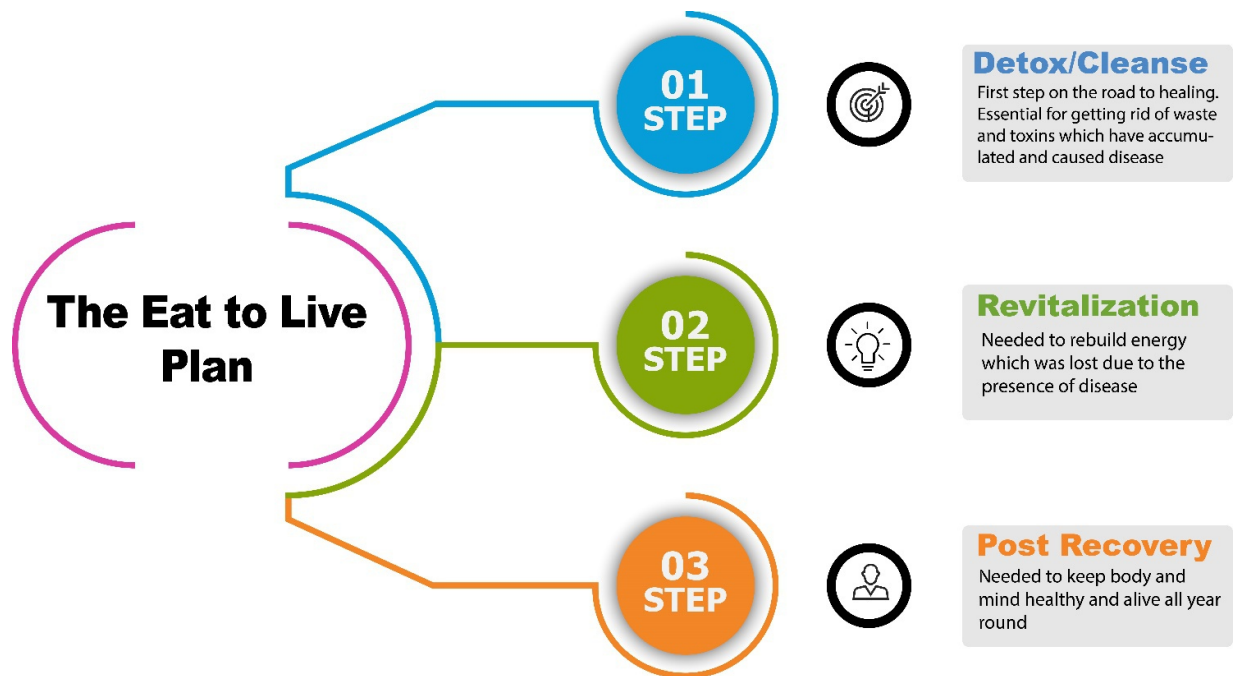
2. Create a positive outlook on life and keep the faith that the tides will turn sooner than later. Keep yourself motivated by reminding yourself of the things you'd achieve if you got back your health. Assure yourself that it's the one and only the way to go. Also, remind yourself that this diet is 100% NATURAL AND HEALTHY. What more could you ever ask for? This diet is entirely Plant-based and we know plants contain a lot of phytochemicals that will protect you even if you do not suffer any major disease. So which would you rather choose – daily poison with synthetic supplements and medications? Or Natural remedies for total, holistic healing? I guess your choice is as good as mine.

THE 3 STEP APPROACH TO NATURALLY REVERSE HIGH BLOOD PRESSURE WITHOUT MEDS

I'll begin by quoting our healer, Dr. Sebi who says "disease only exist in an environment that is acidic...only consistent use of natural botanical remedies will effectively cleanse and detoxify a diseased body reversing it to its intended alkaline state". For total healing and recovery, there are two (2) broad steps. These steps must be fully followed for the healing process to be accomplished to see the best results on reversing Hypertension. Our human body is electric so we must eat electric foods to keep our system in harmony with nature. Dr. Sebi says there is only but one disease – and that's the violation of the mucus membrane. Therefore, these principles cover almost all other major chronic illnesses including Diabetes and Cancer. The steps include:

1. Detox/Cleansing
2. Revitalization
3. Post-Recovery

I have added a third step because it's just as important as the previous two steps. A lot of people underestimate this third step, but the truth is, without it, you may get back into relapse. This third step is the post-recovery step or the post-revitalization step. It is basically simple but many people lack the discipline to follow through with it.



The Eat to Live Plan of Dr. Sebi

THE DETOX/CLEANSE

What is a detox?

A *Detox* is a form of alternative medicine procedure that seeks to rid the body of toxins which that have accumulated and that have unwanted effects on health. During detox cleanse, the body and most importantly, the digestive tract shuts down and this allows the body to focus more on healing because it's no longer using energy to aid and digestion. The amount of time that you cleanse helps a lot in the healing process, so the longer the fast, the better the results – but it is not the only factor for good results.

It's very important to cleanse at least once per year for 7 days if you are consuming an alkaline diet. However, if you are not eating an alkaline diet, you should cleanse at least every 2 to 3 months for at least 7 days.

Types of Detox

A detox can be done in several ways. The most common is through *fasting* . They are various fasting including:

1. Fasting

There are several types of fasting you can choose to do and your choice will depend on several factors including the type of illness, your level of toxification and your body tolerance level. Below are the types you can choose from ranging from liquid to solid fast.

- a. Water Fast
- b. Liquid Fast (Juice)
- c. Smoothie Fast
- d. Fruit fast
- e. Raw food fast (Veggies)

Dr. Sebi recommends fasting for at least 12 days on Spring water, sea moss, herbs, fruit, and alkaline juice. During the detox/Cleanse Stage, you can use the following to detox

- Herbs
- Irish sea moss
- Spring water
- Alkaline fruit juices
- Alkaline Green juices
- Alkaline smoothies
- Tamarind

Note that all the above must be listed in the Dr. Sebi Food list. The body must be cleansed on an intra-cellular level through detox. This will ensure each cell is purified and free from mucus and toxins. Dr. Sebi recommended total body cleanse to rid the body of disease – regardless of what type of disease since he said only one disease exists. That means, to rid the body of disease, we must

cleanse all organs of the body including the liver, Kidney, Colon, gall bladder, skin and lymph glands.

HOW TO DO A NATURAL DETOX CLEANSE

There are several ways that you can detox, but the most commonly recognized way is through fasting. There are various types of fast which include:

- i. Water fast: In the water fast, you are expected to consume only spring water during a specified time of the detox/cleanse phase.
- ii. Liquid fast: This is basically a fast on liquids except water. Liquids such as fruit juices, veggie juices and tamarind come in handy. To juice a fruit or vegetable, simply blend up a fruit or veggie and use a juicer to extract the juice.
- iii. Fruit fast: This basically is a fast on fruits only
- iv. Raw Veggie fast: Fast on raw veggies which you'll have to consume raw

WATER FAST

When performing the water type fast, you'll only drink spring water while taking your cleansing herbs and sea moss. Nothing else should be consumed for the duration of the fast. During the water fast, you should consume your cleansing herbs alongside and they can be taken either in tea or capsule form. Usually, it is recommended to do a detox fast for 7 to 14 days, so you can do a water fast for at least 7 days. However, note that how long you choose to do your water fast would depend a lot on your state of health, the level of toxicity in your body system and your tolerance level.

If you feel you are unable to do a water fast or maybe have any underlying health issues that may make water fast impossible or

unsustainable, then you can instead choose a fruit fast or a raw veggie smoothie fast. The fruit or raw veggie fast can be taken either in juice, smoothie or whole form.

Always ensure that all fruits and veggies you choose for the fast are listed on the Dr. Sebi Nutritional guide.

LIQUID FAST (JUICE)

Another fantastic way to fast is on liquids, also juices. Juices include all fruit and vegetable juices as well as tamarind juice. To juice a fruit or vegetable, simply blend up a fruit or veggie and use a juicer to extract the juice. Of course, while fasting on juices, you should also take your cleansing herbs alongside.

SMOOTHIE FAST

If you choose a smoothie fast, you should only drink smoothies prepared from fruits or vegetables. So, you can do either a fruit smoothie or a vegetable smoothie. Although it is recommended to fast for 7 to 14 days, you can actually fast longer on smoothies.

This is especially if your body system is able to tolerate it.

However, I recommend fasting for at least 14 days even though our healer Dr. Sebi himself fasted for 90 days on tamarind juice, spring water and cleansing herbs.

FRUIT FAST

For fruit fast, it is expected that you consume only fruits. The fruits you consume can range from a variety of high-water content to soft massed fruits listed on the Dr. Sebi Nutritional guide. Again, how long you do this type of fast would depend on your tolerance levels.

HOW MUCH CLEANSING HERBS TO TAKE ON DETOX?

Just like every other alternative treatment, you should be mindful of the particular dosages to take when start out your detox. But one common problem with herbal remedies is the difficulty in determining the actual dosage to consume especially with raw herbs or roots. However, these have been made much easier with herbs that come in powder or granulated forms. With this, it's easier to make into herbal teas with specific ratios.

However, for full form roots and herbs, I usually recommend to research the actual dosage amount to take. For pre-made herb packages, simply follow the manufacturer's dosage instructions. If they do not come with instructions, the general rule ratio to follow is 1 teaspoon part herb to 1 cup (8 ounces) of spring water. You can scale this ratio to make larger volume so you can store for use.

For pre-purchase cleansing packages –

Always follow the package recommended dosage or instructions on how you should prepare or take them. Most purchased packages come with instructions on how to take them.

For Leafy purchased herbs –

For leafy purchased herbs, research the particular dosage for the specific leafy herb you want to prepare.

For bulk purchase herbs –

If you have purchased herbs in bulk and you're making your own teas, find out what the recommended dosage is for each herb. As a general rule, you should prepare each herbal tea in a ratio of 1 teaspoon to 8 ounces of spring water.

For capsules –

For herbs that come in capsule form, you should follow the recommended dosages for each herbal capsule.

HOW TO PREPARE CLEANSING HERBS

Preparing your cleansing herbs would depend a lot on the form you purchased them. Although, it's easier to prepare cleansing herbs that come in powder forms, as you can easily make herbal teas with them in the specified or recommended dosage. However, for other forms form herbs especially roots or leaves, it is better to use a ratio of 1 teaspoon to 1 cup (8 oz) of spring water for each herb.

However, for easier batch preparation and storage, I recommend preparing herbs in batches of mixtures. That would mean mixing them up according to function and benefit. Again, this will depend how state of health and what minerals are most important for you. You can combine similar herbs with similar functions into a batch. Like our healer, Dr. Sebi would say, *“If you want calcium, you know where to go to (sea moss), if you want Iron, you go to Burdock, and if you want a mix of both Iron and Fluorine, you go to Lily of the Valley”*.

In all, try not to mix more than 2 or 3 herbs together. Remember, these herbs are electric, and its best to preserve their organic carbon, hydrogen and oxygen nature as much as we can. Again, if you mix more than that, you may not get their accurate concentrations per ml of water, so try to limit it to 3, possibly 2.

For clearer understanding, you can use the following mix:

- Mix Colon and gallbladder cleansing herbs together
- Mix liver and kidney cleansing herbs
- Mix respiratory and mucus cleansing herbs
- Mix lymphatic and heavy-metal cleansing herbs.

Since these herbs perform a whole-body cleanse (not just colon) including the skin, eyes, colon, liver, lymphatic system and gallbladder, you can decide to choose how to combine them. Also,

note that when you make larger batches of these herbs for storage, try not to make batches that last more than 7 to 14 days

For pre-purchase cleansing packages –

Please follow the recommended dosage or instructions that are provided for that cleansing package

For Leafy purchased herbs –

For fresh Green leafy herbs

- Place in spring water and boil on low heat for 5 to 7 min
- For dried leafy herbs, boil longer – 10 to 15 min

For Dried ground (or powder) herbs –

For dried ground or powder leaves or roots, mix in recommended ratios for the herb. Powder herbs are the easiest to mix in dosage proportions so you can simply follow the package instructions

For Chunks of Dried Root herbs –

If you've purchased chunks of roots or stems, you can prepare them in the following way:

- Cut or break up chunks
- Place in spring water and boil for 15 minutes
- Let cool and serve
- Alternatively, prepare in larger batches and place in jars to store in the refrigerator.

For bulk purchase herbs –

If you have purchased herbs in bulk and you're making your own teas, find out what the recommended dosage is for each herb. As a general rule, you should prepare each herbal tea in a ratio of 1 teaspoon to 8 ounces of spring water.

For capsules –

I recommend that you do research and find out what the recommended dosage is for each herbal capsule



**1 teaspoon
Herb**

+



**1 Cup (8 oz)
Spring water**

HOW TO TAKE THE PREPARED CLEANSING HERBS

If you are on medication, I recommend that you take the herbs one hour before taking your meds this was actually recommended by Dr. Sebi. Your colon cleansing herbs should not be consumed for longer than 30 days because your body may become dependent on them and you want to start to reduce the dose during your last 3 to 5 days depending on how long you've been taking them.

Routine

- *Twice a day* - morning and night
- *Daily Consistency* - Try to stay consistent both in terms of timing and duration. That is, try not to skew the duration. Make it consistent and take the cleansing herb throughout the duration of the cleanse. For example, for a 14-day cleanse, the cleansing herbs can be taken twice daily, and you should take them around the same time you do take them on both mornings and evenings.

- *Gradual Wean Off* – Just like medications, it is not the best to go cold-turkey when it comes to herbal detox. Towards the end of the duration of the cleanse, wean off your herbs by gradually reducing the dosage and/or duration. The duration of the wean will depend on the length of the fast you choose. For example, for a 1 month fast, I usually start weaning a week towards closure. For a 14 day fast, I begin weaning on day 11 or 12. You can begin the wean by reducing from twice a day to once a day. Or simply take half the dosages each for mornings and night.

It is important you do this because you need to signal to your body to begin to prepare to start functioning on its own – without dependence on the cleansing herbs. And no other way to do this than to take it slow and gradual, without bringing too much “shock” to your body.

HOW TO BREAK A DETOX FAST?

- *Slowly reintroduce solids* : If you are doing a water or a liquid fast, you will need to slowly reintroduce solid foods. You can begin by introducing solids like high water-content fruits. These include watermelon, apples and berries. Thereafter, you can proceed to introduce softer fruit solids like bananas and avocados. Later, you can incorporate more harder solids like veggies. All foods must be listed on the nutrition guide. However, if doing a fruit or raw veggie fast, you can break the fast right away on solid foods.
- *Drink 1-gallon spring water daily* - Drink spring water daily together with the revitalizing herbs and sea moss.

HOW LONG SHOULD YOU

DETOX/CLEANSE?

How long you should detox depends on your state of health, that is, your body's level of toxification (the less healthy you are, the more toxic your body is) and tolerance level. Typically, it is recommended to fast for 7-14 days but Dr. Sebi recommends a minimum of at least a 12 day fast. Dr. Sebi himself fasted for 90 days to cure himself of diabetes, asthma, and impotency. It is great to cleanse at least once a year for 7 days if you consume an alkaline diet. If you are not consuming an alkaline diet, then you should cleanse/detox every 3 months

I personally fasted for 14 days and I would recommend fasting for between 14 days and 1 month if you have high blood pressure. Again, your body's tolerance level will ultimately determine the length so, watch your body and study its reaction as you begin the fast. We are all different and you may find that you are not able to handle a basic liquid fast (water or juice). In that case, you can get started with a fruit or raw vegetables fast. But make sure all foods and fruits are listed in the Dr. Sebi Nutrition Guide. Whether liquid, juice or raw food fast, the results are virtually all the same – the only major difference is in the time it takes to begin to see results. While raw food fasts take longer, liquid fasts are much faster. So do not worry, the most important thing is to stay committed and focused on whatever fasting method you choose.

COMMON SYMPTOMS EXPECTED DURING DETOX CLEANSE

1. Cold and Flu symptoms
2. Changes in Bowel movements
3. Fatigue and Low Energy
4. Difficulty sleeping
5. Itching
6. Headaches
7. Muscle aches and pains
8. Acne. Rashes and break outs
9. Mucus expel (catarrh, etc.)
10. Lower blood pressure

These symptoms are only temporary and usually resolve after the first one to two weeks.

CLEANSING HERBS TO TAKE FOR DETOX

Cascara Sagrada



This herb creates contraction of the muscles in the intestine. This mechanism of contraction help move stool through the bowel. It has works by aiding more secretions in the Pancreas and liver.

HOW CASCARA SAGRADA CLEANSSES THE BOWEL

1. Prevents intestinal absorption of water and electrolytes

2. Stool volume increases as it takes on water

3. Large stools put pressure on colon, causing it to contract



Prodigiosa



Prodigiosa helps to reduce blood sugar level, aid more secretions from the pancreas and helps in digesting fat in the gall bladder.

Dandelion



Dandelion is a very popular herb for liver and kidney cleansing. It also helps purify the blood and gall bladder. Dandelion has been shown to help dissolve kidney stones and give relief to people with urinary problems, liver and kidney disorders as well as those with type 2 Diabetes. It helps with lowering blood pressure as it provides calcium-rich compounds that helps with heart and circulatory health.

Burdock Root



Burdock root helps to flush out toxins through the body. It cleans up the lymph and the liver and also helps in purifying the bloodstream

Chaparral



Chaparral helps to detoxify the body and colon of heavy metals and other toxins that might have accumulated overtime. They also lower blood sugar level and cleanse the gall bladder and lymph.

Rhubarb Root



Rhubarb is popular as a natural health tonic for the digestive tract. This aids in the elimination of harmful bacteria and heavy metals from the bowels. Also cleanses the blood, lowers blood pressure, and relieves discomfort from abdominal cramps, bloating and constipation.

Elderberry



Elderberry removes mucus from the upper respiratory tract and lungs. It also helps with increased perspiration via sweating and urine flow

Eucalyptus



Eucalyptus is used as a great addition for steam baths which purifies the skin and body.

Guaco



This herb helps to reduce inflammation, cleanse blood and skin by promoting perspiration and urination. It also helps to promote healthy respiratory system and immune system.

Mullein



Mullein is regarded as nature's most potent lung cleanser. Used for purify the lungs and airways and has even been recommended for asthmatic patients. It cleanses the lungs by removing mucus from the upper and lower respiratory tract.

DETOX RECIPES

If you eat a healthy plant-based diet prior to the detox, you can successfully cleanse yourself with a 3-day detox. On a strict detox regimen, most people become weak after about a week. But if your diet revolves around processed foods, you need a 2-week detox at least once a year. Water is essential during the detox because it helps eliminate waste, and most detox programs recommend 1 gallon of water a day. This is a lot of water to have in a single day, especially if your detox diet is basically fruit based. Most fruits and

veggies are high in water, so, take as much water as you comfortably can but don't force yourself to drink if it starts making you sick. However, to increase the amount of water intake, try to take at least two liquid detox recipes a day. That's why smoothies and juices are so important during a detox.

REVITALIZATION

This is carried out after the detox cleanse phase. Dr. Sebi insisted that after a cleanse, you would need to revitalize your body in order to rebuild it. The body will then rebuild, and rejuvenation will take place. Dr. Sebi-approved revitalizing herbs are very energizing and this is exactly what your body needs after having been cleansed. Although a body cleanse or detox can help you rid your body of toxins and free radicals, the process carries potential adverse effects. This is why Dr. Sebi believed strengthening your immune system after depriving it of food for a certain period, was so important. Revitalization provides the nourishment you need to rejuvenate your entire body.

HOW TO CARRY OUT REVITALIZATION

In order to revitalize your body, you have to consume lots of

- i. sea moss
- ii. iron and
- iii. herbs

so as to nourish and replenish the body while strengthening the immune system. Irish moss and iron should be taken throughout the revitalization, regardless of what other herbs you take. However, the herbs recommended by Dr. Sebi for revitalization are diverse and nourish different organs of the body. What this means is that, if you have an underlying condition you are trying to address with the body cleanse or detox, besides taking the regular revitalizing herbs, you should take in addition the herbs that specifically address those specific organs or conditions (e.g. Flor de Tilla for incontinence, Shephard's Purse for kidney stones, etc.).

APPROVED HERBS TO TAKE WHEN REVITALIZING YOUR BODY

The following are Nine (9) herbs Dr. Sebi recommended for revitalization after a body cleanse, detox or fast:

FLOR DE MANITA

This herb supports cardiovascular health, regulates blood pressure, and helps maintain a healthy cholesterol level.

LILY OF THE VALLEY

It is rich in iron, fluorine and potassium phosphate. It can be used as a diuretic, for kidney stones, as a cardiac tonic, and to address the central nervous system disorders.

HIERBA DEL SAPO

This is one of the best herbs to use if trying to lower cholesterol and triglycerides. It also helps clear arteries, improves type 2 diabetes health, helps dissolve kidney stones and other kidney problems)

SHEPHARD'S PURSE

This herb has been used for hundreds of years to relieve problems with bladder infections, bleeding disorders, lowers blood pressure, mild heart failure, kidney disease, etc.)

FLOR DE TILLA

Flor de Tilla is usually used to address a rapid heartbeat, high blood pressure, excessive bleeding, nervous tension, insomnia, incontinence, and muscle spasms.

SARSAPARILLA ROOT

Please do not joke with this root during the revitalization phase. It is one of the best natural sources of iron, a mineral essential in the

process of healing. It has diuretic and restorative properties and may help with high blood pressure, congestive heart failure, PMS, impotence, urinary problems, hives, infertility, inflammation, nervous system disorders and discomfort from arthritis.

VALERIAN ROOT

An ancient remedy for anxiety, stress, nervous asthma, hysterical states, hypochondria, headaches, and stomach upsets. You can use it for hypertension caused by stress.

YARROW

Traditionally, it has been used to promote sweating and stop wound bleeding. It can also reduce heavy menstrual bleeding and pain. Can ease gastro-intestinal problems, cerebral and coronary thrombosis, lower high blood pressure, improve circulation, and tone varicose veins.

LUPULO

Lupulo is a well-known natural remedy used to relieve pain, help to calm the nerves, improve sleep, help with hot flashes. By calming you down, it indirectly lowers your cholesterol as well as blood pressure. One usually takes these herbs for 7 to 30 days after a cleanse, detox or fast.

The longer you fast, cleanse or detox, the better. However, there is a limit to how long your body can go on without solid foods before it gets sick, so don't overdo it.

Therefore, regardless of how you decided to heal your body, eg with a cleanse, detox or fast, as soon as you're done with it, start taking revitalizing herbs and follow the Dr. Sebi alkaline diet. Irish moss and iron can be consumed both during the cleanse and during the revitalization.

If you follow an alkaline diet, you should cleanse once a year for 7

days. Otherwise, for the best results, you should perform a cleanse every three months.

HERBS THAT LOWER CHOLESTEROL

Heart disease has become the number one killer in many countries. Statistics show that 1 in 2 men and 1 in 3 women will develop some type of heart problems in their lifetime. If heart disease runs in your family, you need to start controlling your cholesterol levels early on. When cholesterol levels in the blood are high, cholesterol starts accumulating along the walls of the arteries. This narrows them and prevents the blood from flowing smoothly. As a result, your heart has to work much harder than it should, in order to pump enough blood for all the organs. Over time, blood flow becomes slower and your heart needs to work even harder, just to keep you alive. If unmanaged, this condition usually results in a heart attack or a stroke.

This is why controlling your cholesterol levels, especially if you're overweight or obese, is so important. The most common high cholesterol treatment is based on statins, a medication that successfully lowers cholesterol but comes with many side effects, eg liver damage, insomnia, diabetes, etc. On the other hand, many herbs and spices are just as efficient in treating this condition and come with no side effects. Many of these healing herbs you may already have in your kitchen.

However, in different parts of the world, different (usually local) herbs are used for healing. To maintain healthy cholesterol levels, Dr. Sebi relied on three local herbs.

Herbs Dr. Sebi recommends for healthy cholesterol:

– **Flor de Manita**

This herb improves cardiovascular health, regulates blood pressure, and helps maintain healthy cholesterol levels.

– **Hierba del Sapo**

This is one of the best herbs to use if you want to lower your cholesterol and triglycerides naturally. It also helps clear arteries.

– **Lupulo**

Lupulo can help you lower cholesterol as well as blood pressure.

HERBS THAT UNCLOG ARTERIES (BLOOD THINNING)

Arteries become clogged when plaque forms inside them. This makes arteries harden. If untreated, this condition will sooner or later lead to a heart attack or a stroke because blood will, over time, flow more and more slowly. As a result, blood may not be able to reach the vital organs in quantities those organs need to function well. The additional danger lies in the fact that sometimes, parts of the soft plaque break free of the artery walls and create blood clots. If a clot blocks blood flow, death is imminent.

This condition is known as arteriosclerosis and it occurs when too much plaque accumulates in the arteries. Plaque build-up is caused by a diet high in saturated fats, obesity, smoking, and a sedentary lifestyle. These are major risk factors for this condition. Additionally, those with type 1 and type 2 diabetes, as well as those who suffer from arthritis, seem to be more prone to arteriosclerosis.

Conventional medicine recommends anticoagulants for blood thinning as that protects the body from heart attacks and stroke. However, like most medication, they come with certain side effects, eg they can cause you to bleed more when you cut yourself than you would if you didn't take this medication. There are two types of this medication. One is called anticoagulants and they prevent the blood from clotting. The other one is called antiplatelets. However, blood thinners don't actually make your

blood thinner. Nor can they break up clots. What they do, is keep blood from forming new clots. They can also slow the growth of clots that had already been formed.

The first step to take if you want to heal from this condition naturally is to eat a healthy, fat-free diet. Nutrients in some foods can reverse the obstruction of the arteries. Regular exercise is also crucial.

Many common kitchen herbs can help you unclog your arteries, so try to include at least some of them in your meals every day, eg oregano, paprika, cayenne pepper, etc. To clear the arteries, Dr. Sebi relied mainly on these two herbs:

- **Hierba del Sapo**

Excellent for clearing arteries as well as lowering cholesterol and triglycerides levels.

- **Yarrow**

Natural remedy that has been used for hundreds of years to lower high blood pressure and improve blood circulation.

HERBS THAT IMPROVE BLOOD CIRCULATION

Blood transports nutrients throughout the body. If it flows smoothly, your organs and tissues will be healthy, if it doesn't, they'll starve. When your organs are starved for blood, you develop a disease and if the starvation goes on for too long, you die. Therefore, to maintain healthy blood pressure, keep your cells healthy, and maintain healthy pH levels, you need good circulation. You will know your circulation is not great if your hands and feet are often cold, or if you often feel dizzy, breathless, have chest pains, develop varicose veins, etc.

Blood circulation can be affected by aging and high blood pressure because, as you age, your arteries become less elastic and gradually become narrower. This results in higher blood pressure or the fact that your heart has to work much harder to circulate blood through the body.

Fortunately, certain lifestyle changes can help you improve your blood flow without medication. These include physical activity, healthy weight, massage, stretching exercises, and diet free of saturated fats. Besides, you should stop smoking, keep your cholesterol low, drink plenty of water, reduce caffeine and alcohol, and limit table salt intake.

Herbs Dr. Sebi used to improve blood circulation include:

- **Flor de Manita**

Supports cardiovascular health, regulates blood pressure, and helps maintain a healthy cholesterol level.

- **Lily of the Valley**

This herb is a powerful cardiac tonic and can improve most heart-related conditions.

- **Hierba del Sapo**

This herb is a natural remedy for lowering cholesterol and triglycerides and clearing arteries.

- **Yarrow**

Yarrow is a well-known natural remedy used for treating cerebral and coronary thrombosis, high blood pressure, poor blood circulation, and problems caused by varicose veins.

HERBS FOR STRESS RELIEF

In many parts of the world, stress is known as the “Killer No. 1.” Stress itself doesn't kill but it causes a number of diseases that do. These diseases include chronic fatigue syndrome, ulcers, heart disease, respiratory disorders, Irritable Bowel Syndrome, migraines, high blood pressure, stroke, etc. If these conditions are not managed, in the long term, their impact can be disastrous. Most natural remedies for relieving stress-related conditions revolve around healthy lifestyle choices and a healthy diet.

Herbs Dr. Sebi recommended for stress and anxiety relief include:

- **Lily of the Valley**

This herb can be used to address many problems of the central nervous system, including anxiety and tension.

- **Flor de Tilla**

This herb promotes relaxation and can be used to relieve nervous tension, insomnia, muscle spasms, etc.

- **Sarsaparilla Root**

High in iron and very efficient in treating nervous system disorders.

- **Valerian root**

A well-known herb that promotes relaxation and relieves anxiety, stress, nervous asthma, hysteria, hypochondria, as well as headaches and stomach upsets caused by stress. Very effective in

treating hypertension caused by stress.

- **Lupulo**

A great herb to relieve pain and calm the nerves. It can improve your sleep and lower both cholesterol and blood pressure levels.

- **Chamomile**

Chamomile is an ancient healing herb that has a very soothing effect on your nerves. It is usually taken as a tea and will easily reduce muscle tension, anxiety or relieve stomach cramps. It has a powerful sedative effect and is a natural remedy for insomnia and anxiety.

WHEN TO TAKE REVITALIZING HERBS

After cleansing for 14-30 days, it's typically recommended to start revitalization immediately. Whether you detox for one month or one week, you will benefit from a cleanse. The amount of time that you choose does greatly help in the healing process, but it is not the only factor. As mentioned before, the longer the fast, the better, however, you don't want to overdo it.

Whenever you choose to end your cleanse, you should start consuming the revitalization herbs. Remember to only eat foods listed on the Dr. Sebi nutrition guide. Eating acidic foods or any foods not listed can put you at a risk of relapse.

Also, note that sea moss and the revitalizing herbs are a necessary part of the healing process and so, you must consume them in order to restore the body naturally. You should take the herbs in addition to drinking 4 liters (1 gallon) of spring water daily

POST-RECOVERY/POST-REVITALIZATION ROUTINE

During the post detox and post revitalization stage, you should only eat Foods from Dr. Sebi Nutrition Guide – As compiled in our cookbook, “The Dr. Sebi Inspired Recipes”, prepare and eat meals made only from ingredients listed in the Dr, Sebi Nutrition Guide

DAILY ROUTINE

1. Follow the Dr. Sebi Alkaline Diet
2. Drink 1 gallon od natural spring water daily
3. Avoid table salt (Use only Sea salt)
4. Keep Grains to a minimum even alkaline grains that are listed on Dr. Sebi Nutrition Guide
5. Hypertension that is caused by underlying issues such as adrenal or thyroid or kidney issues but first be addressed from the root cause

HOW TO FIGHT RELAPSE WITH HIGH BLOOD PRESSURE

Lowering your blood pressure is only half the battle. Once you lower it, you have to try to maintain it at a healthy level. The problem is very similar to what those trying to lose weight experience - you achieve desired weight, only to regain it within weeks.

However, lowering your blood pressure and maintaining it at a healthy level is actually very simple – it revolves around healthy lifestyle choices. However, a healthy lifestyle is not only a healthy diet, it's also about giving up bad habits and being more physically

active.

7 tips on how to maintain healthy blood pressure without medication:

1. Avoid table salt (use only sea salt)

Even if you don't have a high blood pressure, you shouldn't take more than one teaspoon of salt per day. And if your blood pressure is high, you should limit your salt intake to half a teaspoon per day. To make sure you avoid hidden salt in your diet, avoid canned and processed foods as much as possible.

2. Avoid added sugar

Added sugar contributes to weight gain which indirectly contributes to heart disease and high blood pressure. Avoiding sugar is not only about avoiding cakes and sweets. Sugar is added to almost anything, especially canned foods and processed foods – another reason you should eat homemade freshly cooked meals.

3. Exercise

Exercise strengthens your heart and lowers your blood pressure. If your occupation or hobbies make you move around a lot, you don't need to worry. However, if you have a sedentary job, you should take at least two hours a week and do some serious cardio exercises or walk briskly for a few kilometers.

4. Maintain a healthy weight

When you put on weight, your blood sugar levels go up. So, if you are overweight, try losing at least a few pounds – your body will feel the difference. Besides, when you weigh less, there's less pressure on your heart and joints and the easier you'll find it to

exercise.

5. Limit or avoid alcohol

It's well-known that heavy drinking raises blood pressure. Men, especially those over 65, should not take more than two drinks a day, and women should take only one. The older you are, the less you should drink.

6. Eat more fresh fruits and vegetables

Fruits and vegetables are high in nutrients and besides lowering your blood pressure, can help you prevent many chronic diseases, e.g. cancer, heart disease, etc.

7. Quit smoking

Smoking not only raises your blood pressure, the chemicals in tobacco can damage your arteries, making them narrow and forcing your blood pressure to go up. Secondhand smoke has the same effect. The unhealthier your current lifestyle is, the longer it'll take you to adopt healthy living habits. Why not try changing your lifestyle gradually? First, try to reduce the amount of salt, sugar, unhealthy fats, alcohol, and cigarettes. Then, try introducing healthy living habits one at a time, eg take fruit for dessert instead of cake, fill yourself up with a soup or a salad before the main meal, try climbing the stairs instead of taking an elevator, stop adding salt, eat less meat, etc.

That way, you will gradually ease yourself into a healthy lifestyle. Besides, regaining high blood pressure after you successfully lowered it can be very demoralizing and you may find it difficult to motivate yourself to try again.

How I Got Healed of High Blood Pressure Using Dr. Sebi Methodology + Lifestyle Changes – My Routine

When I embarked on healing for high blood pressure, I went through a 14-day detox and another 16-day revitalization period (for a total of 30 days). Below is a representation of how I used Dr. Sebi's methodology to create my routine. I'm going to share a sample menu routine you can use to speed up your detox and supercharge your body for faster healing and recovery.

I always recommend incorporate off-diet healing protocol if you want to see the best results with your detox and overall healing. That is, try to go broad and compound as many factors as you possibly could so get the most desired results you can get. This is better than just depending on your cleansing herbs or electric smoothies alone. Add other elements that support your body and help it to detox better and faster. There quite a whole lot of these things you can do and they generally cut across lifestyle habits, tips and tricks. They are inexpensive to do, might only take a bit of your time, commitments and self-discipline.

You can definitely combine them with your detox, just like I did for better results. I add ed these things to my routine and I noticed great results with mine. In fact, on the second day of my detox, I felt a tremendous change on waking up that morning. I can still remember that feeling like I was born anew.

So, I'm going to share these tips on how to achieve this and how I was able to do this and get my desired results in only 18 months.

Below are the habits I incorporated which I have added to the Weekly menu routine Plan:

1. Drink warm spring water on waking up

Taking natural spring water daily on waking up is the best nutrition ever to give to your body in the morning. Natural spring water is electrical and you should take it in the morning to prepare your colon for absorption. I recommend taking at least 2 glasses (16 oz) of warm water on waking up. Warm water creates better hydration and digestion. It also soothes the blood vessels and helps to flush toxins and other waste from the kidneys. You'll also notice improved bowel movements

2. Morning Walks (optional evening walks)

Exercise strengthens your heart and lowers your blood pressure. If your occupation or hobbies make you move around a lot, you don't need to worry. However, if you have a sedentary job, you should take at least two hours a week and do some serious cardio exercises or walk briskly for a few kilometers.

3. Cold and Hot Bath Rotation

- Cold water showers twice a day (early mornings and at noon) for at least 1 minute each
- Warm showers (Not hot) late mornings and late afternoons
- Hot water showers just before retiring to bed. Sometimes I make a sauna bath in some days. You can add lavender or eucalyptus herb to the bath for more relaxing effect

I noticed quite a lot of changes just doing this alone – as soon as I finish the shower, I noticed I coughed up more mucus, and felt really relieved and relaxed. My mood improved a lot and I slept like a baby. I felt very energetic on waking up the next morning

with energy I can't really explain. This is really unsurprising because if you understand detox and how it works, you'll realize that hot and cold showers help to move the lymph in our bodies and since the lymphatic system is like the sewer system of our bodies, you are ultimately activating it to begin to move waste and toxins and get rid of them. Unlike your circulatory system (blood) which has a pump (the heart) to help it pump waste from the blood, your lymphatic system does not have a pump like the heart to move the lymph fluid around so you need to pump the fluid by moving your muscles and by performing this hot and cold shower rotation. It helps to alternatively constrict and relax your body which ultimately will pump the lymphatic system and help to move these toxins.

4. Sunshine

Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.

5. Earthing (Going out barefoot)

Earthing (the art of going barefoot on soil or dirt has been proven to help with numerous body benefits including stress relief, mood elevation and mineral absorption. Dr. Sebi says our body is electrical; earthing helps with stress relief and relaxation. Think about how you feel after a day out at the beach. When our bodies get in contact with soil, it helps elevates mood.

6. Sleep

The importance of having a good night's sleep daily can never be over-emphasized. Good-quality sleep is essential for both your mental and physical health.

7. Daily Soothing Music

Music is food for the soul. And the human soul is interconnected with the physical body. In spirituality, the soul is sacrosanct. We must feed the soul. Meditation, spirituality and music are good ways to feed the soul.

WEEKLY ROUTINE (DETOX CLEANSE)

The Detox was carried out for 2 weeks (14 days). For the first week (7 Days), I took only fruit smoothies, Sea moss, cleansing herb and 1 gallon of spring water daily. And for the following week, I ate mostly raw veggie smoothies, sea moss, cleansing herb and 1 gallon of spring water daily. Below was how my typical daily routine was for the first week. I combined mine with the 20:4-hour intermittent fasting method.

WEEK 1

Day 1 through Day 7:

Mornings	Activity	Fast Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
6.30 AM	Do some stretches only. Take a 30-minute walk	
7.00 AM	Take another Glass of Spring water Take a cold shower	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal	
9.00 AM	Drink 1 Cup Spring Water (8 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Get out in the Sun for 1 hour on barefoot ³	
12.00 PM	Take 1 Cup Spring water	

Afternoons	Activity	Fast Type
12.00 PM	Take 1 Cup Spring water Take a cold shower	Fruit Fast + Herbs
1.00 PM	Take High Water Fruit ⁴ Smoothie	
2.00 PM	Drink 1 Cup Spring water	
3.00 PM	Take a hot shower	
4.00 PM	Drink 1 Cup Spring water	
5.00 PM	Take Soft Fruit ⁵	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM	Take a hot shower	Intermittent Fast ⁷ Dry Fast
8.00 – 10.00 PM	Healing Sleep time zone ⁶	
10.00 – 12.00 AM		
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		

¹ Look up cleansing herbal recipes at the end of this week section

² Look up sea moss gel recipe at the end of this week section

³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep. Earthing (the art of going barefoot on soil or dirt has been proven to help with numerous body benefits including stress relief, mood elevation and mineral absorption.

⁴ High water fruits include fruits with high water content such as berries, watermelon, apples, and grapes. These fruits must be listed in the Nutritional Guide

⁵ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide

⁶ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

⁷ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week. There are different intermittent fasting methods which split the day into eating windows and fasting windows. It can either be a 20:4 fast (20-hour fast and 4-hour eating window); a 16:8 fast (16-hour fast and an 8-hour eating window); or a 5:2 fast (5-day fast and a 2-day eating window in a week). For the purposes of this section, a 20:4 hour fast was used.

SEA MOSS RECIPES

Prepping Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tablespoon spring water and blend smoothly into gel (adding water as you blend).

Place in jars to be stored in the refrigerator. When needed, use for recipe

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-Kidney Cleansing tea 2 (*Prodigiosa* and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-Kidney Cleansing tea 3 (Dandelion and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-Gallbladder Cleansing tea 1 (Cascara and Rhubarb root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-Gallbladder Cleansing tea 2 (Cascara and Chaparral)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Respiratory and Mucus Cleansing tea (Guaco , Mullein)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Respiratory and Mucus Cleansing tea (Elderberry Syrup)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

HIGH WATER FRUIT SMOOTHIE

Apple Cleanse Smoothie

Take two medium apples, add half a cup of spring water and blend for a couple of minutes until smooth. Serve immediately.

Watermelon Smoothie

Cut one medium watermelon into two. Peel, deseed and cut into chunks. Blend for a couple of minutes until smooth. Serve immediately.

Watermelon Apple Cleanse detox smoothie

Take one apple and a quarter slice of watermelon (peeled, deseeded and cut in chunks). Blend for a couple of minutes until smooth and serve immediately.

Apple Blueberry detox smoothie

Take one Apple (cut into chunks) and a handful of Blueberries and place in a blender. Add half cup of spring water and blend until smooth.

Mix Berry detox smoothie

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add a frozen banana (Optional). Add a cup of spring water. Blend and use immediately.

SOFT FRUIT SMOOTHIE

Tropical Banana Cleanse smoothie

Take 2 Burro bananas. Add a cup of spring water. Blend and serve

Avocado Detox smoothie

Take one medium avocado. Add half a cup spring water. (Optional: add a handful of dates for sweetening). Blend and serve.

Avocado and Banana Cleanse smoothie

Take 1 Burro banana and half avocado. Blend and serve

RAW VEGGIE SMOOTHIES

Cucumber Only Detox smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

Mix Greens Smoothie

Take a little bit of kale and amaranth green. Blend and serve immediately.

Cucumber and kale smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

Cucumber and Turnip smoothie

Chop 1 medium cucumber and a medium turnip. Place in blender and add half a cup of spring water and blend until smooth. Serve immediately.

Green cleansing smoothie

Combine some cucumber, key lime juice, kale, watercress and dandelion greens. Blend until smooth.

WEEK 2 (PART A)

Day 8 through Day 12:

Mornings	Activity	Fast Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
6.30 AM	Do some stretches only. Take a 30-minute walk	
7.00 AM	Take another Glass of Spring water Take a cold shower	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal	
9.00 AM	Drink 1 Cup Spring Water (8 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Get out in the Sun for 1 hour on barefoot ³	
12.00 PM	Take 1 Cup Spring water	

Afternoons	Activity	Fast Type
12.00 PM	Take 1 Cup Spring water Take a cold shower	Fruit Fast + Herbs
1.00 PM	Take High Water Fruit ⁴ Smoothie	
2.00 PM	Drink 1 Cup Spring water	
3.00 PM	Take a hot shower	
4.00 PM	Drink 1 Cup Spring water	
5.00 PM	Take Soft Fruit ⁵ smoothie	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM	Take a hot shower	Intermittent Fast ⁷ Dry Fast
8.00 – 10.00 PM	Healing Sleep time zone ⁶	
10.00 – 12.00 AM		
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

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⁵ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide

⁶ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

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SEA MOSS RECIPES

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana smoothie recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

Elderberry Cleansing Syrup

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 1 (Cascara and Rhubarb root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 2 (Cascara and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Kidney-cleansing tea 1 (Dandelion and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

HIGH WATER FRUIT SMOOTHIE

Apple Cleanse Smoothie

Take two medium apples, add half a cup of spring water and blend for a couple of minutes until smooth. Serve immediately.

Watermelon Smoothie

Cut one medium watermelon into two. Peel, deseed and cut into chunks. Blend for a couple of minutes until smooth. Serve immediately.

Watermelon Apple Cleanse detox smoothie

Take one apple and a quarter slice of watermelon (peeled, deseeded and cut in chunks). Blend for a couple of minutes until smooth and serve immediately.

Apple Blueberry detox smoothie

Take one Apple (cut into chunks) and a handful of Blueberries and place in a blender. Add half cup of spring water and blend until smooth.

Mix Berry detox smoothie

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add a frozen banana (Optional). Add a cup of spring water. Blend and use immediately.

SOFT FRUIT SMOOTHIE

Tropical Banana Cleanse smoothie

Take 2 Burro bananas. Add a cup of spring water. Blend and serve

Avocado Detox smoothie

Take one medium avocado. Add half a cup spring water. (Optional: add a handful of dates for sweetening). Blend and serve.

Avocado and Banana Cleanse smoothie

Take 1 Burro banana and half avocado. Blend and serve

RAW VEGGIE SMOOTHIES

Cucumber Only Detox smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

Mix Greens Smoothie

Take a little bit of kale and amaranth green. Blend and serve immediately.

Cucumber and kale smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

Cucumber and Turnip smoothie

Chop 1 medium cucumber and a medium turnip. Place in blender and add half a cup of spring water and blend until smooth. Serve immediately.

Green cleansing smoothie

Combine some cucumber, key lime juice, kale, watercress and dandelion greens. Blend until smooth.

WEEK 2 (PART B)

Day 12 through Day 14:

Mornings	Activity	Fast Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
6.30 AM	Do some stretches only. Take a 30-minute walk	
7.00 AM	Take another Glass of Spring water Take a cold shower	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal	
9.00 AM	Drink 1 Cup Spring Water (8 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ² Get out in the Sun for 1 hour on barefoot ³	
11.00 AM	Take 1 Cup Spring water	
12.00 PM		

Afternoons	Activity	Fast Type
12.00 PM	Take 1 Cup Spring water Take a cold shower	Fruit Fast + Herbs
1.00 PM	Take High Water Fruit ⁴ Smoothie	
2.00 PM	Drink 1 Cup Spring water	
3.00 PM	Take a hot shower	
4.00 PM	Drink 1 Cup Spring water	
5.00 PM	Take Soft Fruit ⁵	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM	Take a hot shower	Intermittent Fast ⁷ Dry Fast
8.00 – 10.00 PM	Healing Sleep time zone ⁶	
10.00 – 12.00 AM		
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes at the end of this week section

² Look up sea moss gel recipe at the end of this week section. You can find a whole lot of sea moss drinks, smoothies and pudding recipes in my Cookbook

³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep. Earthing (the art of going barefoot on soil or dirt has been proven to help with numerous body benefits including stress relief, mood elevation and mineral absorption.

⁴ High water fruits include fruits with high water content such as berries, watermelon, apples, and grapes. These fruits must be listed in the Nutritional Guide

⁵ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide

⁶ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

⁷ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week. There are different intermittent fasting methods which split the day into eating windows and fasting windows. It can either be a 20:4 fast (20-hour fast and 4-hour eating window); a 16:8 fast (16-hour fast and an 8-hour eating window); or a 5:2 fast (5-day fast and a 2-day eating window in a week). For the purposes of this section, a 20:4 hour fast was used.

SEA MOSS RECIPES

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

Elderberry Cleansing Syrup

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 1 (Cascara and Rhubarb root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 2 (Cascara and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Kidney-cleansing tea 1 (Dandelion and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

HIGH WATER FRUIT SMOOTHIE

Apple Cleanse Smoothie

Take two medium apples, add half a cup of spring water and blend for a couple of minutes until smooth. Serve immediately.

Watermelon Smoothie

Cut one medium watermelon into two. Peel, deseed and cut into chunks. Blend for a couple of minutes until smooth. Serve immediately.

Watermelon Apple Cleanse detox smoothie

Take one apple and a quarter slice of watermelon (peeled, deseeded and cut in chunks). Blend for a couple of minutes until smooth and serve immediately.

Apple Blueberry detox smoothie

Take one Apple (cut into chunks) and a handful of Blueberries and place in a blender. Add half cup of spring water and blend until smooth.

Mix Berry detox smoothie

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add a frozen banana (Optional). Add a cup of spring water. Blend and use immediately.

SOFT FRUIT SMOOTHIE

Tropical Banana Cleanse smoothie

Take 2 Burro bananas. Add a cup of spring water. Blend and serve

Avocado Detox smoothie

Take one medium avocado. Add half a cup spring water. (Optional: add a handful of dates for sweetening). Blend and serve.

Avocado and Banana Cleanse smoothie

Take 1 Burro banana and half avocado. Blend and serve

RAW VEGGIE SMOOTHIES

Cucumber Only Detox smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

Mix Greens Smoothie

Take a little bit of kale and amaranth green. Blend and serve immediately.

Cucumber and kale smoothie

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste.

Serve immediately.

Cucumber and Turnip smoothie

Chop 1 medium cucumber and a medium turnip. Place in blender and add half a cup of spring water and blend until smooth. Serve immediately.

Green cleansing smoothie

Combine some cucumber, key lime juice, kale, watercress and dandelion greens. Blend until smooth.

WEEKLY ROUTINE (REVITALIZATION)

WEEK 3

Day 14 through Day 30:

For the first 2 weeks (14 Days), I ate only raw fruits and veggies and 1 gallon of spring water daily. This was how my typical daily routine was for the first week. I combined mine with the 20:4-hour intermittent fasting on Dr. Sebi

Mornings	Activity
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach
6.30 AM	Do some stretches only. Take a 15-minute walk
7.00 AM	Take another Glass of Spring water
8.00 AM	Drink 1 cup revitalizing herbal tea ¹
9.00 AM	Take Breakfast ²
10.00 AM	Take 1/2 cup Sea moss gel ³ Get out in the Sun for 1 hour ⁴
11.00 AM	
12.00 PM	

Afternoons	Activity
12.00 PM	Take 1 Cup Spring water
1.00 PM	Take Lunch ⁵
2.00 PM	Drink 1 Cup Spring water
3.00 PM	
4.00 PM	Drink 1 Cup Spring water
5.00 PM	Take Soft Fruit (Papaya or Watermelon)
6.00 PM	Drink 1 cup revitalizing herbal tea ¹
7.00 PM	Take Dinner ⁶
8.00 – 10.00 PM	Healing Bed time ⁷
10.00 – 12.00 AM	
12.00 – 2.00 AM	
2.00 – 4.00 AM	
4.00 – 6.00 AM	
6.00 – 8.00	
8.00 – 10.00 AM	
10.00 – 12.00 PM	

¹ Look up cleansing herbal recipes at the end of this week section

- ² Look up easy to make Dr. Sebi Approved alkaline breakfast recipes in my cookbook
- ³ Look up Alkaline sea moss gel recipes at the end of this section. You can find a whole lot of sea moss drinks, smoothies and parfait recipes in my Cookbook
- ³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep. Earthing (the art of going barefoot on soil or dirt has been proven to help with numerous body benefits including stress relief, mood elevation and mineral absorption.
- ⁴ Morning sun exposure helps with getting vitamin D which aids in the absorption of calcium
- ⁵ Look up easy to make Dr. Sebi Approved alkaline Lunch recipes in my cookbook
- ⁶ Look up easy to make Dr. Sebi Approved alkaline Dinner recipes in my cookbook.
- ⁷ Healing Bed time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

SEA MOSS RECIPES

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

REVITALIZING HERBAL TEA RECIPES

Revitalizing herbal tea 1 (Flor de Manita, Lily of the Valley)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Revitalizing herbal tea 1 (Sarsaparilla root, valerian root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Revitalizing herbal tea 1 (Herba Del Sapo)

Place 1 teaspoon and boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Revitalizing herbal tea 1 (Yarrow, Lupulo)

Place 1 teaspoon each and boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Revitalizing herbal tea 1 (Shephard's Purse)

Place 1 teaspoon and boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

HIGH WATER FRUIT SMOOTHIE

Apple Cleanse Smoothie

Take two medium apples, add half a cup of spring water and blend for a couple of minutes until smooth. Serve immediately.

Watermelon Smoothie

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Cucumber and Turnip smoothie

Chop 1 medium cucumber and a medium turnip. Place in blender and add half a cup of spring water and blend until smooth. Serve immediately.

Green cleansing smoothie

Combine some cucumber, key lime juice, kale, watercress and dandelion greens. Blend until smooth.

Chapter 7

The High Blood Pressure Off-Diet Healing Process

DAILY LIFESTYLE ROUTINE TO NATURALLY LOWER BLOOD PRESSURE

Although a healthy diet is essential for optimal health, including healthy blood pressure, there are many other things that successful healing depends on. Most of them revolve around lifestyle choices. What this means is that it is up to you to choose what lifestyle choices to change. It all depends on the power of your willpower, your motivation and determination to break old habits. Below is a typical off-diet lifestyle routine I followed and adopted in addition to Dr. Sebi dieting which ultimately brought my blood pressure back to normal. I call them the Holy grail of High Blood Pressure Control

5 lifestyle choices that can help you lower your blood pressure:

1. Avoid table salt

If you're struggling with high blood pressure, the first thing you'll be advised to do is cut back on salt. To add flavor to the food which is not salty enough, use herbs and spices. Get into the habit of not adding salt to food even if salt would improve the flavor. When shopping, go for foods labeled "no added salt." Avoid processed foods as much as possible.

2. Quit or Limit alcohol and Smoking

Men shouldn't take more than two, and women more than one drink a day. One drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor. Although smoking does not directly affect

your blood pressure, it poses many other health risks. If you are affected by hypertension, your heart is already struggling, so you should avoid any additional stress to this vital organ.

3. Be physically active

If you are overweight, obese or have a chronic condition, seek medical advice on what sort of exercise would be best for you. Don't start exercising vigorously if you're not used to this. Exercising for at least 30 minutes a day can cut your blood pressure by 4 to 9 points.

4. Relieve Stress

A stressful lifestyle is easier to cope with if you get a good night's sleep. Sleeping for at least 6 hours at night, every night, will not only make you feel more energized and focused, it will also help you deal with pressure.

5. Get enough sunshine

Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.

2. Go Barefoot

Earthing (the art of going barefoot on soil or dirt has been proven to help with numerous body benefits including stress relief, mood elevation and mineral absorption. Dr. Sebi says our body is electrical; earthing helps with stress relief and relaxation. Think about how you feel after a day out at the beach. When our bodies get in contact with soil, it helps elevates mood.

6. Practice Yoga, Mindfulness and Meditation

8. Imbibe and Practice a Positive Outlook on Life

DAILY ROUTINE TO REDUCE STRESS

Stress impacts your health in many ways, however, not all stress is bad. It can be a powerful motivator and you can even benefit from it if you learn to manage it. Unfortunately, for many people stress has become a way of life.

Stress becomes particularly dangerous if it plagues both your personal and professional life. The only way you'll get away with this, i.e. not get one of the stress-related disorders, is if you adopt certain lifestyle habits that can help relieve tension and anxiety.

14 healthy lifestyle habits for stress-relief:

1. Healthy diet

Nutrition is very important for overall health and if you lead a stressful lifestyle, you need to pay even more attention to your diet. Many herbs, spices, and plants affect your mood, eg caffeine boosts your energy and kava helps you relax. However, many medicinal plants act as tonics to the nervous system and help you balance your emotions, eg lemon balm, linden, lavender, etc. These plants work at the tissue level and have a very real effect on your mental health. You can benefit the most from healing herbs if you adopt a raw food diet and take herbal teas instead of soda.

2. Regular exercise

Exercise improves your heart health but can also help keep stress at bay. When you exercise, more endorphins (the feel-good hormones) are produced in your brain so you are more likely to feel “high” than “down.” Besides, exercise is known to reduce the symptoms of depression and anxiety, improve your sleep, and generally make you feel stronger and more confident, which is why it also helps you cope with stress better.

3. Quality sleep

A stressful lifestyle is easier to cope with if you get a good night's sleep. Sleeping for at least 6 hours at night, every night, will not only make you feel more energized and focused, it will also help you deal with pressure.

4. Work-life balance

The increasingly demanding work culture in most of the developed world is believed to be one of the main triggers of most stress-related disorders. If you are constantly on the go, working very hard to keep your job, and often take side-jobs to make ends meet, you are unlikely to have the time or energy for anything else, e.g. your children, friends, parents, etc. Work-life balance is the best way to survive in the stressful world we live in.

5. Supplements

Most people take nutritional supplements to improve their diet, however, supplements can also help reduce anxiety and lower stress. If you feel you're not coping, try taking omega-3 fatty acids, ashwagandha, green tea, valerian or kava kava.

6. Essential oils

Burning a scented candle (especially if it's made of pure wax) may help minimize feelings of anxiety. Some scents have a particularly calming effect, e.g. lavender, rose, bergamot, chamomile, neroli, frankincense, sandalwood, ylang-ylang, and geranium.

7. Avoid caffeine

Caffeine is a stimulant that many people rely on to help them get through the day. It is found in coffee, tea, chocolate, and energy drinks. Although it does help temporarily, too much caffeine (more than three cups of coffee) can make you even more anxious than you already are, so work out how much you can take without

experiencing adverse side effects.

8. Spend time with people you feel comfortable with

A network of friends and family can make a huge difference during stressful times. When you are feeling tense and anxious, you need the company of those you can be completely honest and relaxed with.

9. Learn to avoid procrastination

Those who tend to procrastinate, often end up rushing through things trying to catch up. If you are already stressed, this will only add more pressure. Try making a to-do list in the evening for the following day and organize your life by priority. Make a list of things that need to be done today, this week or this month. That way, you'll be able to prioritize and avoid procrastination.

10. Learn to say NO

Although this may initially make you feel bad, if many people rely on you for help and support, you must learn to say NO. Being kind is great but those who are always prepared to help are often taken advantage of. People who feel responsible for others, often take more than they can handle and end-up even more stressed than they already are.

11. Do yoga

Stretching exercises and deep breathing is what makes yoga so good for one's health (both physical and mental). Yoga can easily enhance your mood and make it possible to stop taking or reduce antidepressant drugs. Yoga is a time-tested method for stress relief. It is not perfectly clear why yoga has such a soothing effect on one's mind but it seems to have something to do with the nervous system and stress response. Besides, yoga can help you lower your cortisol levels, blood pressure, and heart rate. It also

increases gamma-aminobutyric acids (GABA) a neurotransmitter that is very low in patients with mood disorders. Ask anyone who does yoga regularly, they will all confirm they somehow feel “high” after a session.

12. Practice mindfulness

Mindfulness revolves around mental exercises that help you become “centered.” Living in the here-and-now instead of constantly thinking about the past or worrying about the future is its main goal. Once you stop worrying, you will be less likely to feel stressed or anxious. You can take mindfulness classes through cognitive therapy or you can increase your own mindfulness through yoga and meditation.

13. Listen to soothing music

Soothing music is relaxing because it lowers your blood pressure and heart rate and reduces the production of stress hormones. You can listen to nature sounds, Celtic or classical music. In fact, you can listen to any music that calms you down and triggers pleasant memories or emotions.

14. Deep breathing

When you are in the fight-flight-or- freeze mode, your sympathetic nervous system is activated. When this happens, your body activates stress hormones which are released and then, you experience a quicker breathing, faster heartbeat and constricted blood vessels (as your body prepares to hit, run or receive a blow – literally or figuratively. Deep breathing can help calm your down because it slows your heart rate.

15. Practical Approach to Reduce Overthinking

If you are one of those people who tend to over-plan, over-worry, and generally overthink, you have a problem. You may not even be

aware of how mentally exhausting it is to constantly strategize, plan for disasters, and generally try to run yours and other people's lives.

10 STEPS TO STOPPING OVERTHINKING

1. Admit you have a problem and try to figure out what situations or individuals trigger the habit of overthinking.
2. Stop worrying about all the things that could possibly go wrong especially if many of those things are out of your control.
3. If you can't stop worrying about something, try to put that issue into perspective and ask yourself if it really is such a big problem. People who overthink often make mountain out of a molehill.
4. Stop being a perfectionist and expecting others to perform according to your standard. Do what you can and hope for the best.
5. Be grateful for what you have, even if you think you deserve more.
6. Don't start your day thinking about all the things that could go wrong that day. Instead, say to yourself, I hope everything will go well.
7. Become proactive. If you think there is a problem, do something about it instead of doing nothing but worrying.
8. If you are overwhelmed with fear and if that's what makes you overthink (ie you subconsciously try to avoid situations that will create even more fear), talk about that with someone you trust or get professional help. Things are usually not as bad as we imagine them to be. When you talk about a problem it becomes easier to see it for what it is and sometimes that's all it takes for a solution to be found.
9. Exercise can improve your mood because it boosts the production of endorphins, the feel-good hormones. Hopefully, these will make you change your focus from thinking to enjoying

yourself

10. Make sure you get a good night's sleep because that way, you are bound to be more relaxed and less prone to worry and overthink

EXERCISE AND SUNSHINE: WHAT IT MEANS FOR YOU

Sun makes the world go round. It's essential for life on Earth and most of the benefits of sunshine are related to vitamin D which our body synthesizes from sunlight. Until relatively recently, we lived constantly, or most of the time, outdoors. This explains why we, as a species, evolved programmed to make the most of the sunshine. Unfortunately, things have changed. A large proportion of the population now lives in urban areas, they live and work indoors, and depletion of the ozone layer has made the sun's rays potentially very dangerous.

However, you can benefit so much from the sunshine that you must find a way to be exposed to it for at least a couple of hours every day. Try not to go out between 12.00 PM and 4.00 PM and use sunscreen if you must.

10 benefits of sunshine:

1. Reduced risk of Type 2 diabetes

Type 2 diabetes is becoming an epidemic and children are not spared either. Recent studies suggest that vitamin D can reduce the risk of developing type 2 diabetes and that people with low vitamin D levels are almost twice as likely to develop diabetes than those with high levels of this vitamin.

2. Reduced risk of cancer

In parts of the world where people are more likely to be exposed to high solar radiation, there is about 20% less cancer. This refers to breast, colon, and rectal cancer. Besides, patients with high vitamin D blood levels, are twice as likely to survive cancer than those with low levels.

3. Healthy bones

Vitamin D aids the absorption of calcium which means that not only will your bones be strong, you will be much less likely to experience fractures and osteoporosis.

4. Improved eye health

High vitamin D blood levels reduce your risk of developing cataracts and macular degeneration.

5. Enhanced immunity

T-cells are what our immune system depends on to protect us from pathogens. Numerous studies suggest that vitamin D boosts the function of the body's T cells thus strengthening your immune system.

6. Improved metabolism

Sun exposure can even help you fight obesity because it seems to improve your metabolism.

7. Lower blood pressure

Blood circulation is better in warm weather or when you are exposed to sunshine. Besides, the sun helps us produce vitamin D and the more of this vitamin we have, the easier it becomes to deal with high blood pressure without medication.

8. Reduced risk of stroke

We still don't understand how this works, but statistics show

that in parts of the world where sun exposure is limited (e.g. northern Europe), stroke risk is 60% higher than in regions where people are more exposed to the sun throughout the year.

9. Improved sleep

When you spend some time in the sun, your circadian rhythms improve which means you generally sleep better. And we know that a good night's sleep is a time-tested natural remedy for many ailments.

10. Better mood

It is well-known that one's mood improves after spending some time in the sunshine (e.g. most of us feel great after a day at the beach). Sunshine seems to reduce stress and anxiety and this automatically makes you feel better. Besides, being in the sun means you're outdoors which comes with its own benefits. However, due to a high skin cancer risk, we are constantly warned to limit sun exposure. This makes sense, however, spending some time in the sunshine comes with so many health benefits, that you would be silly not to use them. Vitamin D deficiency is one of the most common nutritional deficiencies caused by our lifestyle. Can supplements help? Yes, but it is always better to get the vitamins and minerals from natural sources, i.e. from food, sunshine, etc. However, when this may not always be possible so supplementation may be the only way. The required dosage is about 800 IU for adults but your body can produce that in less than ten minutes in the sun. Besides, you can overdose with vitamin D but you cannot overdose with sunshine. So, get out more but be responsible.

YOGA AND MEDITATION

Most of us live with a lot of stress which probably explains the

epidemic of hypertension, depression, diabetes, obesity, etc.

There are many ways of managing stress without medication, and meditation is one of the methods recommended by most therapists. Besides, meditation can also help you lower your blood pressure naturally.

Meditation is probably the easiest way of solving the hypertension problem because all you have to do is sit quietly with closed eyes for 20 minutes twice a day. A recent study suggests that the reason this helps is that meditation stimulates genes that produce telomerase, an enzyme that helps reduce blood pressure.

We know that hypertension is rarely caused by a single factor and is usually the result of a combination of stress, poor lifestyle choices, and telomere dysfunction. However, after only a month of regular meditation, you can significantly increase your telomeres genes which will automatically lower your blood pressure and reduce the risk of cardiovascular disease.

So, although a balanced diet is essential for healthy blood pressure, to manage hypertension naturally, you also need to find a way to control your mind. This is easily achieved if you combine meditation with yoga.

Yoga revolves around postures (asanas) and conscious breathing (pranayama). When you put these together, you soothe your nerves and slow down your heart rate. This, indirectly, improves your immune system and reduces your chance of heart disease and stroke.

Another, often ignored reason for hypertension, is a poor-quality sleep. Yoga can help with this too. However, depending on your fitness, age, and overall health, some postures may be off-limits to you. For example, if you are affected by hypertension, it's best to avoid inverted poses and headstand poses because these postures can lead to a sudden rush of blood to the head. Fortunately, most of

the asanas that can help you regulate your blood pressure are safe enough for anyone to do them.

10 yoga postures that can help lower blood pressure:

1. Child Pose (Shishuāsana)

Relieves stress and fatigue and stabilizes blood circulation.

2. Diamond Pose (Vajrasana)

Helps control obesity by increasing blood flow to the lower abdomen.

3. Forward bend Pose (Paschimottānāsana)

Successfully relieves stress and lowers high blood pressure.

4. Corpse Pose (Shavasana)

Relieves stress, depression, and fatigue. It helps the body relax but also stimulates blood circulation.

5. Easy Pose (Sukhasana)

Calms both the body and mind and helps reduce high blood pressure by making you feel free and happy.

6. Sitting Half Spinal Twist (Ardha matsyendrasana)

This posture helps to stimulate the heart and nerves and overall, helps normalize high blood pressure.

7. Butterfly Pose (Badhakonasana)

Stimulates the heart and improves blood circulation. It also relieves stress and mental fatigue.

8. *One-Legged Forward Bend (Janusirhasana)*

Helps reduce belly fat by massaging your abdominal organs. As you lose weight, your blood pressure stabilizes.

9. *Hero Pose (Virasana)*

Increases blood circulation around the legs and helps regulate blood pressure.

10. *Bridge Pose (Setu Bandha Asana)*

Energizes the kidneys and soothes the nervous system. Helps regulate blood pressure.

Pranayama (conscious breathing) is an essential part of yoga. There are several methods of yogic breathing and they all help improve blood circulation and control your blood pressure. What makes yogic breathing different from other methods of breathing, is that you are supposed to deep very slowly. Within minutes, this will slow your heart rate as well as relax your whole body.

SLEEP CYCLES: HAVING A GOOD NIGHT'S SLEEP!

Good-quality sleep is essential for both your mental and physical health. Actually, there are even claims that sleep deprivation (i.e. sleeping for less than six hours a night) can over time cause high blood pressure. So, if you sleep for five or fewer hours, you not only risk having even higher blood pressure than you already do, you can easily develop hypertension, even if this never bothered you before. The reason sleep affects your blood pressure is still not fully understood but it is believed that sleep helps your blood regulate stress hormones and keep the nervous system healthy. When you sleep for just a few hours a night for a long time, your

stress-regulation function becomes disrupted which may lead to elevated blood pressure.

So, if you have hypertension, it's of paramount importance you get a good night's sleep. If you have a problem sleeping, work out how to sleep better. There are many small things you can do to improve your chances of falling asleep without having to resort to sleeping pills. If these don't work, talk to your doctor about how to resolve this problem.

Besides, a well-known blood pressure disrupting factor is sleep apnea. This is a sleep disorder caused by irregular breathing during sleep and is particularly common in those who snore. What happens is that your breathing repeatedly stops and starts. It sounds like when you take a deep breath when you are going to dive and then you hold on to it for several seconds only to exhale as if you have just surfaced from the water. With this type of breathing, your brain sends a message to the blood vessels to increase the available oxygen to the heart and brain so the body can keep functioning. Numerous studies suggest that a combination of high blood pressure and sleep apnea is potentially very dangerous. Lack of sleep (either through insomnia or sleep apnea) is a common but fortunately treatable cause of hypertension. Before you start taking sleeping pills, try to solve this problem naturally.

BENEFITS OF SLEEPING EARLY

Tips on how to trick your body into falling asleep:

1. Try to follow the natural circadian rhythm and go to bed around 10 PM and get up around 6 to 7 AM
2. Always go to bed at the same time
3. Don't take any coffee after 2 PM

4. Sleep in a darkened room
5. Don't keep any electronic appliances in your bedroom
6. Try not to eat after 7 PM
7. Stop working at your computer at least an hour before going to bed
8. Don't watch any upsetting or thought-provoking TV program
9. Don't read texts that will make you worry
10. Have a cup of chamomile tea before going to bed

Our body loves routine so once you develop a healthy sleeping pattern, stick to it.

Chapter 8

Dr. Sebi Healing for Diabetes

According to the World Health Organization (WHO), about 1.7 million people lose their lives annually from diabetes. However, when we realize that over 20 million people die every year from related diseases caused by diabetes and high blood pressure, then we can begin to understand just how big this problem has become. Diabetes is one of the steadily rising non-communicable diseases. Diabetes is rapidly spreading particularly in populations that have undergone major lifestyle and dietary changes - more than 75% of all diabetics live in developing countries. This is a pointer to the importance of diet and lifestyle choices, since a majority of people living in the advanced western nations have realized the benefit of dietary and lifestyle changes and have gradually begun to incorporate them at all levels of living.

Just like a lifestyle change can trigger the onset of diabetes, it can also reverse it. Compared to what we eat today, the diet of 300 years ago was very natural, majorly plant-based and alkaline. It was based on organic fruits, vegetables, whole grains, and very little meat. Combined, these natural foods produced a kind of “*net alkaline effect*.” Our body is a wondrous creature and the reason we, as humans have evolved and survived for so long is that our body system has a means of self-repair mechanism.

Dr. Sebi cured himself of diabetes and healed many others with electric herbs and diet. He was able to change the course of destiny for many who otherwise had given up hope on conventional medicine. According to him, disease is a result of mucus build-up in an area of your body. For example, excess mucus in the lungs causes pneumonia, while a build-up of mucus in the pancreas leads to diabetes. Disease cannot exist in an alkaline environment and only occur when your body becomes too acidic. By strictly following a natural electric diet, disease can be reversed. His methodology and protocol get rid of accumulated toxins and restores the body's ideal pH levels. Dr. Sebi alkaline diet comprises of a list of approved vegetables, fruits, grains, nuts, seeds and oils, as well as herbs, and other dietary guidelines.

How successfully you avoid or recover from disease depends on many things but most importantly on your diet. Certain foods, or food combinations, are so rich in essential minerals, you can use them as medicine, not just food. Perhaps that's what the father of modern medicine, Hippocrates, meant when he said,

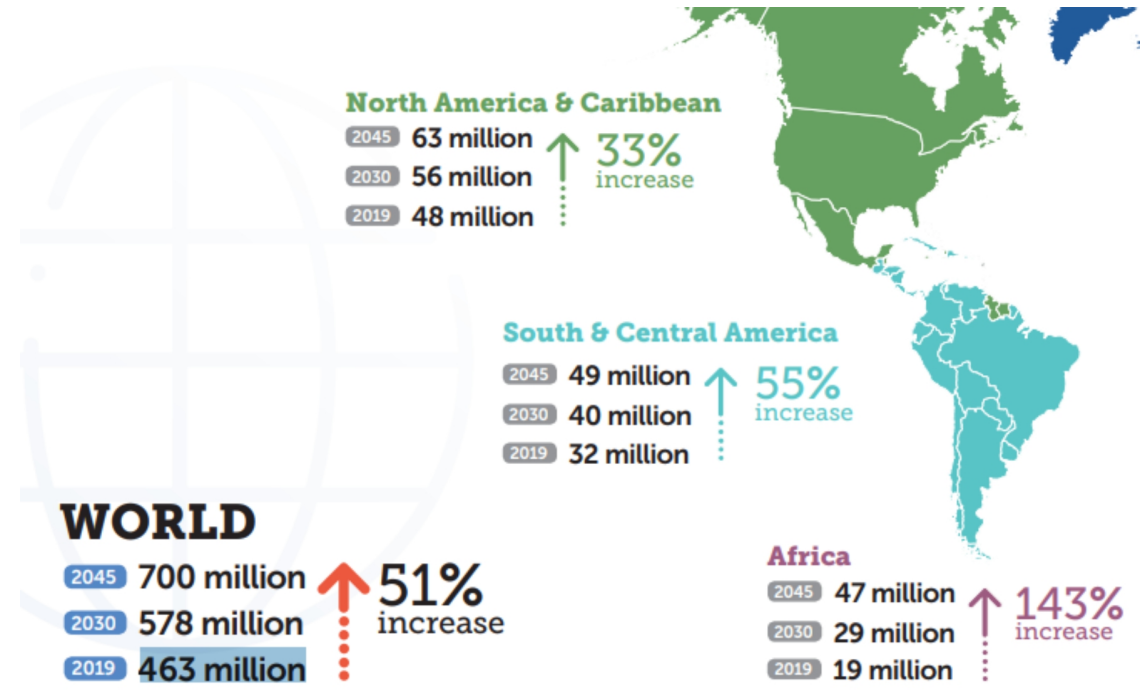
“ Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear. ”

The Diabetes Pandemic

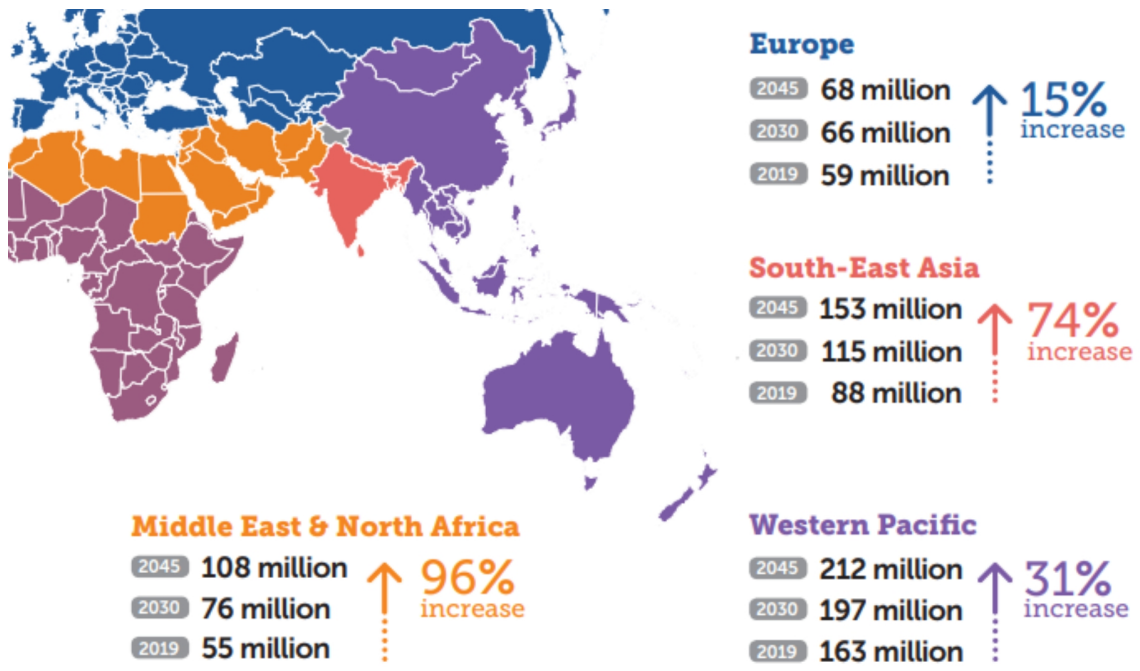


The global rise of Diabetes as a major pandemic is one of the biggest concerns to modern medicine in recent times. Previously considered a disease of the affluent, Type 2 Diabetes has now spread to all nooks and crannies of the world – including previously safe-proof third world countries. There even now more people with type 2 diabetes in the developing world than in advanced countries (1). And even in developing countries, the prevalence is higher in urban than in rural areas (2). Why is this so? What factors have led to the globalization of Diabetes? And why is it more common in developing countries?

The latest reports from the IDF (International Diabetes Federation, posits that more than 463 million people have Diabetes worldwide as at 2019 and that this number is expected to increase to 700 million by 2045 (1)



Summary of World Diabetes prevalence _____ source: IDF



Summary of World Diabetes prevalence

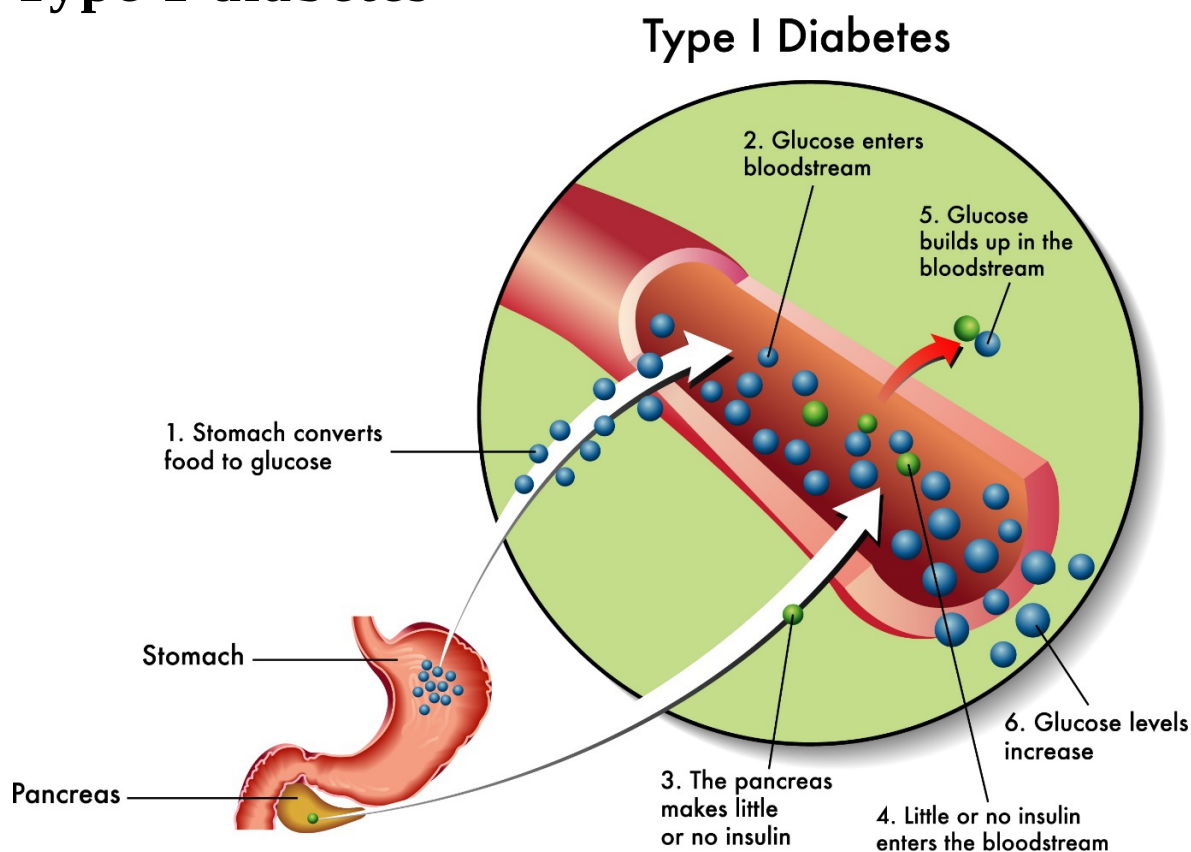
source: IDF

Among all regions, Pacific Islands and the Middle East have the highest prevalence with the Western Pacific region having the highest number of people living with diabetes. This followed closely by the Southeast Asia accounting for over 88 million people with the disease. China and India still take the lion share accounting for majority of the people living with Diabetes in the world (China with 112 million and India with 72 million).

As at 2019, the lowest number of people with Diabetes are in Africa and South and Central America.

DIABETES TYPES

Type 1 diabetes

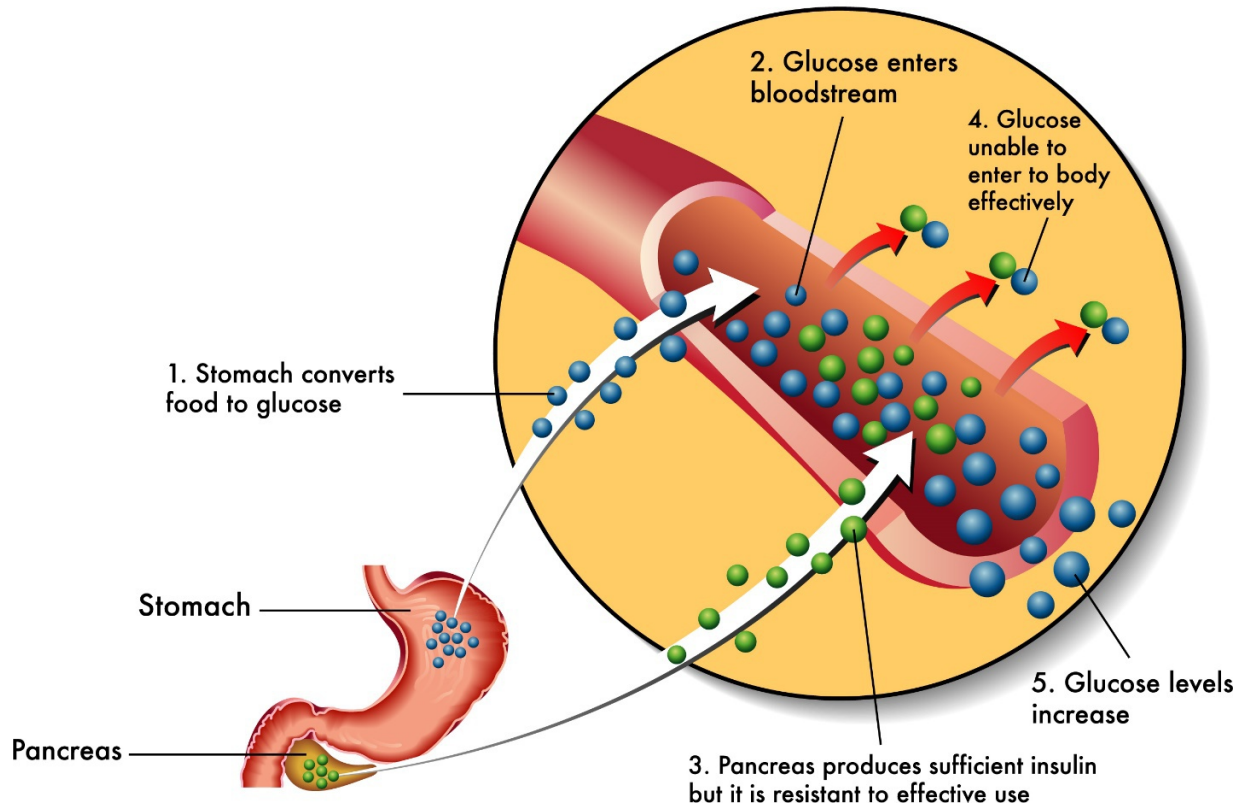


Mechanism of action of Type 1 Diabetes

Type 1 diabetes develops usually in children and young adults. It is an autoimmune disorder that happens when the immune system destroys its pancreatic beta cells. These are the cells that make insulin, a hormone that controls blood sugar. Those affected with this type of diabetes need to take regular insulin injections.

Type 2 diabetes

Type II Diabetes



Mechanism of action of Type 2 Diabetes

Type 2 diabetes is the kind that affects adults, mainly those in the 40-60 age group. The disease starts as insulin resistance i.e. a condition when cells cannot use insulin properly so the pancreas eventually stops producing it. What's particularly worrying about this condition is that those affected by it are 2-4 times more likely to develop cardiovascular disease. Of those who do, 80% die from it.

Pre-diabetes

There is also the prediabetes, a condition when the blood sugar level is higher than normal but still not high enough for someone to be diagnosed with type 2 diabetes. Fortunately, this condition can be easily controlled and reversed with weight loss and physical activity. However, if unaddressed, about 30% of individuals diagnosed with prediabetes will develop full-blown type 2 diabetes within 5 years. Fortunately, having prediabetes does not mean you will develop type 2 diabetes. The disease is easily preventable. However, there is a conflict between alternative and mainstream medicine approach to diabetes. While alternative and integrative medicine call for a lifestyle change, conventional medicine and pharmaceutical companies advocate treating the disease with synthetic drugs.

If you are told you have prediabetes, it signifies that your blood sugar level is higher than normal, but still not high enough to cause alarm. However, without a major lifestyle change, you are very likely to develop type 2 diabetes. So, although prediabetes is not a disease as such it should be taken seriously because it means that deterioration of your heart, blood vessels, and kidney have already started. Fortunately, all it takes to bring your blood sugar level back to normal is a change of diet and

weight management.

DIABETES RISK FACTORS AND SYMPTOMS

Being overweight or obese is the main risk factor for type 2 diabetes simply because increased weight leads to insulin resistance. The good news is that this risk factor is easily avoided. Studies show that if you reduce your weight by as little as 5%, you can easily prevent the onset of 2 diabetes. The main cause of diabetes is the mismatch between how we were genetically predisposed to live and how we end up living. Not only do we often make unhealthy food choices, we also eat much more than we actually need for maintenance. The surplus is stored fat deposits. Over the years, as our weight grows and our vitality steadily declines, our health takes a blow. Our mental health declines as our quality of life drops, we become vulnerable to heart disease, stroke, and some types of cancer. And of course, diabetes which, if not managed can lead to blindness, kidney failure, and heart disease.

CAUSES OF DIABETES

– **Obesity**

Today, there is a major imbalance between the amount of food we take and the energy we expend during the day. Most people living in urban areas lead sedentary lifestyles. Being overweight is bad enough but obesity is the root cause of many life-threatening diseases. Poor diet and a sedentary lifestyle can easily turn anyone from being overweight to being obese.

– **Genetics**

Unfortunately, we have no control over genes we inherit from our ancestors. However, if you know you have a family history of diabetes, you can easily avoid the onset of disease by introducing some lifestyle changes as soon as possible.

– **Longer life expectancy**

Type 2 diabetes usually affects middle-aged people. At the time when life expectancy was about 50, very few individuals lived long enough to develop this disease.

– **Processed foods**

The consumption of processed foods has been associated with the alarming rise of type 2 diabetes. Food processing is known to produce certain chemicals, e.g. oxidized ascorbic acid and lipoic acid, which contribute to the development of diabetes. Even infant formula is high in these harmful ingredients. While prediabetes usually comes with no particular symptoms, type 2 diabetes is preceded with certain tell-tale signs:

- Darkened skin on the armpits, neck, elbows, knuckles, and knees
- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision

Although you have no control over your genetic predisposition or age, there are proven ways to prevent or reverse this disease.

Chapter 9

The Eat to Live Step by Step Plan to Naturally Heal the Pancreas and Reverse Diabetes



Being diagnosed with diabetes means your blood sugar level is too high. It also means that your body either doesn't make insulin or doesn't use it as it should. Although potentially a dangerous condition, diabetes is not a death sentence.

DIABETES AND DIALYSIS

According to Dr. Sebi, diabetes results from mucus build up in the pancreatic ducts. He explained that Diabetes is caused by the blockage of the pancreatic ducts; while Dialysis is results when the kidneys are calcified. This calcification of the kidneys occurs as a result of the consumption of excess starch (carbonic acid).

So, to rid yourself of diabetes, you must rid yourself of the mucus in the ducts and open it up. This will also make the pancreas resume its normal function and speed up the process to total healing. This is easily achieved through the 2 core approaches of detox and revitalization. Through detox and fasting, the ducts will get cleared and you have to rebuild lost energy through consumption of revitalizing herbs.

For unblocking of ducts to be effective, you have to totally avoid all foods not listed on the

nutritional guide in addition to avoiding grains, proteins and nuts and seeds. You must detox and fast for at least 14 days with Sea moss, cleansing and revitalization herbs, as well as fruits, smoothies and green juice. You may have to fast several times before you rid yourself of mucus and completely open up the ducts.

Furthermore, all post revitalization meal plans must incorporate only foods listed on the nutritional guide. In addition, you must avoid all foods with high amount of starch (carbonic acid), as well as proteins. Also, you will have to increase your intake of iron rich herbs and foods as well as potassium phosphate and consume one gallon of spring water daily.

KEY POINTS TO NOTE BEFORE GETTING STARTED

For diabetes, diet is key. Create a personalized meal plan by focusing on ELECTRIC foods that support healthy insulin production like herbs, fruits and vegetables. You must also drink at least 1 gallon of spring water daily. Below are 7 things to keep in mind when starting out the healing process:

– *Only Electric Foods from Dr. Sebi Diet*

Fruits, and vegetables are the best natural source of fiber.

– *Healthy Low Carb/Low Starch Foods*

High Carbohydrates foods break down into glucose, so to control your blood sugar levels, you should learn to limit too much starch as much as possible and eat only healthy low carb foods in the national guide. Healthy carbs should be incorporated from low carb vegetables and fruit.

– *Healthy fats*

Healthy alkaline electric fats should be taken, e.g. avocado, coconut and olive oils, etc.

– *Limit Protein*

Diabetics should avoid all forms of animal protein, including meats, poultry, fish, and dairy.

– *Avoid Gluten found in Grains*

Diabetics can do well to avoid grains and any gluten rich food sources during the detox and revitalization phases of healing.

– *Limit Nuts and Seeds*

Diabetics should avoid nuts and seeds listed on the nutritional guide during the detox and revitalization phases as these foods might be inflammatory

THE 2 STEP APPROACH TO NATURALLY HEAL THE PANCREAS AND KIDNEYS WITHOUT MEDS

To heal the kidneys and get off dialysis, you must consistently and diligently follow the steps below. These steps make up the core principles of the Dr. Sebi Healing methodology and if you want to see results, you cannot do without them. To totally reverse Pre-diabetes, Diabetes and Dialysis, there are two (2) steps you must follow based on the principle of Dr. Sebi Diet methodology. These steps must be fully followed to achieve optimum results on reversing Diabetes. They include:

1. Detox/Cleansing
2. Revitalization

STEP 1: DETOX/CLEANSE

It's very important to cleanse at least once per year for 7 days if you are consuming an alkaline diet. However, if you are not used to eating an alkaline diet, you should cleanse at least every 2 to 3 months for at least 7 days. Remember, to completely clear the pancreatic ducts of mucus or carbonic acid calcification, you may need to repeatedly fast several times.

HOW TO DO A DETOX CLEANSE TO UNBLOCK THE PANCREATIC DUCTS

To begin, you will need to do a cleanse through fasting and consumption of cleansing herbs, sea moss, alkaline fruits, smoothies and raw vegetables; in addition to tamarind or green juice. There are several ways that you can detox, but the most recommended is through fasting. To carry out a detox cleanse, you have to choose a specific method of fasting depending on your state of health, your toxicity level and/or level of tolerance. The various types of fast include:

- i. *Water fast*
- ii. *Liquid fast*
- iii. *Fruit fast*
- iv. *Smoothie fast*
- v. *Raw Veggie fast*
- vi. *Tamarind Juice*
- vii. *Green Juice*

WATER FAST

When performing the water type fast, you'll only drink spring water while taking your cleansing herbs and sea moss. Nothing else should be consumed for the duration of the fast. You would consume your cleansing herbs alongside and they can be taken either in tea or capsule form. Usually, it is recommended to do a detox fast for 7 to 14 days, so you can do a water fast for at least 7 days. However, note that how long you choose to do your water fast would depend a lot on your state of health, the level of toxicity in your body system and your tolerance level. If you feel you are unable to do a water fast or maybe have any underlying health issues that may make water fast impossible or unsustainable, then you can instead choose a fruit fast or a raw veggie fast. The fruit or raw veggie can be taken either in juice, smoothie or whole form. Always ensure that all fruits and veggies you choose for the fast are listed on the Dr. Sebi Nutritional guide.

LIQUID FAST (JUICE)

Also called a juice fast, here, you'll need to fast only on juice from fruits or vegetables – in addition to taking your cleansing herbs, sea moss and spring water. For a juice fast, you can decide to choose any length of days depending on your body and how you're able to cope or tolerate it. However, I usually advise at least a 14 day fast. However, one to three months is best. Dr. Sebi himself fasted for 90 days (3 months) on tamarind juice, cleansing herbs and spring water.

SMOOTHIE FAST

If you choose a smoothie fast, you should only drink smoothies prepared from fruits or vegetables. So, you can do either a fruit smoothie or a vegetable smoothie. Although it is recommended to fast for 7 to 14 days, you can actually fast longer on smoothies. This is especially if your body system is able to tolerate it. However, I recommend fasting for at least 14 days on it.

FRUIT FAST

It is expected that you consume only fruits. The fruits you consume can range from a variety of high-water content fruits to soft-massed fruits listed on the Dr. Sebi Nutritional guide.

HOW TO PREPARE CLEANSING HERBS FOR DIABETES

It's easier to make herbal teas with the ratio of one teaspoon to eight ounces of water for each herb. However, if making larger batches, I recommend you combine them for easier convenience on prepping and storage.

For easier batch preparation, prepping and storage, I recommend preparing herbs in batches of mixtures. Again, this will depend how state of health/illness and what minerals are most important for you. You can combine similar herbs with similar functions into a batch. Like our healer, Dr. Sebi would say, "if you want calcium, you know where to go to (sea moss), if you want Iron, you go to Burdock, and if you want a mix of both Iron and Fluorine, you go to Lily of the Valley". In all, try not to mix more than 2 or 3 herbs together. Remember, these herbs are electric, and its best to preserve their organic carbon, hydrogen and oxygen nature as much as we can. Again, if you mix more than that, you may not get their accurate concentrations per ml of water, so try to limit to 3, possibly 2. For clearer understanding, you can try the following options:

- Mix the colon and gallbladder cleansing herbs
- Mix liver and kidney cleansing herbs
- Mix respiratory and mucus cleansing herbs
- Mix lymphatic and heavy-metal cleansing herbs.

Since these herbs perform a whole-body cleanse (not just colon) including the skin, eyes, colon, liver, lymphatic system and gallbladder, you can decide to choose how to combine them.

For pre-purchase cleansing packages –

Please follow the recommended dosage or instructions that are provided for that cleansing package such as from Dr. Sebi's cell food website. if you order the cleansing package there are directions on how you should consume the herbs

For Leafy purchased herbs –

For fresh Green leafy herbs

- Place in spring water and boil on low heat for 5 to 7 min
- For dried leafy herbs, boil longer – 10 to 15 min

For Dried ground (or powder) herbs –

For dried ground or powder leaves or roots, mix in recommended ratios for the herb. Powder herbs are the easiest to mix in dosage proportions so you can simply follow the package instructions

For Chunks of Dried Root herbs –

if you're having like the chunks of the root, you can cut that up yourself.

- Cut or break up chunks
- Place in spring water and boil for 15 minutes
- Let cool and serve
- Alternatively, prepare in larger batches and place in jars to store in the refrigerator.

For bulk purchase herbs –

make herbal teas herbal teas you want to use a ratio of one teaspoon to eight ounces of water for each herb you can make larger batches of these herbs. and I'll go over later how you can combine them so

they'll be much easier than constantly making small cups of each herb per day

For capsules –

I recommend that you do research and find out what the recommended dosage is for each herbal capsule



**1 teaspoon
Herb**



**1 Cup (8 oz)
Spring water**

HOW TO TAKE THE PREPARED CLEANSING HERBS

If you are on medication, I recommend that you take the herbs one hour before taking your meds as this was actually recommended by Dr. Sebi. Your cleansing herbs should not be consumed for longer than 30 days because your body may become dependent on them and you want to start to reduce the dose during your last 3 to 5 days depending on how long you've been taking them.

Routine

- *Twice a day* - morning and night
- *Daily Consistency* - Try to stay consistent both in terms of timing and duration. That is, try not to skew the duration. Make it consistent and take it throughout the duration of the cleanse. For example, for a 12-day cleanse to be taken twice daily, take them around the same time you do take them on both mornings and nights.
- *Gradual Wean Off* – Just like medications, it is not the best to go cold-turkey when it comes to herbal detox. Towards the end of the duration of the cleanse, wean off your herbs by gradually reducing the dosage and/or duration. The duration of the wean will depend on the length of the fast you choose. For example, for a 1 month fast, I usually start weaning a week towards closure. For the standard 12 day fast, I begin weaning on day 9 or 10. You can begin the wean by reducing from twice a day to once a day. Or simply take half the dosages each for mornings and night

It is important you do this because you need to signal to your body to begin to prepare to start functioning on its own – without dependence on the cleansing herbs. And no other way than to take it slow and do it gradually without bringing too much “shock” to the body.

HOW TO BREAK A DETOX FAST?

- *Slowly reintroduce solids* : If you are doing a water or a liquid fast, you will need to slowly reintroduce solid foods. You can begin by introducing solids like high water-content fruits.

These include watermelon, apples and berries. Thereafter, you can proceed to introduce softer fruit solids like bananas and avocados. Later, you can incorporate more harder solids like veggies. All foods must be listed on the nutrition guide. However, if doing a fruit or raw veggie fast, you can break the fast right away on solid foods.

- *Drink 1-gallon spring water daily* - Drink spring water daily together with the revitalizing herbs and sea moss.

HOW LONG SHOULD YOU DETOX/CLEANSE?

How long you should detox depends on your state of health, that is, your body's level of toxification (the less healthy you are, the more toxic your body is) and tolerance level. Typically, it is recommended to fast for 7-14 days but Dr. Sebi recommends a minimum of at least a 12 day fast. Dr. Sebi himself fasted for 90 days to cure himself of diabetes. It is great to cleanse at least once a year for 7 days if you consume an alkaline diet. If you are not consuming an alkaline diet, then you should cleanse/detox every 3 months

Again, your body's tolerance level will ultimately determine the length so, watch your body and study its reaction as you begin the fast. We are all different and you may find that you are not able to handle a basic liquid fast (water or juice). In that case, you can get started with a fruit or raw vegetables fast. But make sure all foods and fruits are listed in the Dr. Sebi Nutrition Guide. Whether liquid, juice or raw food fast, the results are virtually all the same _ the only major difference is in the time it takes to begin to see results. While raw food fasts take longer, liquid fasts are much faster. So do not worry, the most important thing is to stay committed and focused on whatever fasting method you choose.

HOW MUCH CLEANSING HERBS TO TAKE ON DETOX?

Just like every other alternative treatment, you should be mindful of the particular dosages to take when start out your detox. But one common problem with herbal remedies is the difficulty in determining the actual dosage to consume especially with raw herbs our roots. However, these have been made much easier with herbs that come in powder or granulated forms. With this, it's easier to make into herbal teas with specific ratios. However, for full form roots and herbs, I usually recommend to research the actual dosage amount to take.

For pre-made herb packages, simply follow the manufacturer's dosage instructions. If they do not come with instructions, the general rule ratio to follow is 1 teaspoon part herb to 1 cup (8 ounces) of spring water. You can scale this ratio to make larger volume so you can store for use.

10 SIGNS YOUR DETOX IS WORKING EFFECTIVELY

1. Cold and Flu symptoms
2. Changes in Bowel movements
3. Fatigue and Low Energy
4. Difficulty sleeping
5. Itching
6. Headaches
7. Muscle aches and pains
8. Acne. Rashes and break outs
9. Mucus expel (catarrh, etc.)

10. Lower blood pressure

These symptoms are only temporary and usually resolve after the first one to two weeks.

Cleansing Herbs to Take When Detoxing Your Body

For a detox cleanse to be effective, Dr. Sebi says it has to be holistic and cover all parts of the body. So, to rid the body of mucus build up, we must effectively cleanse the various organs that make up the body since they are all interconnected.

In essence, we must cleanse the:

- skin
- liver
- gallbladder
- lymph glands
- kidneys and
- colon

So, to do this, we must understand the herbs that work to cleanse each of the organs and where they work best. In addition to cleansing the above listed organs, we would focus more on the pancreas since it is where the mucus is most present. Below are the cleansing herbs to take to unblock the pancreatic ducts and heal the kidneys:

Cascara Sagrada



This herb creates contraction of the muscles in the intestine. This mechanism of contraction help move stool through the bowel. It has works by aiding more secretions in the Pancreas and liver.

Rhubard Root



Rhubarb is popular as a natural health tonic for the digestive tract. This aids in the elimination of harmful bacteria and heavy metals from the bowels. Also cleanses the blood, lowers blood pressure, and relieves discomfort from abdominal cramps, bloating and constipation.

Blessed thistle



This herb is a highly potent fungus killer. It also helps to promote circulation of oxygen to the brain and stimulate the digestive tract. It supports healthy lung and heart function

Burdock Root



Burdock root helps to flush out toxins through the body. It cleans up the lymph and the liver and also helps in purifying the bloodstream

Chaparral



Chaparral helps to detoxify the body and colon of heavy metals and other toxins that might have accumulated overtime. They also lower blood sugar level and cleanse the gall bladder and lymph.

Dandelion



Dandelion is a very popular herb for liver and kidney cleansing. It also helps purify the blood and gall bladder. Dandelion has been shown to help dissolve kidney stones and give relief to people with urinary problems, liver and kidney disorders as well as those with type 2 Diabetes. It helps with lowering blood pressure as it provides calcium-rich compounds that helps with heart and circulatory health.

Elderberry



Elderberry removes mucus from the upper respiratory tract and lungs. It also helps with increased perspiration via sweating and urine flow

Guaco



This herb helps to reduce inflammation, cleanse blood and skin by promoting perspiration and urination. It also helps to promote healthy respiratory system and immune system.

Mullein



Mullein is regarded as nature's most potent lung cleanser. Used to purify the lungs and airways and has even been recommended for asthmatic patients. It cleanses the lungs by removing mucus from the upper and lower respiratory tract.

CLEANSE/DETOX RECIPES FOR DIABETES

Detox foods are those that help your liver and kidney do their job, i.e. process and eliminate waste from your body. People who eat a healthy, mostly plant-based diet, can successfully cleanse themselves with a 1-day or 3-day detox. On a strict detox regimen, most people become weak after about a week, although that is highly personal. But if your diet revolves around processed foods, you need a 2-week detox at least once a year.

Water is essential during the detox because it helps eliminate waste from the bloodstream, and most detox programs recommend 3 to 4 liters of water a day. This is a lot of water to have in a single day, especially if your detox diet is basically vegan. Most fruits and vegetables are high in water, so there is no need to take this much water during the Dr. Sebi detox diet.

So, take as much water as you comfortably can but don't force yourself to drink if it starts making you sick. However, to increase the amount of water in your body, try to take at least two liquid meals a day. That's why smoothies and soups are so important during a detox. These are just ideas; you can use any fruit or vegetable you have at the moment. If possible, use what's in season.

STEP 2: REVITALIZATION

Revitalizing the Pancreas and Kidneys after Cleanse

This is carried out after the detox cleanse. Dr. Sebi insisted that after a cleanse, you need to revitalize your body in order to rebuild it. The body will then be rebuilt and will be rejuvenated. Dr. Sebi-approved revitalizing herbs are very energizing and this is exactly what your body needs after having been cleansed. Although a body cleanse or detox can help you rid your body of toxins and free radicals, the process carries potential adverse effects. This is why Dr. Sebi believed strengthening your immune system after depriving it of food for a certain period, was so important. Revitalization provides the nourishment you need to rejuvenate your entire body.

HOW TO CARRY OUT REVITALIZATION

In order to revitalize your body, you have to consume lots of

- i. sea moss
- ii. iron and
- iii. herbs

This is to nourish and replenish the body while strengthening the immune system. Irish moss and iron should be taken throughout the revitalization, regardless of what other herbs you take. However, the herbs recommended by Dr. Sebi for revitalization are diverse and nourish different organs of the body. What this means is that, if you have an underlying condition you are trying to address with the body cleanse or detox, besides taking the regular revitalizing herbs, you should take in addition the herbs that specifically address those specific organs or conditions.

APPROVED HERBS TO TAKE DURING REVITALIZATION

The herbs were used by Dr. Sebi for treating diabetics and they are part of the ingredients that were used in his endocrine compounds. They include:

Prodigiosa



Prodigiosa helps to reduce blood sugar level, aid more secretions from the pancreas and helps in digesting fat in the gall bladder.

Werreke



This plant is great for lowering blood sugar levels and weight loss. So, it essentially treats diabetes by cleansing the pancreas and nourishing it. It also lowers blood pressure and works great when combined with bitter lemon.

Bitter melon



Bitter melon treats diabetes by promoting the secretion of insulin. Several studies have shown that perhaps, bitter melon is the most important herb for lowering blood sugar. A three-month study conducted on diabetics showed that taking 2000 mg of bitter melon daily decreased blood sugar levels drastically. In another study, a group of diabetics taking 2000mg of bitter melon daily lead to significant reduction of blood sugar in 4 weeks.

Nopal or Prickly Pear Cactus



Prickly Pear Cactus is a powerful herb to treat Diabetes, notably Type 2 Diabetes. Evidence has shown that this herb reduces blood sugar in adults with type 2 diabetes. So, it significantly lowers blood sugar levels and apart from that, it reduces high cholesterol and helps with weight loss.

Ti Marie



Also referred to as the Sensitive Plant. Ti Marie significantly reduces blood sugar levels if taken regularly. Dosage recommended is 30 ml of the plant juice twice daily (morning and evening). So, if you consume the 30ml of this plant juice twice daily for 7 to 10 days, you'll notice a significant reduction in blood sugar levels.

Stinging Nettle



This herb has been used for long in South and Central America for example in Cuba, it was recorded used for several herbal medical practices and used to treat diabetes. A very potent herb, Stinging Nettle helps in cleansing the pancreas and lowering blood sugar. Also helps in improving circulation of the blood and other disorders of the endocrine system.

Hierba Del Sapo



This is one of the best herbs to use if trying to lower cholesterol and triglycerides. It also helps clear arteries, improves type 2 diabetes health, helps dissolve kidney stones and other kidney problems

Sarsaparilla Root



It is one of the best natural sources of iron, a mineral essential in the process of healing. It has diuretic and restorative properties and may help with diabetes, high blood pressure, congestive heart failure, PMS, impotence, urinary problems, hives, infertility, inflammation, nervous system disorders and discomfort from arthritis.

Irish Sea Moss



One of the richest sources of minerals known to man, contains 92 out of 102 minerals that the body needs. Sea moss is a good source of dietary fiber, vitamin K and many minerals (Iron, calcium, zinc, iodine, copper, bromine, phosphorus, potassium, magnesium, sulfur, selenium and manganese). It aids supporting digestive health, heart health, boost the immune system and overall, boost body metabolism.

Lily of the Valley



It is rich in iron, fluorine and potassium phosphate. It can be used as a diuretic, for kidney stones, as a cardiac tonic, and to address the central nervous system disorders.

Bladderwrack



Helps to cleanse the blood, relieve constipation, urinary tract infections, and respiratory problems. Also used to treat many disorders of the thyroid gland, e.g. hyperactive thyroid, underactive thyroid, iodine deficiency problems, etc. It is also used to treat pains, joint pain, arthritis, arteriosclerosis, as well as digestive disorders. Other uses include boosting energy and improving the immune system.

WHEN TO TAKE REVITALIZING HERBS

After cleansing for 14-30 days, it's typically recommended to start revitalization immediately. Whether you detox for one month or one week, you will benefit from a cleanse. The amount of time that you choose does greatly help in the healing process, but it is not the only factor. As mentioned before, the longer the fast, the better, however, you don't want to overdo it.

Whenever you choose to end your cleanse, you should start consuming the revitalization herbs. Remember to only eat foods listed on the Dr. Sebi nutrition guide. Eating acidic foods or any foods not listed can put you at a risk of relapse.

Also, note that sea moss and the revitalizing herbs are a necessary part of the healing process and so, you must consume them in order to restore the body naturally. You should take the herbs in addition to drinking 4 liters (1 gallon) of spring water daily

One usually takes these herbs for 7 to 30 days after a cleanse, detox or fast. The longer you fast, cleanse or detox, the better. However, there is a limit to how long your body can go on without solid foods before it gets sick, so don't overdo it. Therefore, regardless of how you decided to heal your body, e.g. with a cleanse, detox or fast, as soon as you're done with it, start taking revitalizing herbs and follow the Dr. Sebi alkaline diet. Irish moss and iron can be consumed both during the cleanse and during the revitalization. If you follow an alkaline diet, you should cleanse once a year for 7 days. Otherwise, for the best results, you should perform a cleanse every three months.

THE POST DETOX AND REVITALIZATION ROUTINE

During the post detox and post revitalization stage, you should only eat Foods from Dr. Sebi Nutrition Guide – As compiled in our cookbook, “The Dr. Sebi Cookbook”, prepare and eat meals made only from ingredients listed in the Dr, Sebi Nutrition Guide

HOW TO FIGHT RELAPSE WITH DIABETES AND DIALYSIS

Lowering your blood sugar level is only half the battle. Once you lower it, you have to try to maintain it at a healthy level. The problem is very similar to what those trying to lose weight experience - you achieve desired weight, only to regain it within weeks.

However, lowering your blood pressure and maintaining it at a healthy level is actually very simple – it revolves around healthy lifestyle choices. However, a healthy lifestyle is not only a healthy diet, it's also about giving up bad habits and being more physically active.

According to Dr. Sebi, it is very important that you stick to an alkaline diet once your kidneys are healed if you want to stay off dialysis otherwise you can relapse and go back into a disease state you should consume lots of iron and gradually take the potassium phosphate along with the diuretic herbs I will go over herbs that provide iron and potassium phosphate as well as diuretic herbs these are revitalizing herbs for dialysis lily of the valley is a great herb for those on dialysis it is rich in iron fluorine and potassium phosphate it's also used as a natural diuretic for kidney stones and as a

cardiac tonic and it addresses the central nervous system

TIPS ON HOW TO MAINTAIN HEALTHY BLOOD SUGAR WITHOUT MEDICATION

1. Avoid the Following Foods:

There are also foods that people with diabetes or prediabetes should stay away from:

– **Saturated fats**

These are found in high-fat dairy and animal products eg butter, beef, sausage and bacon, palm kernel oil.

– **Trans fats**

If you avoid processed foods, shortening, and stick margarine you will easily avoid this kind of fats.

– **Cholesterol**

Cholesterol is abundant in high-fat dairy products and high-fat animal proteins (e.g. fast foods, liver, bacon and fatty meats, high-fat dairy (e.g. butter, whipped cream), and egg yolks. Diabetics should avoid cholesterol or limit the intake to 200 mg per day.

– **Table Salt**

Avoid eating table salt as much as you can. Replace with sea salt or Himalayan pink salt.

- Avoid all meats and meat-based products
- Avoid all dairy products

2. Eat only Foods on the Nutrition Guide

This include a wide range of alkaline fruits, vegetables, grains, herbs and oils

3. Be more physically active

Chapter 10

The Eat to Live Routine Plan to Beat Diabetes: Weekly and Daily Plan

WEEKLY ROUTINE (DETOX CLEANSE)

For the first 2 weeks (14 Days), you can take fruits, fruit smoothie, green juices or raw veggies and 1 gallon of spring water daily. Below is a typical daily routine for the first week of detox cleanse. You can combine it with intermittent fasting routine.

WEEK 1

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs
6.30 AM	Do some stretches only. Take a 30-minute walk (or break down into two separate 15-minute walks morning and evenings)	
7.00 AM	Take another 2 Glasses of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Drink 1 cup sea moss recipe ² Get out in the Sun for 1 hour ³	
11.00 AM	Drink 1 glass Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Fruit Fast + Herbs
1.00 PM	Take High Water Fruit ⁴ (Watermelon, Berries or Apple)	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 2 Cups Spring water	
5.00 PM	Take Soft Fruit ⁵ (Papaya or Banana)	
6.00 PM	Drink 1 cup cleansing herbal tea Drink 1 glass Spring water	
7.00 PM		Intermittent Fast ⁷ Dry Fast
8.00 – 10.00 PM		
10.00 – 12.00 AM	Healing Sleep time zone ⁶	
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		

6.00 – 8.00		Water Fast + Herbs
8.00 – 10.00 AM		
10.00 – 12.00 PM		

- ¹ Look up cleansing herbal recipes at the end of this week section
- ² Look up sea moss gel recipe at the end of this week section
- ³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.
- ⁴ High water fruits include fruits with high water content such as berries, watermelon, apples, and grapes. These fruits must be listed in the Nutritional Guide
- ⁵ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide
- ⁶ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.
- ⁷ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week. There are different intermittent fasting methods which split the day into eating windows and fasting windows. It can either be a 20:4 fast (20-hour fast and 4-hour eating window); a 16:8 fast (16-hour fast and an 8-hour eating window); or a 5:2 fast (5-day fast and a 2-day eating window in a week). For the purposes of this section, a 20:4 hour fast was used.

RECIPES

SEA MOSS RECIPES

Prepping Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tablespoon spring water and blend smoothly into gel (adding water as you blend).

Place in jars to be stored in the refrigerator. When needed, use for recipe

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-Kidney Cleansing tea 1 (*Prodigiosa* and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

HIGH WATER FRUIT SMOOTHIE

Apple Cleanse Smoothie

Take two medium apples, add half a cup of spring water and blend for a couple of minutes until smooth. Serve immediately.

Watermelon Smoothie

Cut one medium watermelon into two. Peel, deseed and cut into chunks. Blend for a couple of minutes until smooth. Serve immediately.

Watermelon Apple Cleanse detox smoothie

Take one apple and a quarter slice of watermelon (peeled, deseeded and cut in chunks). Blend for a couple of minutes until smooth and serve immediately.

Apple Blueberry detox smoothie

Take one Apple (cut into chunks) and a handful of Blueberries and place in a blender. Add half cup of spring water and blend until smooth.

Mix Berry detox smoothie

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add a frozen banana (Optional). Add a cup of spring water. Blend and use immediately.

SOFT FRUIT SMOOTHIE

Tropical Banana Cleanse smoothie

Take 2 Burro bananas. Add a cup of spring water. Blend and serve

Avocado Detox smoothie

Take one medium avocado. Add half a cup spring water. (Optional: add a handful of dates for sweetening). Blend and serve.

Avocado and Banana Cleanse smoothie

Take 1 Burro banana and half avocado. Blend and serve

WEEK 2

Day 8 through Day 12:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs
6.30 AM	Do some stretches only. Take a 30-minute walk (or break down into two separate 15-minute walks morning and evenings)	
7.00 AM	Take another 2 Glasses of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Drink 1 cup sea moss recipe ² Get out in the Sun for 1 hour ³	
11.00 AM	Drink 1 glass Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type	
12.00 PM	Take 2 Cups Spring water	Fruit Fast + Herbs	
1.00 PM	Take Soft fruit ³ (Banana or Avocado)		
2.00 PM	Drink 2 Cups Spring water		
3.00 PM			
4.00 PM	Drink 2 Cups Spring water		
5.00 PM	Take Soft Fruit ⁵ (Papaya or Banana)		
6.00 PM	Drink 1 cup cleansing herbal tea Drink 1 glass Spring water	Dry Fast	
7.00 PM	Healing Sleep time zone ⁶		Intermittent Fast ⁷
8.00 – 10.00 PM			
10.00 – 12.00 AM			
12.00 – 2.00 AM			
2.00 – 4.00 AM	Water Fast + Herbs		
4.00 – 6.00 AM			
6.00 – 8.00			
8.00 – 10.00 AM			
10.00 – 12.00 PM			

¹ Look up cleansing herbal recipes at the end of this week section

² Look up sea moss gel recipe at the end of this week section

³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.

⁴ High water fruits include fruits with high water content such as berries, watermelon, apples, and grapes. These fruits must be listed in the Nutritional Guide

⁵ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide

⁶ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

⁷ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week.

SEA MOSS RECIPES

See Moss Milk Recipe

Take out a jar of prepared sea moss gel. Add hemp milk and serve

Sea Moss Banana recipe

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

Liver-Kidney Cleansing tea 2 (*Prodigiosa* and Burdock root)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-Kidney Cleansing tea 3 (Dandelion and Prodigiosa)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

SOFT FRUIT SMOOTHIE

Tropical Banana Cleanse smoothie

Take 2 Burro bananas. Add a cup of spring water. Blend and serve

Avocado Detox smoothie

Take one medium avocado. Add half a cup spring water. (Optional: add a handful of dates for sweetening). Blend and serve.

Avocado and Banana Cleanse smoothie

Take 1 Burro banana and half avocado. Blend and serve

WEEK 2 (B)

Day 12 through Day 14:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs
6.30 AM	Do some stretches only. Take a 30-minute walk (or break down into two separate 15-minute walks morning and evenings)	
7.00 AM	Take another 2 Glasses of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Drink 1 cup sea moss recipe ² Get out in the Sun for 1 hour ³	
11.00 AM	Drink 1 glass Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Fruit Fast + Herbs
1.00 PM	Take Raw Veggie ⁴ (can use as smoothies or juice)	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 2 Cups Spring water	
5.00 PM	Take Raw Veggie ⁴ (can use as smoothies or juice)	
6.00 PM	Drink 1 cup cleansing herbal tea ¹ Drink 1 glass Spring water	
7.00 PM	Healing Sleep time zone ⁵	Intermittent Fast ⁶ Dry Fast
8.00 – 10.00 PM		
10.00 – 12.00 AM		
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		Water Fast + Herbs
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes at the end of this week section

² Look up sea moss gel recipe at the end of this week section

³ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.

⁴ Veggies such as cucumbers, kale, amaranth, are great options. They must be listed in the nutritional Guide.

⁵ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

⁶ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week.

RECIPES

SEA MOSS RECIPES

[See Moss Milk Recipe](#)

Take out a jar of prepared sea moss gel. Add hemp milk and serve

[Sea Moss Banana recipe](#)

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

[Colon-Gallbladder Cleansing tea 1 \(Cascara and Rhubarb root\)](#)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

[Colon-Gallbladder Cleansing tea 1 \(Cascara and Chaparral\)](#)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

SMOOTHIE DETOX RECIPES

RAW VEGGIE SMOOTHIES

[Cucumber Only Detox smoothie](#)

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

[Mix Greens Smoothie](#)

Take a little bit of kale and amaranth green. Blend and serve immediately.

[Cucumber and kale smoothie](#)

Chop 1 medium cucumber and a handful of Kale. Add some key lime juice to taste. Serve immediately.

[Cucumber and Turnip smoothie](#)

Chop 1 medium cucumber and a medium turnip. Place in blender and add half a cup of spring water and blend until smooth. Serve immediately.

[Green cleansing smoothie](#)

Combine some cucumber, key lime juice, kale, watercress and dandelion greens. Blend until smooth.

WEEKLY ROUTINE (REVITALIZATION)

WEEK 3

Day 14 through Day 30:

For the first 2 weeks (14 Days), you can eat raw fruits and veggies and 1 gallon of spring water daily. Dr. Sebi recommends taking iron and gradually taking potassium phosphate along with the diuretic. So, based on this, I recommend three herbs from the list of herbs. They include Sarsaparilla which has the highest amount of iron, Lily-of-the-valley, a great source of iron and potassium phosphate, as well as dandelion which is used as a diuretic. Below is a simple routine plan to follow for detox and revitalization. After the phase, Sebi states you must be willing to stick with an alkaline diet

Day 14 through Day 30:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs
6.30 AM	Do some stretches only. Take a 30-minute walk (or break down into two separate 15-minute walks morning and evenings)	
7.00 AM	Take another 2 Glasses of Spring water	
8.00 AM	Drink 1 cup revitalizing herbal tea ¹	
9.00 AM	Take Breakfast ²	
10.00 AM	Drink 1 cup sea moss recipe ³ Get out in the Sun for 1 hour ⁴	
11.00 AM	Drink 1 glass Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type	
12.00 PM	Take 2 Cups Spring water	Fruit Fast + Herbs	
1.00 PM	Take Lunch ⁵		
2.00 PM	Drink 2 Cups Spring water		
3.00 PM			
4.00 PM	Drink 2 Cups Spring water		
5.00 PM	Drink 1 cup revitalizing herbal tea ¹ Drink 1 glass Spring water		
6.00 PM	Take Dinner ⁶	Dry Fast	
7.00 PM			
8.00 – 10.00 PM	Healing Sleep time zone ⁷		Intermittent Fast ⁸
10.00 – 12.00 AM			
12.00 – 2.00 AM			
2.00 – 4.00 AM			
4.00 – 6.00 AM		Water Fast +	
6.00 – 8.00			
8.00 – 10.00 AM			

- ¹ Look up revitalizing herbal recipes at the end of this week section
- ² Look up Simple Dr. Sebi Approved alkaline breakfast recipes in my cookbook
- ³ Look up sea moss gel recipe at the end of this week section
- ⁴ Getting some amount of sunshine has numerous benefits including getting Vitamin D needed for absorbed of calcium. It has helped me improve my mood and sleep.
- ⁵ Look up Simple Dr. Sebi Approved alkaline Lunch recipes in my cookbook
- ⁶ Look up Simple Dr. Sebi Approved alkaline Dinner recipes in my cookbook.
- ⁷ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.
- ⁸ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week.

RECIPES

SEA MOSS RECIPES

[See Moss Milk Recipe](#)

Take out a jar of prepared sea moss gel. Add hemp milk and serve

[Sea Moss Banana recipe](#)

Blend sea moss gel, banana and a cup of spring water in a blender. Serve

CLEANSING HERBAL RECIPES

[Revitalization tea 1 \(Sarsaparilla, Lily of the Valley, Dandelion\)](#)

Place 1 teaspoon each. Boil for 10 minutes in 8 oz of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Chapter 11

The Off-Diet Healing Process to Reverse Diabetes and Prevent Relapse

You may be unaware of it but education is key for better health. If you know what lifestyle changes you need to make to avoid certain diseases, and you choose not to make them, you have only yourself to blame for the consequences. Being well-informed, ie knowing what you are up against is half the battle. Most diseases come with certain symptoms that serve as a warning something is not right. The good thing about all diseases of civilization, including diabetes, is that they can be avoided, controlled or even reversed with a lifestyle change. And lifestyle is about personal habits and diet. A sedentary lifestyle and poor diet are believed to be the two main causes of obesity. As obesity is the leading contributing factor for the development of type 2 diabetes, to avoid this condition, all you have to do is introduce these two changes into your lifestyle:

– **Physical activity**

The reason physical activity helps reduce the risk of diabetes is that it improves the way cells respond to insulin and lower blood sugar levels. Glucose is the main energy source for muscles, so the more muscle you have and the more physically active you are, the more glucose is removed from the blood. Besides, physical activity helps you maintain healthy weight.

6 TIPS ON HOW TO LOWER STRESS AND HEAL NATURALLY:

1. Slow down

Life has become hectic, competitive, and chaotic. Setting aside some time for yourself is a luxury many can't afford. However, if your life is very stressful, you must learn to slow down, relax, and enjoy some ME time. When you slow down, your blood pressure also comes down.

2. Do things that bring you joy

Being happy not only boosts your immune system, it also relieves a lot of tension and anxiety. Try to make time for activities that make you forget the time and prevent you from worrying about unpaid bills, short deadlines, or constantly rising high blood pressure. Happy people are more resilient and generally cope better with stress. As a result, they are healthier.

3. Be physically active

Exercise or any kind of physical activity is one of the simplest yet most effective ways of relaxing and de-stressing. Besides, when you're relaxed, your blood pressure is lower and physical activity improves your blood circulation.

4. Spend time in nature

Spending time in nature is for a number of reasons a great way to improve your physical health. Besides, nature is also a great absorber of negativity and we know that negative emotions such as anxiety, anger, resentment, and envy increase or even cause stress. The further from major urban areas a natural environment is, the more healing it becomes.

5. Practice deep breathing

When you are under stress, you usually take shallow breaths as a result of which, less oxygen enters your body. Learning the deep breathing (ie yogic breathing) techniques can help you lower your heart rate, improve concentration, regulate your blood pressure, relax your muscles, boost the immune system, and improve energy metabolism. Once you achieve this, healing can begin.

However, many things in our life are beyond our control and certain circumstances or professions are known to be high-stress, so regardless of how much you try, you may end up living a highly stressful life. So how do you cope? Many medications can calm you down almost instantly but like most medications, they come with certain side effects, especially if you've been taking them for a long time. On the other hand, many herbs can help you relax and cope with tension and you can take them your whole life without experiencing any side effects. There are hundreds of these herbs and many are known only locally, eg lavender, valerian root, passionflower, ashwagandha, tulsi (holy basil), lemon balm, turmeric (curcumin), etc. They can be used as tea, tinctures or capsules. Dr. Sebi recommended herbal teas to relieve stress and anxiety. However, when you are free of stress, you indirectly solve many other health problems, eg heart disease, stroke, cancer, diabetes, and other conditions caused by high stress levels.

Dr. Sebi insisted that if you follow the alkaline diet and keep your cells nourished, you are unlikely to suffer from stress-related disorders. But, even when you feel stressed, you will cope better. because the alkaline diet strengthens your immune system making you more resilient to challenges of everyday life.

Still, if you find that an alkaline diet is not enough and you need something more to relieve anxiety and tension, you may try some of the herbs Dr. Sebi used regularly to treat stress-related conditions.

Chapter 12

Fasting for Healing

Fasting as a practice has had a huge rise in popularity in recent times, even though it dates as far back as several centuries ago. Fasting is an ancient practice dating as far as our hunter-gatherer ancestry during which times there were frequent and long gaps between meals. This is in addition to the fact that the availability of food was occasionally inconsistent and unpredictable.

Besides famine and food unavailability, fasting has also been used for healing since the 5th century BC, when Hippocrates recommended abstinence from food for people who showed disease symptoms. In addition, many religions around the world incorporate(d) fasting at various times of the year to mark specific events and for “spiritual cleansing”

Recently, there has been a renewed interest in fasting, and many scientific studies are now being undertaken in relation to the benefits of fasting for health and healing. Fasting can be quite confusing as so many terms are used such as a dry fast, water fast, intermittent fast, etc. Combine this with the fact that there are no clear definitions so it’s easy to get puzzled when dealing with this subject matter. However, in this book, we take a look specifically at not just fasting as a broad subject, but fasting as a means to healing using the Dr. Sebi methodology. We also look into the various types of fasting, how to carry out fasting and how to determine the best fasting type for you.

Understanding Fasting

Fasting has been a focal point of healing in many cultures around the world. From the Himalayas, to the cultures of the Amazon basin, Africa and the Middle East; there is hardly a culture that isn't deeply rooted in the tradition of occasional fasting. Dr. Sebi himself was a big adherent and advocate of fasting as a way to cleanse the body and rid it of disease. He himself fasted for 90 days and teaches us to fast so as to maximize the benefits of cleansing and detox for healing.

Fasting has been used as a tool for healing since the 5th century BC, when Hippocrates recommended abstinence from food for patients who showed disease symptoms. A few physicians noted a "fasting instinct", which was common in some disease states in individuals and was occasioned by a loss of appetite. They explained that giving food during such states could be detrimental to the healing and recovery process as fasting was believed to be a natural part of the healing process. So, they forbade food and recommended a temporal fasting during such periods.

An understanding of fasting and its therapeutic effects began to take shape in the late 19th century when studies on animals were carried out. Later in the 20th century, fasting became more popular and more and more people began to recognize this event as a tool for healing. More nutritional proponents emerged and recommended fasting or "calorie restriction" as they would call it as an effective tool against disease, obesity. For example, many fads based on this new knowledge emerged such as the diet sodas, calorie-free foods, health teas, sliming teas, etc.; all with a major focus on limited food or food restriction.

By the 21st century, fasting became increasingly popular and attracted quite a lot of scrutiny as to its true and actual benefits.

Some proposed that not all fasting was beneficial and that in fact long term fasting could be detrimental. However, a majority have come to realize and of course we all agree that fasting especially shorter term fasting has a whole range of physical, mental and psychological benefits.

Fasting as a Recourse to Healing

WHY DO WE GET SICK?

But before thinking of fasting as a remedy to achieve healing, we must first understand why we get sick. Why do we get so sick today? First, let's look at a very frequent hoax we being so conditioned to believe. That Dirt is Disease and most diseases come from germs present in the soil and dirt. But our forebears lived with the soil and lived long. Our forefathers and ancestors didn't live in polished or tiled living rooms. Their feet and bodies were in constant contact with dirt and soil. And they didn't get sick! They lived long until old age.

Dr. Sebi himself told us he came from an organic family. A family that lives on natural foods and herbs. As a little boy he'd say, their sewer system was right beside their living room. And they never got sick. They would poop and use it as manure. They didn't get scared of illness. I personally do not believe for once that dirt is bad. Is soil bad.

We have shielded ourselves so much away from dirt and soil. We do so because we believe viruses and bacteria and fungi present their cause disease. Conventional medicine tells us so. But what if they're wrong. Is dirt really that bad? Could it be worse than the chemical antibiotics they give us? Could dirt be worse than the alcohol, sugar, synthetic salt and all other poisonous foods we invest into our system in the name of food.

Like Dr. Sebi said, we get sick because our mucus membranes become compromised. Now, the next question should be, what compromises this structure? What's violates this biological structure? It's just common sense to deduct that if our forebears lived so long on dirt and soil, dirt shouldn't be the cause of disease.

Ever since I discovered that dirt is never the problem, I roll in soil, at the beach and the garden. I walk barefoot! You'll never can imagine that feeling of skin on soil. And guess what? I sleep like a log afterwards. We must think and understand this. Disease is way beyond viruses and bacteria and fungi.

Disease is more to do with a compromised body system, a compromised immunity! We can take HIV or Herpes for example. HIV do not cause you disease. It only weakens your system. It is your weakened immune system that gives way for disease to invade you. But HIV will do no harm if you stay true to natural alkaline medicine. Yes. That's because the protection and barrier true herbal medicine gives is more than any attacking force from any viral agents.

Our bodies have immune system that is able to handle foreign bodies when they come in contact with us. But that's if our bodies haven't yet been compromised. If the body is whole and healthy, it can ease off anything - be it bacteria, viruses or foreign agents.

But when we have consistently fed our bodies poison, weakening our membranes structures by way of increased toxicity from toxins ingested, then we can't fight off these agents. Like they say, food is medicine. If you can understand this, you will change the way and food you eat. There is no way on earth, a chemical substance in colored or white plastic capsules can be food or healing. It can only suppress symptoms or give temporary relief. It can never cure or heal. Even the injections they give and the antibiotics they administer, have you cared to research its side effects both on the short and long term? My goodness! They are acidic. They're dangerous! They're harmful. There's no way an inorganic

component which is acidic anyway, would give you healing. It's just common sense. God don't intend that for us. It's no way near natural.

But they have fed us all these bullshit for long. They have told us we need to take the pill or die. Take the vaccine or die. No one is talking about going back to nature. We have to go back to balance, which is nature. Nature made them foods alkaline, acidic and neutral. But because nature knew the importance of alkalinity, it made it more in abundance. All the vegetation in the world are alkaline. And the waters are natural. When you combine the vegetation and waters of the world, we are already 90 percent ratio against all acidic substances. If you removed farmed animals and leave only wild animals, the ratio even become more skewed. So, where have we gone wrong? Of course, we have sinned against nature.

According to Hippocrates,

“Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear.”

We have sinned against nature and that's why we have disease. We have you go back to the roots to seek and understand true healing to disease. We have to preserve our genome. The African Biomineral balance theory teaches us this. That's the only way to stop or prevent disease. We must understand the true reason we get sick before we can know how to cure to heal from it. Once we know this, it's the first step towards healing. There is no way a diabetic who is seeking to heal and do not know that he needs to

stop eating the way he did in time past. He would first learn by retrospect why he got the disease and then practice

Dr. Sebi Fasting

Dr. Sebi is one of the many alternative medicine practitioners who believed in the healing power of fasting. Dr. Sebi fasted for 90 days to cure himself of diabetes and although there is a mounting body of evidence that fasting could help you not only rejuvenate your body but solve many of your health problems, you need to be careful. There are many different ways of fasting and you should study this way of body cleansing carefully before trying it yourself. Basically, how you go about fasting has a lot to do with why you are doing it.

WHAT IS FASTING?

Fasting is the “*voluntary abstinence from some or all food, drink, or both, for a specific period of time .*” There are various types of fast based on the definition of fasting. There are dry fasts, water fast, juice fast, and food fast. A dry fast is the extreme of all and usually denotes abstaining from all liquid and food. Other less stringent fast types include taking some form of liquids, water, or certain food types. Also, fasting can be defined by different time periods, so, depending on the time of the day a fast is carried out, we can call it alternate fast, intermittent fasts, etc. However, Dr. Sebi didn't specifically recommend any time period for fasting.

BENEFITS OF FASTING:

- 1. It helps you maintain healthy blood sugar levels*

Fasting decreases insulin resistance and improves the way glucose is transported from the bloodstream to your cells. This stabilizes your blood sugar level.

2. It helps you fight inflammation

Inflammation is the result of an acidic diet or a toxic environment. Inflammation is also one of the leading causes of certain diseases, e.g. heart disease, cancer, multiple sclerosis, rheumatoid arthritis, etc. Even if you fast for only 12 hours a day, you can reduce inflammation so your body can start the self-healing process.

3. It improves your heart health

Dr. Sebi alkaline diet combined with occasional fasting is the best thing you can do for your heart. This dietary regimen will help you maintain healthy blood pressure and stabilize your triglycerides and cholesterol levels, which in turn will keep your heart healthy.

4. It boosts your brain function

Fasting triggers certain neurochemical changes in your brain which improve your cognitive function, increases your stress resistance, and reduces inflammation. Dr. Sebi recommended Banju for brain stimulation during fasting. It also helps treat conditions related to the central nervous system, eg depression, anxiety, insomnia, etc.

5. It delays aging

Numerous studies confirm that healthy lifestyle choices and occasional fasting are easy natural remedies that will increase your life span and delay aging.

Besides, fasting is the best way to cleanse your body from mucus, which, according to Dr. Sebi, is our worst enemy. Because we are all different, Dr. Sebi did not insist on one particular way of fasting but let patients choose a method that works for them.

HOW TO GO ABOUT THE DR. SEBI FASTING

Fasting is not a new idea and has been practiced, voluntarily or out of necessity, for thousands of years. Besides, it plays a major role in many cultures and religions. There are many variations of fasting but it is basically is an abstinence from food, water or both, for a certain period of time. However, although Dr. Sebi was a great advocate of fasting, he did not insist on it because it is not suitable for everyone. Besides, Dr. Sebi also didn't prescribe how long you should fast for. If you are used to short or partial fasts, if you often diet or if you are very self-disciplined, you will probably not have a problem fasting. However, under certain conditions, depriving yourself of food can have very negative side effects so it's best not to insist on fasting if your body is giving you clear signs it's not coping.

There are many different ways of fasting and one them, the Intermittent Fasting, doesn't feel like fasting at all. On the other hand, a water fast, although very efficient in cleansing one's body from accumulated debris, is not something everyone can go through. A lot depends on your lifestyle. Besides, prolonged fasts can make you weak and dizzy so if you are in a job where you need to be alert, long fasts may not be a good idea, unless you do it when you're on leave.

WHO SHOULD NOT FAST

A strict or prolonged fast is not something you should take lightly. It's best to study different ways of fasting as well as possible side effects before you try it. Besides, we are all different and you need to monitor how your body responds to food deprivation. Under certain conditions, e.g. pregnancy, breastfeeding, eating disorders, mental disorder, or being on chronic medications, fasting should not really be considered.

TAKING SUPPLEMENTS ON A FAST

Dr. Sebi himself fasted for 90 days on tamarind juice (agua de tamarindo), spring water and herbs. He wasn't consuming food but was rather supplementing with his cell food compounds such as bromide plus and green food. These compounds aided by the fast helped nourish his body and heal.

Dr. Sebi's bromide plus helps to revitalize and energize the body as it contains vital minerals and nutrients while the Green Food helps to boost your fast effects by helping to cleanse the blood and strengthen the digestive, respiratory, nervous and immune system. So, both are great addition to your fasting routine to help complement your body during a fast.

Also, fasting can be defined by different time periods, so, depending on the time of the day a fast is carried out, we can call it alternate fast, intermittent fasts, etc. However, Dr. Sebi didn't specifically recommend any time period for fasting. This could be because everyone reacts differently, so I recommend watching your body for a few days before sticking to any kind of fast that agrees best with your system. Dr. Sebi believed it's necessary to listen to

your body's inner wisdom and let it guide you. So, based on this, we recommend you understand your body and listen to it when you begin your fast. It will surely give you enough telltale signs that you can infer from.

GETTING STARTED ON A FAST AS A BEGINNER

We advise that you begin by following the Dr. Sebi Nutritional Guide and then allow your body slowly and gently adapt to it.

For example, you can skip one meal a day until you build up gradually to going without food for a full day. Note that sticking to the Dr. Sebi's Nutritional Guide is important both during the fast and after. It's important to understand that your body undergoes many physiological changes when you fast – most especially, metabolic functions and digestion are put on hold. And your body uses all available energy for healing, cleansing, rebuilding and repair. So, when you decide to break the fast at the end of the fasting schedule, it's important to break the fast with only approved meals and nutritious foods. This will help to continue sustaining the body in optimum health. Salads, Soups and even desserts based on the nutritional guide will become helpful towards achieving sustainability and commitment towards the lifestyle. And they are highly delicious and so easy to prepare. There are so many of these curated recipes in our cookbook that you can begin to prepare after you break your fast.

Chapter 13

Dr. Sebi Fasting Methods

There are several ways that you can detox, but the most commonly recognized way is through fasting. There are five Dr. Sebi recommended methods of fasting which include:

1. Water fast
2. Juice or Liquid Fast
3. Alternative water/Juice fast
4. Smoothie Fast
5. Mono-meals

WATER FAST

Water fast is probably one of the easiest (and cheapest) ways of ridding yourself of disease and boosting your immune system. Dr. Sebi says Water is electrical. And that giving your =self at least 3 glasses of spring water first thing in the morning could be the best ever breakfast habit you can incorporated for your health.

However, you should not fast on water if you are not used to fasting. In other words, try another method of fasting first to see how your body responds to food deprivation and if you cope without major side effects, you can then try this method.

Prepare yourself for a water fast by doing a 3-day bowel cleanse. Then, switch to a plant-based diet for 7 days. Perform another 3-day bowel cleanse using only raw fruits and veggies. Do a 7-day mono fast on mango, grapes, apples or melon. Follow this with a 3-day juice fast, taking mainly green juices and the juices of citrus fruits. Now you are ready to begin your water fast.

Spring Water Therapy



Drink natural spring water only!

Water was essential for life on Earth and is essential for human life too. It represents over 70% of our body composition and plays an important role in all of our bodily functions. This is why we constantly need to replenish the water we lose through perspiration.

One of the alternative medicine treatments which Dr. Sebi advocates is the water fast or spring water therapy. It is a very successful cleansing therapy that involves drinking 6 glasses of water on an empty stomach, as soon as you wake up. This should become a routine however, don't try to force yourself to drink this much water if you are not used to drinking lots of water or you might make yourself sick. Most of us drink much less water than we should. The minimum you should take a day is 2 liters although Dr. Sebi recommends 1 gallon (3.8 liters) of spring water a day.

To ease yourself into this routine, try taking 2 glasses of water as soon as you wake up for a week or so. Once you feel comfortable with this amount of liquid on an empty stomach, increase the quantity to 3 glasses, and so on. If this becomes a routine, you will

drink 6 glasses of water first thing in the morning and will not even notice how much liquid you're taking.

4 Benefits Of Water Fast:

1. It helps with detoxing

The reason all detoxing methods insist on increased water intake is that water makes it easier for toxins to be flushed out of the body. During a detox, toxins become dislodged from organs and tissues they had invaded. Once dislodged, toxins enter the bloodstream. Water will flush them out, however, if during a detox you don't take enough water, the toxins would simply circulate through your bloodstream and eventually inhabit another organ. So, to help your kidneys flush them out, you should take about 5 gallons of water during a detox.

2. It relieves constipation

Sufficient water intake aids digestion and makes your bowel movements regular and easy. So, besides preventing constipation, water therapy will also relieve you from bloating and gas. When your digestive system is cleansed, food processing and nutrient absorption become much easier.

3. It helps you lose weight

Water helps you lose weight by making you eat less. This happens because water easily makes you feel full, so you either postpone your meal or eat less than you normally do. When you feel a hunger pang, it is usually a sign your body needs to be rehydrated. So, next time you feel hungry, before grabbing chocolate or a

snack, have a glass of water. Chances are, you will feel perfectly full. Besides, chilled water in the morning increases your metabolism by 24%.

4. It prevents dehydration

Many diseases are caused by dehydration, eg rheumatoid arthritis, migraine, hypertension, sinusitis, kidney stones, asthma, poor metabolism, etc. Water therapy not only energizes you; it can help you cure many of your health problems. To prevent dehydration, have a glass of water every hour or drink at least 8 glasses a day. Besides, a body that is sufficiently hydrated has increased production of new blood and muscle cell and your lymph system remains balanced. What many people don't realize is just how many common ailments are nothing more than secondary symptoms of dehydration, eg dyspepsia, angina, colitis, anemia, obesity, pulmonary tuberculosis, asthma, diabetes, uterine cancer, breast cancer, leukemia, etc. Recent studies even suggest that water therapy can cure these and other conditions very rapidly, with no other medical treatment.

To make the most of water therapy, you should have 8 glasses of water on an empty stomach. As many may find this difficult, try taking 3 glasses, have a five-minute break, then take another 3, then have another short break, and so on until you've taken all the water. If you can't cope with this, take as much as you can in the morning, and the rest during the day. However, remember that you should not take any food for at least an hour, either before or after the water. For the best results, water should be taken on an empty stomach which is why it is recommended to be taken as soon as you wake up.

HOW TO DO A WATER FAST

When performing the water type fast, you'll only drink spring water while taking your cleansing herbs and sea moss. Nothing else should be consumed for the duration of the fast. During the water fast, you should consume your cleansing herbs alongside and they can be taken either in tea or capsule form. Usually, it is recommended to do a detox fast for 7 to 14 days, so you can do a water fast for at least 7 days. However, note that how long you choose to do your water fast would depend a lot on your state of health, the level of toxicity in your body system and your tolerance level.

I recommend a full water fast for at least 7 days to reap full benefits. Although you can do a 3 day fast if you are unable to do a 7-day water fast. If you feel you are unable to do a water fast or maybe have any underlying health issues that may make water fast impossible or unsustainable, then you can instead choose a fruit fast or a raw veggie smoothie fast. The fruit or raw veggie fast can be taken either in juice, smoothie or whole form. Always ensure that all fruits and veggies you choose for the fast are listed on the Dr. Sebi Nutritional guide.

However, whether you're on water fast or fruit fast or raw veggie fast, start out by taking 2 glasses of warm spring water on waking up. In addition, take 1 glass of spring water at least every hour until 7.00 PM (or at least 3 hours before bedtime). Alternatively, you can take 2 glasses of spring water at least every other hour until 7.00 PM. Dr. Sebi recommends at least a gallon of water daily whether you're fasting or not.

Furthermore, we know perspiration increase thirst and so, you should take more water after workouts so as to replenish water lost

via sweats and increase hydration.

WATER AS BREAKFAST

Taking natural spring water daily on waking up is the best breakfast you could ever have. It is the best nutrition ever to give to your body in the morning. Although many people find this repelling or nauseating when they start out, once you get used to it, you'll begin to love it. Natural spring water is electrical and you should take it in the morning to prepare your colon for absorption. I usually recommend taking at least 2 glasses (16 z) of warm/tepid water on waking up. The water has to be tepid warm for additional benefits. Warm water soothes the blood vessels, and allows better digestion and hydration. It also helps to flush the colon and kidneys and improve bowel movements. I personally can testify to this. Taking spring water as breakfast alone can improve your overall fasting by up to 30%.

If you find it nauseating, you can begin by squeezing half teaspoon of key lime juice into it to for added flavor. But really, you don't need this and I still recommend taking just water alone. But if you feel you can't, then start out by flavoring with key lime juice. But once you get used it, by all means begin to take only water.

JUICE FAST

Another fantastic way to fast is on liquids, also juices. Juices include all fruit and vegetable juices as well as tamarind juice. To juice a fruit or vegetable, simply blend up a fruit or veggie and use a juicer to extract the juice. Of course, while fasting on juices, you should also take your cleansing herbs alongside.

HOW TO DO A JUICE FAST

Start with a 3-day colon cleanse. Then, eat raw fruits and vegetables for 7 days. Start juicing by taking vegetable juices and herbal teas (as mentioned above). Take as much water as you can. Carry on for at least 21 days.

ALTERNATIVE WATER/JUICE FAST

This is a combination of water and juice fast. Take vegetable juice in the morning, water during the day, and juice again in the evening.

SMOOTHIE FAST

If you choose a smoothie fast, you should only drink smoothies prepared from fruits or vegetables. So, you can do either a fruit smoothie or a vegetable smoothie. Although it is recommended to fast for 7 to 14 days, you can actually fast longer on smoothies. This is especially if your body system is able to tolerate it. However, I recommend fasting for at least 14 days even though our healer Dr, Sebi himself fasted for 90 days on tamarind juice, spring water and cleansing herbs.

MONO MEAL FAST

This fast should last for 3, 4 or 6 weeks. This method of fasting revolves around eating one type of fruit only for the duration of your fast. The best fruits to eat are grapes, mangoes, melons, oranges, apples, and pears. However, if these fruits are unavailable where you live, you can take local fruit. Try not to take very sweet fruits. To avoid getting bored with eating only one type of fruit for weeks, you can change fruits every week. So, for example, you may eat only apples during the first week, then during the second week you can eat grapes, during the third week you can take mango, etc.

During the fast, drink as much water and herbal teas as you can. End the mono-meals fast with the 2-day water fast, followed by a 24-hour dry fasting. A mono meal can either be a fruit only fast or a veggie only fast, taken raw.

HOW TO DO A MONO MEAL FAST

FRUIT ONLY MONO FAST

For fruit fast, it is expected that you consume only fruits. The fruits you consume can range from a variety of high-water content to soft massed fruits listed on the Dr. Sebi Nutritional guide. Again, how long you do this type of fast would depend on your tolerance levels.

VEGGIE ONLY MONO FAST

For fruit fast, it is expected that you consume only fruits. The fruits you consume can range from a variety of high-water content to soft massed fruits listed on the Dr. Sebi Nutritional guide. Again, how long you do this type of fast would depend on your tolerance levels.

THINGS TO KEEP IN MIND DURING A FAST

- You should be urinating a lot because your kidneys are getting rid of the accumulated waste. However, if despite all the water you're taking you are not urinating a lot, take some dandelion herbal tea. These are diuretics and can be used if you notice your body holding on to fluids.
- Always start a fast with a colon cleanse
- Practice deep breathing (yogic breathing) every day
- As a rule of thumb, do not use things on the skin you wouldn't eat
- Try not to drink tap water. Dr. Sebi recommends strictly drinking spring water only
- Try not to use regular, store-bought soaps as these can irritate the skin.

DR. SEBI APPROVED FASTS FOR DETOX

THE 14-DAY FAST

Two week-detox can be challenging if your normal diet is full of carbs and unhealthy fats, ie if you eat mainly junk food. However, even people who can afford healthy foods and who care about their diet, often don't have time to prepare home-made meals or are simply not interested. So, they end up buying pre-packed meals or canned food.

Not all such meals are unhealthy. However, all pre-packaged or canned foods have to be thermally processed and most of them had some flavor or color additives added. Not to mention the fact that certain foods have lost most or all of their nutrients during the production process, so to make it at least partially healthy, artificial nutrients are added.

So, a 14-day detox is not about fasting or weight loss, although depending on your current eating habits it may often feel like you're on a fast. And, while on a detox, you may lose weight even if that was not the reason you decided to detox.

A 14-day detox is slightly different from a 3-day or 7-day detox which are usually quite restrictive and very cleansing. Although you can live on juice for a few days, it may be difficult to carry on with your normal activities if you stay on this regimen for more than a week. However, this also depends on what your occupation is.

6 PRINCIPLES OF THE DR. SEBI 14-DAY FAST

1. You must follow the detox diet to the letter

Dr. Sebi alkaline diet requires a lot of self-discipline. It is quite restrictive and you have to be highly motivated to go through with it. It is super-healthy and will help you get rid of toxins and many other health problems naturally, but is very strict so may not be suitable for everyone.

2. Plan your meals

Think about this diet carefully before embarking on it. Consider the YES and NO foods lists and make a plan what you are going to eat. Think about what you are going to eat if you eat out. Create a personalized 7-day meal plan.

3. Be mentally prepared

Detox diets are always challenging, so it will help if you mentally prepare yourself to the fact that you may often feel hungry and that you will probably have to do without your favorite foods. Make a plan how to deal with cravings as well as a crisis (if you are new to healthy eating, you're bound to struggle). Study the list of NO foods and work out which of those foods you are Not likely to miss the most. Think of what you could replace them with.

4. Be aware of the possible detox side effects

Most people cope well with detox although everyone experiences at least some of the symptoms, eg headache, irritability, etc. However, the unhealthier your diet is, the more severe symptoms you'll experience. Most of the symptoms will go away after a couple of days so try to persevere. However, if you start feeling nauseous or dizzy, stop immediately. Perhaps you should try another detox method.

5. Consider your overall health

If you have certain conditions, eg pregnancy, breastfeeding, digestive problems, psychological problems, or are on chronic medications talk to your medical practitioner before changing your diet and especially before trying a diet as restrictive as the Dr. Sebi detox diet.

6. Create a meal plan and think where to get proteins from

Create a personalized meal plan based on Dr. Sebi approved food list and make sure your new diet provides all the nutrients. With a vegan diet, the biggest challenge is where to get the protein from.

THE 90-DAY FAST

The reason detox diets usually last for only a couple of days or a couple of weeks at the longest is because even a simple detox isn't easy and will disrupt your daily routine. And some detox methods are quite complicated and expensive and the only way you can go through with them is to focus all your time and energy on detoxing, e.g. it may require foods and supplements that are expensive or difficult to come by, it may require certain types of exercise or rigorous lifestyle change. Most people can put up with fasting for a couple of days or weeks but after that, they will start slipping or cheating.

It's better to do a 7-day fast properly than a 21-day fast where you cheat half of the time. So, although a 3-month fast could be a natural cure for serious conditions, unless you are used to fasting, you may struggle going through with it.

There are many different ways of fasting, some easier than others. However, a 90-day fast is not something you should try for fun.

This is a serious matter and you should prepare yourself for it by learning as much about fasting as possible, by being aware of possible side effects and what to do under the circumstances (especially if you live alone), and by easing yourself into fasting. But, most of all, you have to be determined to go through with this. Traditional fast is water fast where you abstain from any food and drink only water for the duration of the fast. How your body will respond depends on many things, eg your physical and mental health, your age, self-discipline, how determined (desperate) you are to heal yourself naturally, etc.

Although Dr. Sebi fasted for 90 days to heal himself of diabetes, if you are new to this, try to ease yourself into fasting gradually. And if your diet revolves around processed foods and is high in meat, carbs, and unhealthy fats, you need to take this slowly or you won't last even a week. So, although individual reactions may vary, this is what usually goes on during a water fast:

BODY CHANGES TO EXPECT DURING A FAST

- During the first 2 days, your body is trying to adapt to food deprivation. This is usually the most challenging part of the fast. You feel hungry and your energy is low. As a result, you may become irritable, moody or may feel like crying.

While you're fasting, your body would need to produce sugar it needs as a source of energy, so it activates a process called gluconeogenesis in which your liver converts non-carb foods into glucose. As a result, your basal metabolic rate (BMR) becomes more efficient and uses less energy. This also lowers your heart rate and blood pressure. Most people feel drained at this stage but this

will soon change. Your heart is the organ that benefits most from a fast and your cholesterol levels improve.

- From days 3-7, ketosis has set in which promotes weight loss and balanced blood sugar levels. Most people start feeling less hungry and more energetic. At this stage, your body starts using its fat stores to produce the energy it requires. You start losing weight and toxins stored in your fat can now wreak havoc in your body. However, thanks to ketosis, these toxins are safely removed from your body as fat reserves get used up for energy.
- During 8-15 days there are dramatic improvements in your mood and mental clarity. This is what those used to fasting refer to as “fasting high”. By now, your body is fully adjusted to fasting. Both your mood and energy are high. You now enter the “healing mode.” Free radicals are expelled and oxidative stress decreases. However, it is at this stage that many people break their fast.
- You should only attempt to fast on water beyond day 16 under the supervision of a healthcare professional. If you persevere, you should know that healing and cleansing takes place during this stage. So, the longer you fast, the better your body will cleanse and the faster you'll heal.
- Ending the fast is critical. After a long fast, you need to ease yourself into eating solid foods. For the first few days, take only fruit juices and soups, then move to cooked vegetables, and eventually salads.
- It's worth mentioning that bad breath and disrupted bowel movements are most common during the first two stages of the fast when the body is busy expelling toxins and damaged cells every time you go to the bathroom. Bad breath is normal

for the duration of the fast, so don't worry about this.

DO's AND DON'TS OF FASTING

To gradually prepare yourself for a 3-month detox, follow as many of these steps as you can.

- *No coffee*

If you crave caffeine, try taking green or black tea instead. They contain much less caffeine. Besides, green tea is high in antioxidants.

- *No meat*

Meat is a rich source of protein, but for a sedentary lifestyle, it is absolutely unnecessary. Besides, naturally grown meat is very difficult to find and can be rather pricey.

- *No dairy*

Dairy forms the bulk of the western diet and is the main cause of mucus. There is a variety of non-dairy products to choose from.

- *No processed foods*

Processed foods not only lack nutrients, they often contain many harmful ingredients that boost their flavor, color, and nutritive value. These foods should be avoided not only during detox but should be eliminated or at least limited even in normal diets.

- *No sugary foods*

Sugar is very addictive, unhealthy, affects your mood, destroys your teeth, contributes to rapid weight gain, and indirectly contributes to heart disease and high blood pressure. Try to limit sugary foods to once a week, as a special treat rather than have sweet snacks throughout the day.

- *At least 1 gallon of spring water a day*

Hydration is particularly important during detox as water helps flush out the toxins from the bloodstream.

- *At least two cups of cleansing herbal tea a day*

You can use green tea to replace coffee but as it is high in antioxidants, it is both a refreshing drink and a medicine.

- *A plant-based diet with lots of fresh fruits and vegetables*

Dr. Sebi alkaline diet is basically a vegan diet. If you're not used to dietary fiber, start increasing the quantity of vegetables in your meals gradually, so you avoid stomach upsets due to too much fiber.

- *Avoid the intake of whole meal grains*

Although Dr. Sebi doesn't allow grains in his detox diet, going without grains, ie bread, rice or pasta for three months would do more harm than good. Many foods on Dr. Sebi NO list are a source of important nutrients and although you can cope quite well during a couple of weeks, you shouldn't be on such a restrictive diet for three months,

- *Supplements*

Dr. Sebi detox diet insists on certain supplements as they are supposed to make up for all the nutrients absent from this very restrictive diet.

- *Green juices*

If you are serious about detoxing and healthy eating, invest in a good juicer. Green juices are a great source of vitamins and

minerals and during detox, you should have two green juices a day.

- *Regular physical activity*

Physical activity is essential during a detox because it makes you sweat and remove at least some of the toxins through your skin.

Chapter 14

Best Herbs for Detox Fast

Many herbs are powerful detoxifiers. Many rare herbs are available only locally, e.g. in Africa or Siberia but are unavailable or even unheard of in other parts of the world. This explains why there are so many different “best detox herbs” lists. In addition to that, Dr. Sebi had his own list of detox herbs and although some of them are well-known detoxifiers (e.g. dandelion and black walnut) others are not commonly known and are used only by indigenous peoples of South America (e.g. *Kalawalla* , which is Dr. Sebi's favorite herb).

Most of the herbs from the Dr. Sebi Best Detox Herbs list have been used for cleansing and detoxifying for hundreds of years, but just like wormwood is popular in Europe, eucalyptus in Australia, *Kalawalla* is a well-known healing herb in South American tradition. So, don't be confused if you find different best detox herbs lists that vary considerably. All the herbs in such lists are electric but may be more popular in some traditions than in others.

DR. SEBI BEST HERBS FOR FASTING DETOX

Like most alternative medical practitioners, Dr. Sebi believed that prevention is better than cure. He believed that an alkaline diet and herbal remedies is the solution to disease. Dr. Sebi used the below-mentioned herbs to dry up mucus, free the body of toxins, and boost the immune system. This is not the complete list of Dr. Sebi detox herbs but it contains herbs he recommended over and over again.

Dr. Sebi best detox herbs and foods include:

- *Kalawalla*



Kalawalla – also known as Calaguala – is one of Dr. Sebi’s favorite herbs and comes from the jungles of Honduras. The indigenous people use it as a blood purifier. It contains three types of amino acids that are powerful antioxidants and protect your DNA from

free radicals. Kalawalla is particularly effective for those suffering from skin conditions and has also been used to treat neurological disorders like Alzheimer's. There are different types of Kalawalla supplements but it's best to take it as raw powder. For best results, take Kalawalla every day as a tea. You can expect to start experiencing the first benefits of this herb after about a month.

- *Elderberry*



Almost every part of the elder plant has medicinal or culinary value. Dr. Sebi focused on berries as studies show they have antioxidant, antidiabetic, anti-inflammatory, and immunomodulating, as well as antidepressant properties. Elderberries are high in nutrients. They contain flavonoids, vitamins (A, B1, B2, B6, B9, C and E), minerals (K, Ca, and Mg), as well as phytochemicals (eg carotenoids, phytosterols and polyphenols).

Elderberries are successfully used for respiratory, cardiovascular, and mental health. As it has strong anti-viral properties, it is most often used to fight the symptoms of flu. It's best not to eat raw elderberries as they contain some cyanide. Rather, to boost your immune system take them as capsules (about 3 a day). You can also use elderberry as jelly, juice or syrup.

- *Dandelion root*



Dandelion has been a well-known healing plant for hundreds of years. It can improve your digestion, relieve joint pain, but is best known as a natural remedy for liver-cleansing. This amazing herb can boost your immune system, destroy free radicals, fight diabetes, help with urinary infections, and even fight cancer. You can eat the flowers, leaves, stems, and the root. The entire plant can be used in soups, salads, and vegetable dishes.

- *Irish Sea Moss*



Sea moss is an alga and is a good source of dietary fiber, vitamin K and many minerals (calcium, copper, iron, magnesium, phosphorous, zinc, iodine, sulfur, and manganese).

- *Bladderwrack*



Bladderwrack is a seaweed. Both plants grow in sea and are high in iodine – an important substance for thyroid health. Bladderwrack is used to treat many thyroid conditions, e.g. iodine deficiency, over-sized thyroid gland, and underactive thyroid. It is also used for joint pain, arthritis, obesity, arteriosclerosis, heartburn, constipation, digestive disorders, bronchitis, urinary tract disorders, etc. Other uses include boosting the immune system and improving energy. To benefit most from bladderwrack and sea moss, it's best to the Dr. Sebi Sea Moss and Bladderwrack gel mix.

- *Black walnut hull powder*



Black walnut contains compounds that make it very effective in fighting bacteria and fungus. Besides, the tannins in black walnuts successfully dry up mucus and successfully kills parasites inside the body. This herb should not be taken on a regular basis, but only occasionally for cleansing. It can be taken as a capsule or a tablet.

- *Chamomile*



The plant is indigenous to Europe and has been used for centuries for medicinal purposes. Ancient Egyptians worshipped it for its incredible healing powers. It has a soothing effect on your skin and calming effect on your mind which is why it is used for skin conditions or as a tea to help you get a good night's sleep.

Chamomile boosts your immune system by helping your sleep well because when you're well-rested, your immune system works better. It is usually taken as a tea to reduce muscle tension and anxiety, to improve digestion, relieve stomach cramps. It has a powerful sedative effect and if you have trouble sleeping make a strong brew before going to bed. You can wash your face with chamomile tea or pour strong chamomile tea into your bath to relieve sunburn. Use only loose-leaf chamomile, never teabags.

- *Soursop*



Soursop is a plant that grows in rain forests of Africa, South America, and Southeast Asia. It contains over 200 phytochemicals and has anti-cancer, antioxidant, anti-inflammatory, and antimicrobial properties. All parts of the plant have medicinal properties. However, you don't have to be ill to benefit from this plant and it can help you improve the condition of your skin, hair and nails. You can take it as tea or extract but it's best to eat the fruit and leaves raw.

Sample Routine 7-Day Fasting Plans

WATER FAST ROUTINE

Day 1 through Day 7:

Mornings	Activity	Fast Type
6.00 AM	Wake up Drink 2 cups (16 oz) Warm Spring Water	Water Fast + Herbs + Sea moss
7.00 AM	Drink 1 cup cleansing herbal tea ¹	
8.00 AM	Take 2 Glasses of Spring water Bromide plus and Green food supplement (optional)	
9.00 AM	Take 1 cup sea moss gel recipe ²	
10.00 AM	Drink 2 Glasses of Spring Water (16 oz)	
11.00 AM	Take 2 Glasses of Spring water	
12.00 PM		

Afternoons	Activity	Fast Type
12.00 PM	Take 2 Glasses of Spring water	Water Fast + Herbs
1.00 PM		
2.00 PM	Drink 2 Glasses of Spring water	
3.00 PM		
4.00 PM	Drink 2 Glasses of Spring water	
5.00 PM		
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM	Take 2 Cups Spring Water	
8.00 – 10.00 PM		
10.00 – 2.00 AM	Healing Sleep time zone ³	
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipes in the next chapter

³ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

JUICE FAST ROUTINE

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 cups (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
7.00 AM	Take another Glass of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal Bromide plus and Green food supplement (optional)	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Take 2 Cups Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Juice Fast + Herbs
1.00 PM	Take 1 cup Juice ³	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 1 Cup Spring water	
5.00 PM	Take 1 cup Juice ³	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM		Healing Sleep time zone ⁴
8.00 – 10.00 PM		
10.00 – 12.00 AM		
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipe in the next chapter

³ Fruit juices can be made from whole, organic fruits listed in the Dr. Sebi nutritional guide. This includes fruits such as apples, papayas, watermelons, etc. made by juicing with a juicer or food processor

⁴ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

FRUIT FAST ROUTINE

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 cups (16 oz) Warm Spring Water	Water Fast + Herbs + Sea moss
7.00 AM	Take another Glass of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal Bromide plus and Green food supplement (optional)	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Take 2 Cups Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Fruit Fast + Herbs
1.00 PM	Take High Water Fruits ³	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 2 Cups Spring water	
5.00 PM	Take Soft Fruits ⁴	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM		
8.00 – 10.00 PM		
10.00 – 2.00 AM	Healing Sleep time zone ⁵	
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipe in the next chapter

³ High water fruits include fruits with high water content such as berries, watermelon, apples, and grapes.

⁴ Soft fruits include fruits with soft malleable mass such as burro banana, papayas, avocados, etc. These fruits must be listed in the Nutritional Guide

⁵ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

SMOOTHIE FAST ROUTINE

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
7.00 AM	Take another Glass of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal Bromide plus and Green food supplement (optional)	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Take 1 Cup Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Smoothie Fast + Herbs
1.00 PM	Take 1 glass smoothie ³	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 2 Cups Spring water	
5.00 PM	Take 1 glass smoothie ³	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM		
8.00 – 10.00 PM		
10.00 – 12.00 AM	Healing Sleep time zone ⁴	
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipe in the next chapter

³ Look up smoothie recipes in the next chapter

⁴ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

RAW VEGGIE FAST ROUTINE

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up 5.00 AM Drink 2 glasses (16 oz) tepid Warm Spring Water on empty stomach	Water Fast + Herbs + Sea moss
7.00 AM	Take another Glass of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal Bromide plus and Green food supplement (optional)	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Take 2 Cups Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type	
12.00 PM	Take 2 Cups Spring water	Raw Veggie Fast + Herbs	
1.00 PM	Take a plate of raw veggies ³		
2.00 PM	Drink 2 Cups Spring water		
3.00 PM			
4.00 PM	Drink 2 Cups Spring water		
5.00 PM	Take a plate of raw veggies ³		
6.00 PM	Drink 1 cup cleansing herbal tea ¹	Dry Fast	
7.00 PM			Intermittent Fast ⁶
8.00 – 10.00 PM			
10.00 – 12.00 AM	Healing Sleep time zone ⁵		
12.00 – 2.00 AM			
2.00 – 4.00 AM			
4.00 – 6.00 AM			
6.00 – 8.00			
8.00 – 10.00 AM			
10.00 – 12.00 PM			

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipe in the next chapter

³ You can create a mix of veggies as a salad for consumption. Veggies should be thoroughly washed in spring water before consuming. They must also be listed on the nutritional guide. Examples include cucumber, watercress kale, okra, etc. Look up raw veggie recipes in the cookbook.

⁴ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

⁶ Intermittent Fast refers to fasting between hours. It is an eating pattern where you switch between periods of eating and fasting. It basically explains when you to eat and when to fast in a day (24-hour period) or a week. There are different intermittent fasting

methods which split the day into eating windows and fasting windows. It can either be a 20:4 fast (20-hour fast and 4-hour eating window); a 16:8 fast (16-hour fast and an 8-hour eating window); or a 5:2 fast (5-day fast and a 2-day eating window in a week). For the purposes of this section, a 20:4 hour fast was used.

MONO MEAL FAST ROUTINE (FRUIT)

Day 1 through Day 7:

Mornings	Activity	Fasting Type
6.00 AM	Wake up Drink 2 glasses (16 oz) Warm Spring Water	Water Fast + Herbs + Sea moss
7.00 AM	Take another Glass of Spring water	
8.00 AM	Drink 1 cup cleansing herbal tea ¹ herbal Bromide plus and Green food supplement (optional)	
9.00 AM	Drink 2 Cups Spring Water (16 oz)	
10.00 AM	Take 1 cup sea moss gel recipe ²	
11.00 AM	Take 2 Cups Spring water	
12.00 PM		

Afternoons	Activity	Fasting Type
12.00 PM	Take 2 Cups Spring water	Mono meal Fast + Herbs
1.00 PM	Take a cup or plate of a mono fruit or veggie ³	
2.00 PM	Drink 2 Cups Spring water	
3.00 PM		
4.00 PM	Drink 2 Cups Spring water	
5.00 PM	Take a cup or plate of a mono fruit or veggie ³	
6.00 PM	Drink 1 cup cleansing herbal tea ¹	
7.00 PM		Intermittent Fast ⁵
8.00 – 10.00 PM		
10.00 – 12.00 AM	Healing Sleep time zone ⁴	
12.00 – 2.00 AM		
2.00 – 4.00 AM		
4.00 – 6.00 AM		Dry Fast
6.00 – 8.00		
8.00 – 10.00 AM		
10.00 – 12.00 PM		

¹ Look up cleansing herbal recipes in the next chapter

² Look up sea moss gel recipe in the next chapter

³ Mono meals should include on a type of fruit or veggie for the duration of the fast. So, for a burro banana mono fast, you are expected to take only banana for the 7 days. Whatever fruit or veggie you choose must be listed in the Nutritional Guide

⁴ Healing Sleep time zone refers to the time during sleep when healing is at its peak. This time is between 10.00 PM and 2.00 AM. Always try to be in bed during this time.

Chapter 15

Fasting and Detox Recipes

Fasting Detox recipes are those that help your liver and kidney do their job, i.e. process and eliminate waste from your body. People who eat a healthy, mostly plant-based diet, can successfully cleanse themselves with a 1-day or 3-day detox. On a strict detox regimen, most people become weak after about a week, although that is highly personal. But if your diet revolves around processed foods, you need a 2-week detox at least once a year.

WATER FAST RECIPE

For water fast, take only spring water and your cleansing herbs. You can start out by taking 2 glasses of warm spring water on waking up in the morning. Thereafter, try to take 1 glass of spring water at least every hour until 7.00 PM (or at least 3 hours before bedtime). Alternatively, you can take 2 glasses of spring water at least every other hour until 7.00 PM. Dr. Sebi recommends at least a gallon of water daily whether you're fasting or not.

JUICE FAST RECIPES

FRUIT JUICES

Greens juice

Take a little bit sliced apple juice using a food processor. Serve immediately.

Apple and key lime juice

Chop 3 medium apples and juice them. Add some key lime juice to taste. Mix and serve immediately.

VEGGIE JUICES

Green cleansing juice

Combine some cucumber and kale in a juicer. Juice and serve immediately.

Cucumber Lime juice

Take one big cucumber and juice using a food processor. Add half a teaspoon of key lime juice and serve.

SMOOTHIE FAST RECIPES

FRUIT SMOOTHIES

Green detox smoothie

Take some fruits of your choice (e.g. mangos, pineapple, blueberries, etc.). Add some spinach or kale. Add a banana and some almond milk. Blend for a couple of minutes until smooth and serve immediately.

Cleanse and detox smoothie

Take some apple, kale, celery stalk, parsley leaves, ground chia seeds, cinnamon or cardamom powder, some lemon juice, and a cup of water. Blend unto smooth.

VEGGIE SMOOTHIES

Purple detox smoothie

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add some spinach, orange, a frozen banana, and ground flaxseed. Add a cup of water. Blend and use immediately.

Tropical smoothie

Take some pineapple, bananas, coconut water, and kale. Blend.

FRUIT FAST RECIPES

You can take whole fruits in various combinations per day. Only fruits listed in the Dr. Sebi Nutritional guide must be adhered to. So, you can take mix of fruits such as berries, banana, papaya, etc.

Banana and avocado mix

Take some fruits of your choice (e.g. mangos, pineapple, blueberries, etc.). Add some spinach or kale. Add a banana and

some almond milk. Blend for a couple of minutes until smooth and serve immediately.

Strawberry and blueberries Mix

Take some apple, kale, celery stalk, parsley leaves, ground chia seeds, cinnamon or cardamom powder, some lemon juice, and a cup of water. Blend unto smooth.

Berries Mix

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add some spinach, orange, a frozen banana, and ground flaxseed. Add a cup of water. Blend and use immediately.

Mango and Banana

Take some berries – fresh or frozen (e.g. blueberries, blackberries, raspberries, etc.). Add some spinach, orange, a frozen banana, and ground flaxseed. Add a cup of water. Blend and use immediately.

Tropical smoothie

Take some pineapple, bananas, coconut water, and kale. Blend.

RAW VEGGIE FAST RECIPES

Veggies can be taken whole and raw. Examples include cucumber, kale, watercress, etc.

MONO MEAL FAST RECIPES

You can take whole fruits or veggies singly throughout the duration of the fast. Examples include a mango mono fast for 7 days, a banana mon fast for 7 days, an avocado mono fast or cucumber mono fast for 7 days. Only fruit and veggies listed in the Dr. Sebi Nutritional guide must be adhered to. So, you can take mix of fruits such as berries, banana, papaya, etc.

Chapter 16

Intermittent Fasting

Intermittent Fasting for Black People

The overall consensus is that there's but 1 race - the human race. That basically, we're the same. Race is regarded as a social concept used to create difference and the illusion of inequality. However, the reality is, we're not the same. There's a physiological and biological difference in all races. And that distinction is what we call MELANIN. As a black person, you're distinct. You are different. You're unique, special, and strong unlike any other racial group. It's very important that Black women understand the fundamentals about melanin and the best way to nourish it. This is sacrosanct and very important to sustain the physical, spiritual and mental wellbeing of our existence. We must understand this so we can better the health we so desperately need in our own lives and communities.

So, what is Melanin? Dr. Llaila Afrika clarifies that Melanin is the "*biochemical component that compels physical, psychological, psychological and religious life*". Melanin is a natural dark carbon compound substance that is found available in every cell, tissue, organ, and system within the body. Melanin is not only in our skin or eyes, it's in our nerves, reproductive, digestive and circulatory systems. Melanin modulates all physiological functions, cycles, circadian rhythms, and glands in the human body. Melanin is the driving force of our sleep and wake cycle. Melanin is life. All races have melanin; however, black individuals have the largest concentration of melanin. Melanin is readily visible in our skin, eyes, skin, and hair. Melanin is also, as Dr. Afrika says "*What makes black people*

black ". Melanin is the reason we could create ancient civilizations, build the pyramids, establish booming cultures, produce greats in the areas of astrology, medicine, mathematics, and technology. Melanin is why we survived the Middle Passage and chattel slavery. Melanin is the reason this nation was built; together with all the blood, sweat, tears and strength of our ancestors. Melanin is why Ossie Davis states, " *I find, in being black, something of beauty: a pleasure; a power; a key cup of gladness .*" Melanin is our ability, our intellect, our creativity, and our power.

This is why we must nourish melanin- not just for self-preservation, but for health, peace, harmony and the love of nature. When Black people nourish their melanin correctly, they can heal themselves in half the time as melanin-diminished people. When black people nourish their melanin properly, they're more resilient, versatile, effective, have more mental clarity, enhanced cognitive functioning, improved health, and a general improved outlook in life.

As Black people, we have to understand this very important fundamental. We have to know that we're not similar. We can't eat, think, or live our lives in a way that dishonors who we are. We're a melanin dominant race and we must live our lives with all the knowledge and understanding of the role melanin plays in our own lives. We have to sever ties with the Standard American Diet, Western contemporary medication, and Eurocentric methods of living and thinking that reduce or diminishes the ability of melanin in our own lives.

This book provides information on how to intermittent fast on the world's most melanin-favorable diet – the *Dr. Sebi Alkaline Vegan diet* . This book contains strategies on how to get started on the Dr. Sebi Diet intermittent fasting if you're a black woman. If you want to balance hormones, lose weight, heal or reverse disease,

this book is what you'll need to get started and stay adapted. This book basically entails understanding your concerns as a black woman, how your body's physiology affects your health, understanding your nutritional needs, how hormones and aging affect you, understanding the Dr. Sebi Diet, what it means for you and why it's the right choice for you as a black woman. It also explains the core concept of intermittent fasting, the various methods, how its best suited to your needs, and how best to use it as a tool for physical, mental and spiritual cleansing. It also includes actionable steps and success tips to stay Sebian-adapted and a bonus chapter on Aging and how to look younger as you age gracefully.

Specifically, in this book, you'll learn:

- How to Know your body, concerns and nutritional needs as a black woman
- How to get started on Dr. Sebi Dieting and Fasting without throwing your melanin body into confusion
- How your body's physiology affects your nutritional needs and what it means for you on the Dr. Sebi Diet
- How the Alkaline Vegan diet can help you with healing, weight loss, hormone balance, brain and memory improvement as a black woman
- Best Dr. Sebi foods you should be consuming as a black woman
- Health-supporting and disease-fighting tips for your everyday sebian Lifestyle
- Top Proven ways to stay healthy, look younger and live happier as you grow older

Even if you suffer from cravings and emotional eating, you can begin to see great results with this guide as a woman.



*No matter your age, shade, size and shape,
you can benefit from intermittent fasting.*

*When you realize that today,
most of us eat much more than we need,
we eat all the time,
and that most of the food we eat is processed,
intermittent fasting becomes not only safe,
but absolutely NECESSARY.*

Intermittent Fasting for Women

I get on the edge and often feel a sudden gush of nostalgia whenever someone asks me if traditional fasting is right for them. It clearly reminds me of my days as a beginner to the alkaline vegan renewal. In fact, the reality dawns on me and I understand that perhaps there is a good reason to ask. I mean, think about it. As a woman, you fast for a few days or weeks, and suddenly, you feel your body system thrown out of whack. You get the typical symptoms. You can't sleep, you can't think. You're always on the edge, you're irritable. You snap at the slightest provocation.

What's wrong? You're unhappy. You just want to quench the strife and calm your body. You want to gobble up that shake on the kitchen counter. No. You want the Pizza instead. Or maybe the cup of coffee somewhere. You're confused. You're annoyed. You want to end the fast. To hell with fasting! Sounds familiar? But at the same time, you want good health, you want to heal and rebuild. You want to look and feel good. And for you, fasting isn't bringing the desired result. You want change but you can't stand the process. Can I blame you? Absolutely not. You're a woman. You are delicate. Your needs are different. Our bodies respond differently to diet and fasting. That's how we are made. And that's what we are.

I am a woman, and the very moment I tried to go without food even for one week, I got overwhelmed with these symptoms. Yet I wanted to fast, and detox. I wanted to purge myself from all the negativity and filth around me. I wanted to cleanse myself from the poison ingested in the name of food over the years. I wanted to purify my thoughts, my essence and existence. I wanted to live, look and feel good. I wanted true, natural healing. Yes, I wanted

badly

I wanted to fast and cleanse with my *Kalawalla* . I wanted the aroma of *Cascara* to soothe my aching muscles. I wanted to calm my frayed nerves. Heck, I really wanted to go ninety days. I was mentally willing but my body said otherwise. How do I combine my cleansing herbs for optimum benefits on an empty stomach? I am natural health personified. I approach daily living with a holistic mindset. If I had a headache, I'll rather take a break and go to bed early than take acetaminophen or any poisonous painkiller. If I had sinuses, or chills, I blend up my mullein and nozzle it with some Linden and gobble it down. Overwhelmed with stress and day to day living, I take a refreshing bath with lavender rather than take any antidepressant.

I have quite a lot of vibrant herbs and spices on my Vegan rack. My pantry does not suffer any acidity from unapproved foods. Even my long-time bought refrigerator isn't left out of my alkaline vegan awakening. Think about it. What can get more natural than the Alkaline vegan living? Natural remedies have comparatively less side effects than synthetic chemicals called drugs. Alkaline herbs are far more effective than any medication would ever be. Spices are way up higher-up the scale of cost-benefit than surgery or any medical procedure. Natural remedies do not only cure - they heal. We can't say the same for drugs that merely only treats the symptoms of disease. There's much more to healing than cures. Healing is holistic, all-encompassing and at all levels. Curing is surface-dressing. It is basically symptom-specific and more with disease management.

I had my fasting meal plan handy. I made sure to pin it to my kitchen board where I could see it every waking morning. I wanted that constant reminder. Just beside the meal plan is a rough web printed picture of Dr. Sebi. Heck, no stone shall stay unturned. That picture, in addition to the nutrition guide and my

fasting meal plan were like my holy grail, my constant reminder of my goals, not until I comfortably eased in into my now daily alkaline vegan routine.

And so, I was constantly on and off the fasting attempts like a rat in frantic search for food. 3 or 4 days in, I'm out, and two weeks out, I'm in again. And the frustrating cycle continued.

But there was a way. If only I knew earlier. One which I never found until after 7 failed attempts! Sometimes, I wondered if it had anything to do with my subconscious. I was actually fasting. I was doing so unknowingly. And I never realized it. For one, I am a very passionate being. I am passionate about almost everything I get my mind into. I am passionate about natural remedies. I eat and sleep holistic living. I tell my story everywhere I go. I preach the gospel of veganism. And So, when I preach fasting, of course, I must practice it.

And so, to the questions I get asked, I usually answer "Do what suits your body. If after 3 days, you don't see the results you seek. Stop, try another" Everyone is different and results vary across individuals. And because this was more on a trial and error thing, I stopped recommending and decided to give it a go. I experimented with my own body. I monitored every reaction, every sign or symptom until I found the answer.

I researched harder. I scoured the archives. What's there was actually scary. "Do not fast", "Fasting may do more harm than good," screamed all the headlines. I was paralyzed. I felt weak. There's got to be a way, I consoled loudly. I mean, it can't end like this? I looked back to the picture of Dr. Sebi hanging on my Kitchen board. And I said to him, if you were still here, I certainly would have come to you to clear my doubts. I would have asked why this isn't working for me?

And so on one faithful afternoon. I thought loudly to take my herbs and sea moss on a full stomach! Doing it this way I felt was

better than not taking them at all. But somehow, that singular step led me to my discovery, my solution. And the answer was my hormones. In me being a woman.

Thank goodness, I found it. And I have documented it here. Intermittent fasting was the solution. It actually is for you as a woman on the Dr. Sebi Diet. Read on to discover full details.

BACK IN TIME

Fasting generally is not a new phenomenon and although intermittent fasting has taken the world by storm, there is nothing “trendy” about it. In fact, fasting is notably one of the oldest therapies in ancient medicine. Ancient trado-medical practitioners confidently believed that abstaining from food for a specific time enabled the body to self-heal. Fasting was also a part of religious ceremonies and most religions recommend, or insist, on fasting for self-purification, penance, sacrifice, etc. Except for Zoroastrianism which forbids fasting, in most of the world's religions, fasting plays a key role and is usually associated with self-discipline. Judaism has several annual fasts, Roman Catholics and most Eastern orthodoxy faiths fast for 40 days during Lent, and Muslims fast in the holy month of Ramadan.

Fasting as an age-long tradition is very much in tune with nature. From time back in history, humans passed through periods of food scarcity regularly. This was more often occasioned by natural scarcity of food such as during times of famine or natural disasters. As a result, the human genetic makeup evolved to cope with these periods of food scarcity. Although famine was a very common experience in the past and killed quite a lot of people, the humans who survived and continues the species evolved with a modified gene structure. Scientific experiments show that

although under prolonged hunger, most body organs eventually die, the brain and testicles maintain their function. This is crucial from the evolutionary perspective because we see how nature ensured that a species survives - even when starving, the brain continues to work and an individual is able to reproduce.

In ancient cultures, fasting was often undertaken as a ritual before an important event, like going to war or coming-of-age. Entire societies sometimes fasted to appease an angry deity and avoid a natural disaster, like famine, flooding, etc. Many early philosophers and traditional healers, like Hippocrates, Socrates and Plato were advocates of fasting. They practiced fasting regularly and recommended it to several patients for its rejuvenating and healing powers.

However, Traditional Chinese Medicine does not recommend fasting because it believes that adopting a vegetarian (vegan) diet is almost as good as fasting. Ayurveda claims that light fasting (intermittent) can greatly improve one's health but discourages people from fasting extremes. So, instead of going without food and having to deal with hunger pangs, an Ayurvedic fast is about eating a light diet suitable for your age and constitution. In the US, fasting for health became quite popular in the 19-th century as part of the "Natural Hygiene Movement". In the UK, it became renowned as part of the "Nature Cure Movement" where emphasis was placed on diet, physical activity, sunshine, and positive thinking. It became particularly popular in the 1920s when it was commonly used to treat heart disease, high blood pressure, digestive disorders and migraines. Unfortunately, as the pharmaceutical industry developed, people relied less and less on natural healing methods and resorted to synthetic drugs. However, in Germany, fasting remained popular to this day because it was integrated into medical practice. Doctors regularly recommend it, especially for weight loss.

Herbert Shelton, an early 20-th century physician who supervised the fasts of over 40,000 people, wrote in one of his books, "Fasting must be recognized as a fundamental and radical process that is older than any other mode of caring for the sick organism." From this, we see that until about 100 years ago, ancient medical practitioners were happy to recommend fasting even for potentially serious conditions, but the development of modern medicine almost put an end to it all. Fortunately, fasting is today again the "IN" thing, probably because intermittent fasting made fasting so easy and maybe because even the most skeptical medical practitioners cannot ignore the growing body of evidence that fasting does improve one's health on all levels.

Although fasting is becoming increasingly popular today, in most countries it is still not recommended by mainstream medicine. It is usually holistic medical practitioners or spiritual healers that firmly believe in it. Sadly, despite the growing evidence of the benefits of fasting, conventional Western medicine is still skeptical when it comes to treating serious conditions with this time-tested method. Despite all the medical and technological advancements, surgery and sophisticated medical procedures cannot help the body that is physically, emotionally, and spiritually imbalanced. Only the body itself can do that.

According to traditional medical systems of Dr. Sebi Healing methodology, Ayurveda and TCM, our body has natural self-healing abilities and all we need to do is activate them. The easiest way to do this is through diet and fasting. By consuming specific foods and/or abstaining from food from time to time, you can painlessly re-establish health balance within.

Even though those who fast regularly have always claimed that fasting brings about physical and spiritual renewal, it was only when intermittent fasting became popular, that the benefits of fasting became available to everyone. So, what is probably the

main reason fasting is now back in fashion is that fasting intermittently is much easier than traditional fasting. Another reason may be that gluttony (ie obsession with food) has become quite common today probably because we are bombarded with food advertisements, and also partly because overeating is often a way of dealing with mental problems which seem to be on the rise (for example stress, depression, feelings of guilt, etc). Sooner or later gluttony leads to health problems - both physical and emotional, and we all know that obesity-related disorders are getting to epidemic proportions, like diabetes, cardiovascular diseases, some types of cancer, etc.

So, we need to look deeper to understand intermittent fasting and how this relates to black women as well as how it can be achieved on the powerful and life changing Dr. Sebi diet. But before we delve into that, let's take a look at how dieting and fasting affects the female body

The Melanin Awakening

The overall consensus is that there's but 1 race - the human race. That basically, we're the same. Race is regarded as a social concept used to create difference and the illusion of inequality. However, the reality is, we're not the same. There's a physiological and biological difference in all races. And that distinction is what we call MELANIN. As a black person, you're distinct. You are different. You're unique, special, and strong unlike any other racial group. It's very important that Black women understand the fundamentals about melanin and the best way to nourish it. This is sacrosanct and very important to sustain the physical, spiritual and mental wellbeing of our existence. We must understand this so we can better the health we so desperately need in our own lives and communities.

So, what's Melanin? Dr. Llaila Afrika clarifies that Melanin is the "*biochemical component that compels physical, psychological, psychological and religious life*". Melanin is a natural dark carbon compound substance that is found available in every tissue, cell, and organ within the body. It is not only present in our skin or eyes, it's in our nerves, reproductive, digestive and circulatory systems. Melanin modulates all physiological functions, cycles, circadian rhythms, and glands in the human body. Melanin is the driving force of our sleep and wake cycle. Melanin is life. All races have melanin; however, black individuals have the largest concentration of melanin. Melanin is readily visible in our skin, eyes, skin, and hair. Melanin is also, as Dr. Afrika says "*What makes black people black*". Melanin is the reason we could create ancient civilizations, build the pyramids, establish booming cultures, produce greats in the areas of astrology, medicine, mathematics, and technology. Melanin is why we survived the chattel slavery and Middle Passage. Melanin

is the reason this nation was built; together with all the blood, tears, sweat and strength of our ancestors. Melanin is why Ossie Davis states, "*I find, in being black, something of beauty: a pleasure; a power; a key cup of gladness .*" Melanin is our ability, our intellect, our creativity, and our power.

This is why we must nourish melanin- not just for self-preservation, but for health, peace, harmony and the love of nature. When Black people nourish their melanin correctly, they can heal themselves in half the time as melanin-diminished people. When black people nourish their melanin properly, they're more resilient, versatile, effective, have more mental clarity, enhanced cognitive functioning, improved health, and a general improved outlook in life.

As Black people, we have to understand this very important fundamental. We have to know that we're not similar. We can't eat, think, or live our lives in a way that dishonors who we are. We're a melanin dominant race and we must live our lives with all the knowledge and understanding of the role melanin plays in our own lives. We have to sever ties with the Standard American Diet, Western contemporary medication, and Eurocentric methods of living and thinking that reduce or diminishes the ability of melanin in our own lives.

Understanding intermittent Fasting

Even though Fasting was used for healing for centuries, it's only recently that modern science eventually discovered that fasting has several health benefits. Various studies have demonstrated that intermittent fasting prolongs lifespan in certain species and can potentially reverse cancer, diabetes, cardiovascular disease, diabetes, and neurodegenerative disorders. Additionally, it delays

aging and keeps the skin looking younger. But, it's only recently that scientists researched this method of fasting critically and began exploring its favorable effects on individual wellbeing. For several different reasons, fasting might not be suitable for everybody and this is most likely why intermittent fasting became quite popular.

Fasting is abstaining from food or drinks or taking just a minimum quantity of food for whatever reason ranging from 12 hours to 3 months (although a few fasts may last more). Fasting starts a biochemical process which contributes to significant changes in your metabolism and cellular function. If implemented systematically, fasting may be utilized as a very effective all-natural remedy for many ailments and may be more effective than medicine. Regrettably, we've only just recently begun to take fasting seriously so the majority of the findings have been based on animal experiments. But nonetheless, you will find an increasing number of findings from individual human studies. What we learned so much is that different kinds of intermittent fasting affect us otherwise and certain kinds of fasting can hasten weight loss, delay aging, and enhance health.

What's Intermittent Fasting?

Intermittent Fasting, unlike traditional fasting is self-imposed abstinence from food for a specific number of hours, days or months. Starvation, on the other hand, is if you're denied meals. Fasting is undertaken for many distinct reasons and we all know it's been one of the oldest treatments in medicine. Although it's been practiced throughout history for both medicinal and religious motives, modern medicine knows very little about it. There are various methods of fasting and intermittent and fasting is just one. In accordance with the diet program, you abstain from food for some number of hours a day or days in a week. Even though

conventional medicine frequently recommended fasting for healing and rejuvenation, individuals frequently typically went without meals because of food shortage. Consequently, many individuals fasted from necessity which occasionally turned to starvation. We know that fasting is particularly good and can be a time-tested way of cleansing and resting one's digestive tract, reducing weight, reducing blood pressure, and detoxing. But Intermittent fasting isn't fasting in the genuine sense of the term. Even though it does require abstinence from food, that is generally only for very brief periods (for instance half a day) or is performed overnight (when you usually don't eat anyway) or you are allowed to take very little food during the prolonged fasts (for example up to 500 calories a day). So, intermittent fasting is an easy way to fast even if you are used to eating throughout the day. The best thing is that there are many different ways of fasting intermittently and it's best to study and choose the one that works for you.

Normally, Intermittent fasting isn't about exactly what and how much you consume, but when you eat. And when people normally speak about it, it's less about the kind of diet and much more about the timing. However, what they don't understand is how well you gain from intermittent fasting goes a long way on the type of diet incorporated into the fasting program. And so, that's the reason I've incorporated the Dr. Sebi diet plan within this dieting program. For the typical intermittent Fasting routine, rather than having many tiny meals during the day (that is the way many people diet), you consume only through a brief window period - the briefer, the better. This plan is predicated on the assumption that to present your body an opportunity to take a break, self-cleanse, reset and heal, you need to give it at least 12 hours to become free from food intake.

Why intermittent Fasting for Women on the Dr. Sebi Diet?



Recall that in my best-selling book, "*Dr. Sebi: The Step by Step Guide to Detox the Liver, Cleanse the Colon and Lower High Blood Pressure Naturally*", I outlined how I was able to reverse high blood pressure using a combination of Dr. Sebi Diet, gentle workouts, intermittent Fasting and other strategies.

The reason I went this route wasn't far-fetched. I had researched the Dr. Sebi Diet, followed his teachings and made exhaustive research on herbs and botanical plants in relation to disease and healing. I read every damn article, all Sebi's videos, including those of Dr. Llaila Afrika. This preempted me into thinking, if all these great legends teach and preach health and nature for humanity in general, there must be something special about women, nay black women, since our bodies are so different. While on research, I took special cognizance of the fact that as a woman, things are and would definitely be different. Given that our bodies are different, our metabolism different and our

physiology miles apart from men, so is our predisposition or susceptibility to disease. And while Dr. Sebi himself fasted for 90 Days on tamarind and herbs; I had often wondered if he would have gotten same results as a woman. Please do not get me wrong. I am an ardent believer in full conventional fasting. My point is, for a woman, it's way off the mark.

One thing we have to put into consideration is that, no matter how we sugar coat it or sweet talk it, I highly doubt a continuous sustained 90 day fast would have comparatively worked quite well for any woman! And I'm being serious here. It's very important to differentiate between fasting and starvation. Although intermittent fasting means abstinence from food for a certain number of hours every day, it also means that you do not completely go without food. You are allowed to eat, but only during a limited number of hours. In other words, intermittent fasting is a gentle form of fasting. For full fasting, one needs to approach it carefully and be fully aware of the consequences that food deprivation can have on one's health, especially for extended periods.

This is particularly important for women with conditions like high blood pressure or diabetes since these conditions are directly linked to the body's balance or imbalance of metabolism. It is as well important for the elderly, the weak, women on chronic medication, and individuals with certain digestive problems.

Although it's true that the less you eat and the shorter the window period during which you eat, the more health benefits you'll get, if taken to the extreme and for prolonged duration, conventional fasting may do more harm than good for women.

This is why it's essential to remember that fasting shouldn't be the same as starvation. And more so, intermittent fasting is the more appropriate version for women with a more delicate body physiology. Because, for how long you can fast and how

rigorously you can fast without causing your body any harm depends a lot on your age, gender, overall health, constitution, whether you are taking any supplements while fasting, or drinking enough water, etc.

However, although, intermittent fasting on Dr. Sebi Diet is perfectly safe to maintain throughout life (unlike most other fasting types), most women will sooner or later go back to their old diets. For many, this is the most critical period because ending your fast abruptly sometimes creates a condition called the “refeeding syndrome”. And although prolonged fasting (conventional) has many advantages, if not done properly, it can turn into starvation which can cause your body to become insulin resistant.

Refeeding syndrome is a condition that can occur when someone who has gone without food for a long time either due to famine, fasting, starving, rigorous dieting, etc and then suddenly takes in a lot of food. In such a case, sudden shifts in the electrolytes that help the body metabolize food can create a lot of problems. When you go without food for some time, the way your body metabolizes nutrients changes. One of the main changes is that insulin secretion is reduced and the body will sooner or later start using fats and proteins as fuel. If this goes on for a long time, it can deplete your body's electrolyte stores. So, when food is reintroduced suddenly, your body goes back to using carbs for energy. This causes insulin secretion to increase and can trigger a number of metabolic changes in the body. Some of the symptoms of refeeding syndrome are fatigue, confusion, high blood pressure, seizures, heart failure, coma, or even death.

These symptoms usually appear within four days of the start of taking food. However, it doesn't mean that everyone who takes big amounts of food after starving/dieting/fasting will develop this

syndrome. Those who are at a higher risk of developing it are those who suffer from cancer, anorexia, or alcohol abuse.

So, Why Should You Fast?

An average woman usually has more than enough stored reserves of food to enable her to survive for quite some time without food. And when you realize that today most of us eat much more than we need, we eat all the time, and that most of the food we eat is processed and contains harmful substances from pesticides and unhealthy additives, intermittent fasting is not only safe but is absolutely necessary.

There is nothing unnatural about going without food, voluntarily or out of necessity. However, it was only recently that we realized there had to be something good about fasting if people have used it successfully for thousands of years to cleanse on both the spiritual and physical levels. Complicated metabolic processes take place in our body when we are deprived of food for more than 12 hours. We now know that these processes developed naturally to help us survive during lean times which until about 100 years ago were more common than we can imagine.

Laboratory studies show that in mammals, starvation results in a decrease in the size of most organs except the brain and the testicles (in mice). This is fascinating from an evolutionary point of view because it means that even when starving, animals maintain the ability to function and reproduce, making sure that even if they eventually die of starvation, their offspring will survive long enough to reproduce and ensure the survival of species. So, fasting and periodic starvation, has been part of human existence and evolution and unless taken to the extreme, can actually protect you from many diseases and prolong your

life.

However, fasting may not be appropriate for every woman. Pregnant or breastfeeding women, women with certain conditions (for example ulcers), or those on chronic medication should not undertake fasting before discussing it with their medical practitioner. So, if we know how beneficial for our overall health fasting can be, why do so many people struggle going through with it? Fasting can be very challenging, especially in the developed world, although that is where it is most needed. When you know that about 50% of all TV commercials are about food, going without food requires motivation and self-discipline. Not only do we spend a lot of time in front of TVs but we also developed a habit (or perhaps we were encouraged to develop a habit) of eating, snacking, and drinking while watching TV. Even movie theaters have food stalls and cafes with all kinds of foods on sale. This directly encourages people to eat all the time, even while watching movies.

Food is now available throughout the year, and throughout the day which on the one hand is good because it enables us to eat healthy but this also encourages us to eat all the time. Plus, the unhealthier the food is, the more beautifully packed it is and the more aggressively advertised.

So, three reasons we have become so unhealthy and should fast as often as we can include:

- *We eat much more than we need*
- *We eat all the time*
- *We eat unhealthy foods*

There are different ways of easing yourself into fasting (this is discussed later in the book). For a start, you should stop snacking throughout the day. Don't worry about hunger pangs. What most people don't know or choose to forget is that humans and most

mammals are genetically programmed to cope with famine. This means that missing a meal or two, or going without food for a couple of days, is not a big deal. It's wrong to believe that we need to eat throughout the day to improve our metabolism and prevent muscle loss, as was believed until recently. Although people fast for many reasons, today most people fast to improve their health.

3 main reasons to try intermittent fasting:

1. To Lose Weight

When you eat less, you will sooner or later, start burning fat and losing weight.

2. To Beat or Prevent Disease

Obesity is a major risk factor for cancer, heart disease, diabetes, and other chronic conditions. Fasting helps you fight obesity and indirectly protects you from many degenerative conditions.

3. To Prevent Premature Aging and Boost Longevity

Fasting increases mitochondrial function inside our cells so keeps us the “youthful” for longer.

Whatever your reason for fasting may be, intermittent fasting is a gentle approach to fasting and once you get into it, you'll never want to eat any other way. But you must be patient. Studies suggest that the brain usually needs from 3 to 6 weeks to adapt to the new eating pattern and to show the first positive effects of fasting, like improved mood, significant weight loss, reduced blood pressure, etc.

Lies Conventional Medicine Tell You About Fasting:

The Truth They Don't Want You to Know

Although fasting has been practiced for millennia, it is a relatively

new phenomenon for 21-st century medicine. Not surprisingly, many myths, or should I say lies surround this 100% natural healing method. Lies from the white dominated media have had us believing the following:

1. *Skipping breakfast is unhealthy*

Most nutritionists claim that breakfast is the most important meal of the day and that skipping breakfast is the worst thing you can do. There are even claims that skipping breakfast will make you ravenously hungry so you will overeat when you finally decide to eat. Some even believe that skipping breakfast contributes to weight gain. A study conducted among obese and overweight adults showed that there was no difference in weight gain between those who ate and those who skipped breakfast. However, we know that not everyone responds the same to fasting and the study found that children and young adults performed better at school if they had breakfast. This only proves what numerous studies have already suggested – fasting is not appropriate for children.

2. *Having several small meals during the day improves your metabolism*

We often read that eating several times a day will boost our metabolic rate and make us burn fat faster. Digestion will indeed use up some of our calories, but if we live on a high-calorie diet, regardless of how many small meals a day we take, our improved metabolic rate will not make us lose weight faster.

3. *When you eat throughout the day, you are less hungry*

Other studies claim the opposite – the more often you eat, the hungrier you're likely to feel. Perhaps it's best to listen to your body. If frequent eating helps you eat less, then you should eat that way. However, there's no evidence snacking or eating several

times a day reduces hunger.

4. *To function well, your brain needs a constant supply of glucose*

The brain performs many important functions and therefore needs a constant fuel supply. The fuel comes in the form of glucose or ketones. Those whose diet revolves around carbs feed their brain mainly with glucose. Those who eat a low-carb keto diet, feed their brain with ketones. As most of us take much more carbs than we actually need, our body has ample supplies of glucose so we don't need to eat all the time to provide our brain with sufficient fuel.

5. *Fasting causes unnecessary stress to your body and may lead to starvation*

Short-term fasting does create mild stress to your body but is not starvation. Instead, your metabolism increases during fasts of up to 48 hours.

6. *Intermittent fasting makes you lose muscle*

Studies show that eating high-protein meals several times a day does not affect your muscle mass, ie your muscles will not grow faster if you ate four times a day. What's more, some studies even claim that intermittent fasting helps you lose fat but retain muscle. The point is that regardless of how many times a day you eat unless you exercise, you will sooner or later start losing muscle.

7. *Intermittent fasting makes you overeat*

We know that many people indeed compensate for going hungry for a day by eating more afterward but even so, they usually take only about 500 calories more than they should. However, if they had not fasted, they would have taken at least 2000 calories so even if they feast after a fast, they still take fewer calories.

Generally speaking, intermittent fasting (even if you cheat a little) makes you lose fat, not gain it.

Intermittent Fasting Benefits

Scientifically-proven benefits of intermittent fasting:

– Prevents Disease

Most mammals, including humans, benefit from periodic calorie restriction. Studies show that by simply reducing your calorie intake by 20-40%, you can naturally heal from disease and slow down aging. It's believed that this mechanism evolved in mammals to enable them to survive during times when food was scarce. During such times, mammals (including humans) obtained the energy necessary for survival from stored fat reserves. In plain English, when you abstain from food, levels of oxidative stress and inflammation throughout your body and brain go down thus preventing the onset of many diseases.

– Prolongs Life

Laboratory studies found that in many organisms, although not all, fasting extends life span. However, it also became evident that different organisms, and different individuals, have different responses to fasting. Depending on their body weight and overall health, the majority of human beings can easily survive 30 or more days without food, provided they have access to water. Certain species, like king penguins, can go for over 5 months without food. There are many reasons why fasting indirectly helps you live longer. Although most studies on fasting and longevity are based on laboratory animals and not humans, the connection is not difficult to see. If you know that intermittent fasting can prevent and treat obesity, diabetes, heart disease, cancer, and many neurodegenerative conditions, it's easy to understand how it

helps you live longer.

– **Boosts Brain function**

Experiments showed that alternating days of feeding and fasting can enhance brain function and improve performance and memory. The alternate-day fasting (when you fast for 24 hours every second day or even only twice a week) is the most extensively studied intermittent fasting method. Laboratory results suggest that in healthy and young individuals this way of fasting can extend lifespan by 80%. Results were even better if fasting was accompanied by physical activity.

Fasting promotes brain health. Intermittent fasting promotes the growth of new nerve cells and this directly benefits brain functions. Fasting also increases levels of a brain hormone called BDNF (brain-derived neurotrophic factor), whose deficiency leads to depression and other brain conditions. Fasting can also protect the brain from damage caused by stroke.

– **Weight loss**

Studies show that intermittent fasting affects the brain neurochemistry in a way that improves energy metabolism. What this means is that when glycogen from liver cells is depleted, fasting induces production of ketone bodies which results in a reduction in body fat. Fasting also improves the insulin sensitivity of muscle and liver cells and reduces IGF-1 production which all contributes to major weight loss.

Finally, laboratory studies also confirmed that fasting may not suit everyone. While the young and middle-aged laboratory animals benefited greatly from periodic caloric restrictions, fasting was detrimental in older animals that, just like humans, begin to lose weight when they get old. Although fasting helps the elderly with disease prevention, it also weakens their immune system. This is

why fasting should not be undertaken by the elderly or the very weak.

Other Health Benefits of Intermittent Fasting

There are many ways to fast intermittently and whichever one you choose is better than eating non-stop. Fasting is one of those healing methods that has stood the test of time and recent studies confirmed what most traditional healers have claimed all along: fasting has powerful benefits for your body, brain, and spirit.

1. Fasting helps you lose weight and particularly belly fat

When you fast intermittently you generally eat fewer meals, so you automatically introduce fewer calories into your body.

Besides, lower insulin levels, higher amounts of norepinephrine (noradrenaline), and higher growth hormone levels all increase the breakdown of body fat and facilitate its use for energy. So, generally speaking, periodic fasting increases your metabolic rate and helps you burn more calories. In a nutshell, on intermittent fasting, with minimal effort, you easily lose your belly fat.

2. Fasting affects the function of cells, genes, and hormones

Abstaining from food triggers a number of processes in the body:

- Insulin levels drop significantly
- The blood levels of growth hormones may increase as much as 5-fold
- Cells start self-repair, ie waste removal

Fasting initiates cellular repair processes. When you abstain from food, you give the body a chance to get rid of accumulated cellular waste through a process known as autophagy. In turn, the process of autophagy improves your metabolism, reduces the risk of cancer and neurodegenerative diseases, and helps fight inflammation. All this improves the quality and length of your life.

3. Fasting lowers insulin resistance and your risk of type 2 diabetes

When you reduce your insulin resistance, you will automatically lower blood sugar levels and protect yourself against type 2 diabetes. Fortunately, intermittent fasting can help you achieve healthy insulin and blood sugar levels. However, there seems to be a difference in how blood sugar levels of men and women respond to fasting. According to one study, blood sugar levels in women actually got worse after a 22-day intermittent fasting.

4. Fasting improves your heart health

By lowering your blood pressure, cholesterol and triglycerides, inflammatory markers, as well as blood sugar levels, fasting prevents heart disease and keeps your heart healthy.

5. Fasting reduces oxidative stress and inflammation

Oxidative stress is part of the natural aging process but under certain conditions, it can cause premature aging as well as many chronic diseases. Intermittent fasting can help you stay younger for longer by making the body resistant to oxidative stress and by fighting inflammation.

6. Fasting helps prevent or fight cancer

Fasting can be used in both the prevention and treatment of cancer. Fasting helps destroy cancer cells by helping your lower IGF-1, insulin, and glucose levels while at the same time boosting the production of IGFBP-1 and ketones. This means that fasting, indirectly, creates an environment where cancer and tumor cells find it difficult to grow and spread.

7. Fasting helps prevent neurodegeneration

Alzheimer's is one of the most common neurodegenerative disorders. As there is no cure, prevention is extremely important. Fortunately, numerous studies show that intermittent fasting can help you prevent, or at least delay, conditions such as Alzheimer's, Parkinson's, and Huntington's.

Cellular-Level benefits of Intermittent fasting:

1. Weight loss

How efficient fasting is for weight loss is best seen from one of the studies. A five-day fast (where you take about 500 calories daily), undertaken only once in three months, will help you lose 3 kg, reduce inflammation level, lose some belly fat as well as some of the total fat without losing any muscle. So, to lose weight and belly fat, you don't even have to fast regularly, let alone rigorously.

2. Healthy insulin levels

If you repeatedly take too many carbs and sugar, you can become insulin resistant, which may lead to diabetes. Fasting can help keep your body become insulin-sensitive because it makes the body secrete less insulin. When insulin levels are low, you become more sensitive to it. The main contributor to insulin resistance is fat in body, blood, and diet.

3. Healthy ghrelin levels

While dieting can increase ghrelin production making you feel hungry all the time, after fasting for a couple of days you actually lose appetite and feel less hungry. This means you'll eat less and subsequently lose more weight.

4. Low triglyceride levels

Although fasting does not affect the levels of good cholesterol, it does lower bad cholesterol levels, which also reduces triglycerides.

5. Improved heart health

Fasting improves cardiovascular function and blood pressure.

6. Lower blood pressure

Blood pressure drops significantly during the first week of fasting. Scientists believe the drop may not be the result of fasting but because of reduced salt intake and higher loss of salt through

urine (when you diet, fast or detox, you're supposed to boost your water intake).

7. Lower blood sugar

In just the first week of fasting, blood sugar drops more than 30%. Although this usually makes people feel tired, as they continue to fast, their blood sugar levels soon stabilize.

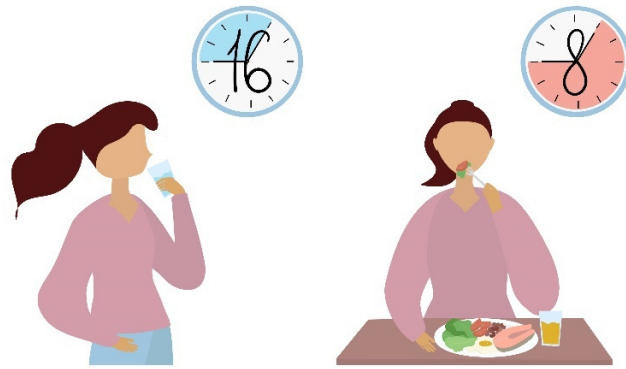
8. Healthy stress response

Fasting is a kind of stress. However, mild stress is actually good for you because it challenges the body and you are actually stronger after going through it (reaction similar to vaccination). It is believed that the stress the brain experiences during fasting sets in motion certain processes that protect neurons from damage.

So, the takeaway from all these studies is that to get most out of fasting, you have to combine it with physical activity and a plant-based diet. Only then can you expect to gain full protection from DNA damage and prevent the formation and spread of cancer.

Chapter 17

Intermittent Fasting Methods



Intermittent fasting

There are many ways to fast intermittently and to get the most from any, you need to decide on the one that is best suitable for you. But, ANY method of intermittent fasting is far better than eating nonstop. One reason intermittent fasting has become so popular is that it is flexible and so simple to fit into daily life. In any case, a number of these fasting methods are simple to follow if you are accustomed to snacking during the day. If you discover any of the intermittent fasting methods perplexing, go through all of them and you will see that a number of these methods are extremely similar. The vital distinction is all about how many hours each day you're able to abstain from food. After going through studying each method, you will discover the method that will suit you best. Another way of discovering the method that is most appropriate for you would be to test all of them and then

determine which one is simple to fit in your lifestyle.

11 Methods to fast intermittently:

1. The 16/8 Strategy

With this method, you fast for 16 hours and eat through the rest 8 hours. This is most likely the simplest approach to fast intermittently because if you eat at about 6:00 PM and have the opportunity to wake up at 6:00 AM the next morning, you've fasted for 12 hours already. Ideally, you need to postpone breakfast till 10:00 which will be a perfect fast of 16 hours. But, please be aware that women shouldn't fast for over 14 hours. To put it differently, if your last meal is at 6:00 PM, you should not consume until 8:00 AM the next morning. This fast is relatively simple even for those not used to fasting, but what most women seem to find especially difficult is eating after the main meal. The majority of us prefer to take a little bite, some fruit, a cup of tea with a glass of milk before going to bed. What would occur in that circumstance, ie if you eat some food about 9:00 PM, you may need to postpone your breakfast for a further two hours. Therefore, in that scenario, a woman should not eat until 11:00 the next morning. Fundamentally, you may need to go all morning with no meals. As the morning is the most productive part of the day, this would not be such a great idea. So, it's much easier not to eat anything after dinner than mess up your whole day. If this is hard, you may try keeping a journal why and when you feel like snacking in the evening, like while watching TV, staying up late, entertaining guests, working late, etc. Once you figure out what triggers your late-night-snack habit, you'd be able to do something about it

2. The Leangains Method

This is a variant of the 16/8 system created especially for bodybuilders. This diet helps them build lean muscle mass without gaining weight. However, this fasting method can be used by all fitness enthusiasts, not just bodybuilders, in other words, by all those who would like to get rid of fat and build muscle at the same time. Besides, this way of fasting lowers insulin and blood glucose levels significantly which is particularly important for those struggling with diabetes and obesity. In comparison with other intermittent fasting procedures, Leangains concentrates on appropriate pre- and - post-workout nutrition.

5 principles of the Leangains method:

- Women fast for 14 hours every day while men fast for 16. This is essential because women's body metabolism differ from men.
- Throughout the 10-hour window (8-hour for men) when you're permitted to eat, you ought to take three meals.
- Your diet ought to be high in protein. On workout days, it is more important to have carbohydrates than fat while on the remaining days, your diet ought to be high in healthy fats. Obviously, the number of carbohydrates one takes varies based on gender, age, body fat, activity level, and individual targets. If you're seriously interested in fitness or bodybuilding training, it is ideal to go over the Leangains diet using a dietitian.
- Start a workout day using a medium-sized meal of vegetables and fruit. Workouts should take place within three hours of the meal. After exercise, you need to take a bigger meal.
- On rest days, choose fewer calories. Take fewer carbohydrates but more veggies. The first meal of the day ought to be the biggest and should include about 40 percent of your daily caloric consumption.
- The final meal of the day must include a slow-digesting protein

(for instance nuts & seeds, etc). This will let you feel full during the evening and to have sufficient amino acids until the next meal (ie breakfast).

- On the Leangains fast, you need to stay away from liquids and processed foods. But, like many fasts, the Leangains fast includes specific advantages and disadvantages. If you feel this would work for you, just remember it was made especially for bodybuilders so for best results, adhere with the Leangains diet program.

The primary advantages and disadvantages of the method:

- Advantages:

You build muscle mass without gaining any fat.

In addition you shed weight.

- Disadvantages:

This diet was made especially for bodybuilders; therefore, the very best results are attained if you abide by the complete protocol. As a result, that you ought to take the recommended nutritional supplements and have foods and macronutrients at very special times. To put it differently, you should adhere to this protocol to the letter.

3. The 5/2 Method:

In this particular method, you eat as normal for five times and then fast for 2 days. But during the fast, you're permitted to eat some food provided it doesn't exceed 500 calories (600 for men). So, this isn't a true fast. The aim here would be to decrease caloric intake so you take just about 25 percent of everything you would usually consume. With this fast, it is important not to do it for 2 successive days (such as Monday and Tuesday) but to provide your body an opportunity to "rest" from fasting for at

least one day (ie you fast Monday and Thursday). This kind of fast appears to be especially beneficial for weight reduction and for lowering the risk of cardiovascular disease and diabetes.

4. The 20/4 method (The Warrior Diet)

With the 20/4 method, you fast for 20 hours and have just a tiny window of 4 hours to take all of the nutrients and calories you want. Nonetheless, this isn't a whole fast because during the day, you're permitted to eat light meals consisting mostly of fresh fruits or veggies, while the primary (big) meal is postponed until the evening. The warrior diet was produced by *Ori Hofmekler*, a former Israeli defense force member. He discovered his energy enhanced if he did not eat throughout the day (or consumed little) and had just one major meal at a time when he would unwind and rest, such as during the day. The most important problem with this fasting method is the fact that since you have not eaten for 20 hours, you would have a tendency to overeat, and find it hard to sleep on a full stomach.

5. The 14/10 method

This is a variant of this 16/8 method. You consume for 10 hours and fast during the rest 14 hours. To put it differently, you consume from 9:00 AM till 7:00 PM. The remainder of the day, you abstain from food. This manner of fasting is a little simpler than the other ones if you're not used to fasting or so are used to snacking during the day, this fasting system could function as an introduction to alternative, tougher methods of fasting. Since the fasting period is just 14 hours, and it happens during the nighttime when you're asleep, you're not as prone to go through the normal side effects of fasting, like hunger pangs, headache, irritability, etc.

6. The 24-hour method (Eat-Stop-Eat):

Once a week (or twice, if you are up to it), you fast for 24 hours. To put it differently, after dinner, you do not eat anything until dinner time the next day. This technique demands discipline so you should not attempt this way unless you have tried other simpler means of fasting (such as 12/12, or 14/10). Studies show that 12 months of Eat-Stop-Eat fast (ie fasting for a minimum of one day per week for 12 months) is a proven way to lose weight whilst preserving lean muscle mass. This method helps decrease inflammation and nourishes cells. But only people that are physically and emotionally healthy should attempt fasting this way because fasting for 24 hours is well proven to trigger nausea, and other issues with individuals with eating disorders.

7. The alternate-day method

You eat one day and fast the next one. If you aren't used to fasting, this is sometimes very difficult, so on fasting days, you may choose to eat very light meals, provided you don't exceed 500 calories per day. The major challenge with this kind of fast is to not overeat on the non-fasting days as that will spoil the fast. There's also a "modified" version of this fast, according to which you can consume up to 500 calories a day on the fasting days. Until you get used to not eating for 24 hours, it's better to try fasting by simply reducing your caloric intake.

On fasting days you're allowed as much water or herbal tea as you'd like. The great news with this type of fast is that it is possible to lose a good deal of weight if you mix it with endurance exercises. However, people respond differently to this type of fast. With some, hunger gradually disappears after a week or so, while with others it stays the same. The main benefits of this fasting method are that it can help you reduce your belly fat as well as decrease your blood pressure, LDL cholesterol and

blood triglycerides.

8. The OMAD method (23:1 diet)

OMAD stands for One-Meal-a-Day-Diet. This is a modern version of the Warrior Diet. With this method, you fast for 23 hours and take all of the food you will need for that day in one-hour window span. But this fast might not be suitable for everyone. Individuals with chronic digestive issues (for instance ulcers) or people on drugs shouldn't ever attempt to fast this way. Same goes to pregnant or nursing women. On the other hand, the OMAD strategy may suit individuals that are extremely busy, or just too lazy to prepare three healthy meals every day. For these, it might be much easier to plan for a huge meal compared to plan for breakfast, lunch, and dinner. This might not be a very healthy way of eating but many studies reveal that eating during the day doesn't boost metabolism and promote weight-loss as was believed until recently.

From the pros and cons of OMAD way of eating, it's easy to see who would benefit from this dietary plan.

5 advantages of the OMAD Fast:

- You save time since you prepare fewer foods
- You save money since you've got fewer foods
- You experience fewer energy surges
- You've got more energy throughout the day and therefore are more productive
- You are able to consume as much as you wish to throughout the "eating" hours. This way, you are sure you stay full during the day

Disadvantages of OMAD:

- OMAD may not suit everybody
- You may have to supplement your diet with multivitamins

- You may end up eating too much since you have been without food the entire day
- You may experience digestive pressure because of a large amount of food
- You may feel tired after each huge meal
- You may feel hungry and nervous through the day
- You may experience low blood glucose levels

9. The Crescendo method

This is a variant of the Alternate Day Fasting. In accordance with this method, you fast a couple of days every week, rather than fasting for a certain number of hours daily. This fast is very beneficial for women since it was created with the specific needs of the woman's body in mind. We know that weight loss or gain has more to do with hormones than calories and the Crescendo method aims to maintain the hormonal balance. In other words, weight loss on Crescendo diet is made easy particularly since healthy energy levels are maintained throughout the day.

The Crescendo fasting way is predicated on fasting on alternative days per week, ie 2 or 3 times each week. Consequently, if you begin your fast on Monday, the next days of fasting for you are on Wednesday and Friday. Crescendo fasting acquired its name because you gradually increase the fasting schedule. In this way, you prevent the unnecessary strain of depriving your body of nourishment before it had a chance to get used to a new dietary protocol.

This means that if, for example, you stop eating at 7:00 PM, you should not take any food or caloric beverage until at least 7 o'clock the following morning. As for workouts, on the fasting days, it's best to do only gentle exercise, like yoga, walking, cycling, light cardio exercise, etc. On the days when you are not fasting, you can engage in more intense workouts, like strength

training, weight lifting, etc. In other words, you start by fasting for only 12 hours a day, one day a week. Gradually, you increase the number of fasting hours to 14. At the same time, when you're ready, but only after you've been fasting for two weeks, you increase the number of fasting days from one day a week to two days, then three, then four, etc. That way, you will gently ease yourself into fasting every day for 14 hours a day, having a 10-hour eating window.

Regardless of which day of the week it is, ie whether you are fasting or not, keep yourself hydrated by drinking at least 2 liters of natural spring water daily.

A Word of Caution:

The reason Crescendo fasting is growing ever more popular with women is the fact that it results in a healthful and effortless weight loss with many health benefits one reaps from fasting. But when you've got irregular menstrual cycles or specific eating disorders, then this type of fasting might not be good for you. If that's the case, I strongly suggest that you consult with a dietitian or a medical practitioner who'd suggest a fasting program that will agree with your specific situation.

10. The restricted fasting

Intermittent fasting protocol is not cast in stone. We live in a very busy and increasingly chaotic and stressful world which means that our environment and personal circumstances often dictate our eating and living habits. Therefore, if you want to try intermittent fasting but for whatever reason believe that you'd be unable to stick to any of the above fasting methods, you can try the restricted fasting method. According to this method, you refrain from food for as many hours a day as you can - 12, 16, 18, etc - and eat during the remaining hours. You choose the number of hours, 12 being the minimum. Needless to say, whichever method of fasting you choose, try to eat a balanced diet with lots of fresh

and slightly cooked vegetables, healthy fats, and enough protein to meet your nutritional requirements.

11. The spontaneous eating strategy

You fast for as many days a week as you want to. Ideally, this should be daily. On those days, all you need to do is skip certain meals, like breakfast, lunch or dinner. This style of fasting suits those who lead chaotic lives and for some reason find it difficult to plan their meals in an organized fashion. So, every day, you choose which meal you skip. If you ate late or had a particularly big meal the previous evening, the easiest and healthiest thing to do would be to skip breakfast. Or, if you are too busy at lunchtime, simply skip lunch. Or, if you had a late or big lunch, you may decide to skip dinner.

Dr. Sebi Dieting, Fasting and the Female Body

The nutritional needs of women are very much different from men. As women, our bodies are very different physiologically, psychologically and emotionally. Our hormones rush with a gush of ambience. Our bodies so tender and delicate. And so, we respond differently to diet and fasting. Weight gain and aging are more often than not, inevitable consequences. Aging in particular, comes with its challenges and one of such is the onset of health problems and disease. But weight gain or aging should turn us off from the remarkable milestones we achieve as we age.

And that's because growing older is one of life's greatest milestones. Every year we mark our birthdays and reminisce on how far we've come, it's something to reflect on and thank God for. Aging shouldn't always come with worries, especially health

inclined ones. While we may face many health, emotional or financial challenges, as we grow older, it can be the best time of our lives. Loss of youth is compensated for by increased maturity, self-confidence, experience, and socio-economic stability.

Our bodies change as we age and so do our nutritional requirements. We begin to lose muscle mass much faster than ever before and the first signs of aging from wrinkled skin begin to set in. These changes that take place puts us at greater risk to disease than ever before.

Going healthy becomes a no-brainer as we need to compensate for the changes we go through. Unfortunately, it is after we have started showing signs of ill health or start gaining excess weight that we begin to think health. Weight gain is particularly common for women because as we age, we begin to have lower hormone levels and this affects the way we metabolize food, and accumulate fat. Our bodies now become less able to absorb nutrients from food and this means that, even if you eat healthy as you age, you are getting fewer nutrients from food than you think you are. For all these reasons, women should take a critical look at our diet as it needs to be very much different from the diet of men or kids.

Although a healthy diet is paramount regardless of what gender or age group you are, it is particularly important for women after menopause. From now on, women should start planning their meals more carefully to make sure they get all the nutrients that a post-menopausal body requires. One reason a healthy diet is so important at this age is that it helps prevent many diseases that affect women over age 50, ie osteoporosis, high blood pressure, heart disease, diabetes, and some types of cancer. So, to compensate for major hormonal changes taking place in the body, postmenopausal women should make an effort to improve their diet to meet their new requirements.

And so while we begin to show the first signs of aging, we must begin to pay attention to how we live and what we eat, because our nutritional requirements change along. A healthy diet is non-negotiable, as these need to compensate for both physiological and emotional changes. And so, here in comes intermittent fasting on the Dr. Sebi Diet. One big reason intermittent fasting has become quite popular is that it is a very natural and time-tested way of healing and rebuilding the body. I used intermittent fasting to change my health and destiny for the better.

On one hand, several studies have proven that fasting not only helps with shedding stubborn pounds, but can also help with preventing, slowing down or even reversing conditions like high blood pressure, diabetes, cancer and many neurodegenerative disorders.

There are different methods of intermittent fasting and the best one is the one your body can best adapt to. My all-time favorite remains the 16/8 method. Although, we are all individually unique, a method that helps you heal or lose weight may not work for someone else. So, it all begins with understanding your body and then testing for the method that best suits you. But in all, do not be afraid to try intermittent fasting. The benefits are too numerous to mention. Sit back and be confident about going without food for occasional periods of time, half a day, every day! Intermittent fasting promotes fat burning, weight loss and also boosts self-healing by triggering autophagy, a process of elimination of sick, dead and old cells.

However, to succeed with intermittent fasting you will need a bit of self-discipline. Perhaps Mahavira, the founder of Jainism, summed it up best when he said, "Start the practice of self-control with some penance; begin with fasting."

The Role of Hormones in Dieting and Fasting

Hormones are what differentiates men from women. They are secreted by various glands and men and women have the same hormones except for the sex hormones, i.e. estrogen and progesterone in women, and testosterone in men. However, men also make estrogen and progesterone although in a small amount, and women also make small amounts of testosterone. Hormones are very important for a woman's health because they affect both a woman's physiology and psyche. This is why there are conditions that women are much more likely to experience than men, like migraine headaches, mood swings and PMS syndrome, depression, autoimmune disorders, infertility, etc. All these conditions can be caused, or made worse, by hormonal fluctuation. However, although estrogen and progesterone are the most important hormones because they influence a woman's reproductive health, other hormones affect other aspects of a woman's life, i.e. her energy level, weight, mood, etc. As hormones play such an important role in woman's health, many people wonder if fasting may affect the hormonal balance. In other words, if a woman suffers from certain conditions, like adrenal fatigue or irregular cycles, how safe is it for her to fast? We'll find out shortly.

Insulin

What's insulin and also why is it important?

Insulin is a hormone made by the pancreas. The moment you consume some food and it is broken down, the pancreas produces insulin. The sugar (glucose) that the food contains is transported to your blood which then transports it to your cells. Glucose provides your cells with the fuel that they will need to function

well and the most important purpose of insulin is to notify your cells there's sugar available that they can use.

If you don't have insulin, like when you have diabetes, your cells can't absorb glucose so it remains in your bloodstream. After a while, as you introduce more glucose into your system with food, your body has to “move” the glucose that's already in your bloodstream somewhere, so it stores it as fat. If your insulin levels are normal when your cells absorb glucose, you get the energy you need to keep going and the glucose is not stored as fat.

Insulin Resistance happens when your cells refuse to absorb sugar, so this sugar stays in the blood and is finally stored as fat. But what makes this scenario worse is that when your cells "refuse" to take up glucose, your pancreas continues to produce more insulin so as to send a much more powerful signal to your cells that there's glucose available and they ought to utilize it. Occasionally this extra signal works but often does not. This can go on for some but eventually, your pancreas will become exhausted with repeated insulin production and will stop producing it. This is how you get insulin deficiency, pre-diabetes, and diabetes.

When your pancreas stops producing insulin, the human body becomes unable to utilize the glucose as the fuel its own cells will need to work well. On the flip side, the glucose that's stuck in your blood (since your cells can not absorb it) frequently contributes to high blood glucose. If it goes on for quite a while and becomes chronic, it easily results in diabetes. When untreated, this condition may result in additional complications in the nervous system, kidneys, eyes, and other organs. In acute cases, absence of insulin and decreased capacity to utilize glucose as a source of energy may result in a dependence on fat stores as the primary and only source of energy. The metabolism of these fats can create ketones which are released into the blood, and which may result in a serious condition known as *ketoacidosis* .

Ketoacidosis is among the complications of diabetes. This life-threatening condition is the consequence of super elevated levels of blood glucose and ketones. So, it cannot be stressed enough how important keeping healthy insulin levels is.

Not only because it protects you against diabetes but also because insulin plays some very significant roles in our own body.

Overall, Insulin can help;

1. Control blood sugar levels
2. Fix muscular damage after an injury
3. Regulate the action of enzymes
4. Maintain healthy levels of Triglycerides
5. Improves brain function and Enhances memory and learning
6. Cells Can't consume amino acids and Potassium without nourishment
7. In the case of hyperglycemia (excess glucose in the blood), insulin ensures that this extra sugar is stored as fat that your body will be able to utilize occasionally when it requires more energy.
8. Regulate excretion of sodium (salt) and Fluid quantity in the urine.
9. Helps muscles increase in size and strength by supplying essential amino acids into the cells

It is odd that although insulin resistance may result in a lot of serious health issues, a lot of women aren't even aware they're insulin resistant and live with this condition for several years, sometimes their whole lives. They attempt to cope as best as they can on a minimum of energy. The trouble is that insulin resistance ordinarily doesn't trigger any symptoms and those that it does may be symptoms of other ailments. That is the reason why this illness often goes undetected and untreated.

Some of the most typical indicators of insulin resistance include:

- Acne
- Belly fat
- Fatty liver disorder
- Feeling hangry (famished + mad)
- Fluid retention (swollen ankles)
- High blood pressure
- Persistent fatigue
- Polycystic ovarian cysts
- Scalp hair loss in women
- Sugar and carbohydrates cravings
- Trouble focusing

If you have only one or two of these symptoms, you should not worry. However, if you have had a number of these symptoms for some time, it is ideal to find a physician especially if you're thinking about intermittent fasting.

Ghrelin

What's Ghrelin and how does it influence your health?

The Majority of us understand how difficult it is to lose weight and how much harder it is to maintain it. Studies indicate that many dieters regain all of the weight they have lost within a year. This occurs because of ghrelin, one of the hormones that regulate your body's appetite and that makes it easy or difficult to lose weight. Ghrelin, or the so-called "hunger hormone" plays an integral part in the process of weight loss since it signals to your brain that it is time to eat. Ghrelin levels are high once you're hungry, or are on a diet or a fast, and that is the reason it's so tough to lose weight. Ghrelin is produced from the gut and secreted while the stomach is empty. It moves into the blood and is transported to your brain where it tells your brain to become

hungry. The major role of ghrelin is to boost appetite and encourage you to eat more and if at all possible, store it as fat. As you can guess, this is one of the biological processes essential for survival. What this also means is that when you are fasting, you are doing something your body doesn't see as "normal" and will fight it the best it can. The higher the level of ghrelin, the hungrier you're. The lower the amounts, the fuller you feel and the easier it becomes to consume fewer calories. Ghrelin also plays a main role in how it impacts your sleep/wake-up cycle, reward-seeking behavior, flavor sensation, as well as carbohydrate metabolism. The way your system modulates Ghrelin is vital for Health and especially the way you lose weight. But, irrespective of how lean or obese you might be, ghrelin levels grow and also make you hungry once you go to a diet fast. This can be a natural reaction by your own body, whose job is to safeguard you from starvation and also make you to eat as much as possible.

Another hormone that affects you as soon as you diet or quickly is leptin. During a diet, your appetite usually increases (thanks to ghrelin) while the levels of leptin, the so-called "fullness hormone" go down. One other important thing is that your metabolism decreases, particularly in the event that you live on a low-carb diet for a long time. Another interesting fact regarding the functioning of ghrelin is that what often happens is that eating more makes you hungrier while eating less makes you less hungry. And this is exactly what everybody on a daily diet strives to attain – to come to a point when a person doesn't feel as much hungry. This is essential because when you're less hungry, you eat less and should you consume less, it is much easier to reduce weight.

A study showed that over 3 days of fasting, ghrelin levels gradually decrease. This implies that as the fast progresses, you feel less hungry even when you have not eaten for 3 days. What

we can conclude from this is that the appetite hormone doesn't increase to very substantial levels during a fast. In fact, it rises initially but then begins to fall, which is precisely what we need. But what also occurs through a fast is your cortisol levels go up. This isn't surprising since we encounter a rush of cortisol if we encounter physical or psychological stress, and going without meals is absolutely a type of stress. However, this also suggests that in the event that you've got a cortisol problem, conventional fasting might not be a fantastic idea. That's the place where the milder intermittent fast may help you. Another fascinating finding in this research is that ghrelin also appears to foster the development of new brain cells and guard them from the consequences of aging. This is most likely why many women assert that fasting helps stay mentally sharp. This I can testify to. Whenever I want to do very heavy mental work like writing or working on my website and blog. I prefer not to eat before doing so. And I notice I'm more productive that way.

From laboratory experiments, we know that animals on reduced-calorie diets have better mental abilities and ghrelin could be one of the reasons. Studies show that when laboratory animals are injected this hormone, their learning and memory improve. What's amazing about these findings is that this could affect the way neurodegenerative conditions, such as Parkinson's, are treated. When 28 volunteers with Parkinson's disease were tested in an experiment, it turned out they all had reduced levels of ghrelin in their blood compared to people who didn't have the condition. This suggests that ghrelin could be used as a treatment for Parkinson's and similar degenerative disorders.

Is there a way to raise your natural ghrelin levels? Fortunately, there is and one of the easiest ways of doing this is to adopt a 5/2 intermittent fasting method where you eat normally for five days and take only 500 calories per day on the days when you fast.

However, please keep in mind that new brain cells may take from a few days to a few weeks to start working, so don't expect intermittent fasting to produce immediate results.

How intermittent fasting influences hormones:

- Insulin, ghrelin, and leptin

All these are the so-called "appetite and fat-storing hormones". Intermittent fasting can help you enhance the hormones which influence your appetite, metabolism, and blood glucose. It could also assist you to reduce insulin resistance and hence decrease your risk of diabetes. In any case, fasting impacts the appetite hormone, ghrelin, but what is fascinating is when ghrelin is released, it boosts serotonin levels in the brain, so fasting can also enhance your cognitive function.

- Estrogen and progesterone

It is well-known that men cope better with fasting. One of the reasons is that women have more kisspeptin than men and this protein makes them more sensitive to fasting. That is the reason some women miss their periods while fasting or become hormonally unbalanced overall. But this does not affect all women and lots do good on intermittent fasting. However, muscular or athletic women, as well as women with low body fat percentage must be conscious of the fact that intermittent fasting may raise the chances of irregular menses and lower their likelihood of conceiving. But, what should women who are not coping with intermittent fasting do if they are keen to try fasting? Such individuals should gradually introduce fasting into their diet, like they can try the Crescendo fasting method.

Fasting a La Crescendo:

- Fast for two non-consecutive days per week (like Monday and Friday)- On fasting days, do not do any strenuous exercise however you can stick to light walking or

Yoga

- Fast for A fast of 12 to 14 hours

- After about two weeks, try incorporating another fasting day (for example Monday, Wednesday, and Friday)

- *Thyroid hormones (T3 and T4)*

Many conditions influence the thyroid gland and just as many reasons why they occur. Depending on what type of thyroid dysfunction you have, your body may respond to fasting in a way that could make your condition worse, so it's best to fast under supervision. So, what should you do if you have a problem with any of these hormones, but are keen to try intermittent fasting? The best thing to do is to gradually introduce fasting into your life and monitor how you feel.

Two easy ways you can start intermittent fasting include:

- One of the easiest ways to fast is 12/12. Your last meal should be at 6:00 PM and you should not eat until 6:00 AM the following morning. This way, by the time you wake up in the morning, you will have fasted for 12 hours. Once you get used to this routine, you may want to try and postpone the breakfast till 7, 8 or 9 AM. Which is when this fast becomes a 16/8 method.

- *Cortisol*

Cortisol is your stress hormone that is secreted by your adrenal glands. If stress is a way of life for you and cortisol is being pumped to your blood nonstop, your adrenals will gradually become tired leading to adrenal fatigue. Although still not recognized as a condition by conventional medicine, adrenal fatigue syndrome is spreading quickly and impacts even those in their early 20s. Although a lot of things that lead to adrenal exhaustion are outside your control, such as job insecurity, rising living expenses, the strain of competition, etc. there are still lots of things you are able to do to alleviate the strain your adrenals are vulnerable to. When you have adrenal fatigue, your cortisol

levels have high when they ought to be lower, or are reduced when they ought to be high. Generally, individuals with circadian rhythm dysfunction find it hard to adapt to intermittent fasting. But if you're one of those people but would nevertheless like to attempt intermittent fasting, then try the Crescendo strategy and see how it goes. --

Another easy way to fast is to eat normally for five days and fast for two days a week. On fasting days, you are allowed to take 500 calories a day. Restricted-calorie intake is not as beneficial as fasting, but it still has many benefits that a restricted-calorie diet has. 500 calories could include a small piece of alkaline-grain bread for breakfast, lettuce or spinach and onion salad for lunch, and a bowl of thick soup for dinner. It's not much, but it's three meals. However, if you have any of the above-mentioned disorders, don't despair. If used correctly, intermittent fasting can improve many of these conditions and decrease many symptoms caused by hormone dysbalance, like it can reverse insulin resistance, decrease symptoms of adrenal fatigue, normalize menstrual cycles, decrease anxiety, etc.

What makes intermittent fasting such a powerful healing tool is the process of autophagy that is triggered when you abstain from food for more than 12 hours.

Intermittent Fasting is very helpful with those hormonal issues:

- **Insulin resistance**

Insulin resistance may cause diabetes and a few fertility conditions. Intermittent fasting may raise your insulin sensitivity that will reduce the risk of type two diabetes and fertility issues.

- **Growth hormone**

Without the growth hormone, you cannot burn off fat and fix

muscle mass. throughout the day, you don't allow your body to increase the growth hormone production and repair your muscles. However, when you fast, the growth hormone production is increased manyfold.

- **Reduced cortisol + improved melatonin**

Sleep is necessary for good health that means there has to be a balance between the stress hormone (cortisol -- that boosts activity) and sleep hormone (melatonin, which promotes comfort). Luckily, intermittent fasting is a natural and relatively simple method to balance these hormones - without melatonin, you cannot fall asleep and stay asleep; without cortisol, you have neither the physical nor psychological energy to get up and face the day. This is only one of the very typical hormone imbalances created worse by weight gain, poor sleep, nervousness, and chronic exhaustion.

The Role of Aging

Several recent studies have demonstrated that caloric restriction and fasting may prolong life, although we still do not fully understand how this occurs. But we do understand that if we do not eat for some number of hours, a variety of metabolic processes occur within our body. One of them is that the levels of certain organic compounds, called purine and pyrimidine, increase. The interesting thing is that when purine and pyridine are high, antioxidant levels also become high. Another study showed that as we grow older, we end up with fewer metabolites, however, during fasting, production of metabolites is increased, some 60-fold.

Both of these studies appear to spell out how fasting extends lifespan. The only problem with these studies is that they were carried out on rodents, not people, so more studies are needed

before we can be absolutely certain that fasting prolongs life and slows down aging.

Researchers assume that the greater generation of antioxidants and metabolites probably developed as a survival reaction. During starvation, a person undergoes elevated levels of oxidative stress. By generating higher amounts of antioxidants, the human body is hoping to prevent the damage that free radicals can do to the body system. It may sound incredible, but aging begins around age 30. On the other hand, the tell-tale signals are generally not apparent initially, and they might vary from person to person. In any case, our organs age in various ways, which means that your joints may become less flexible even before you're 30, while your hearing may be good till your 70.

Many factors contribute to at what rate and to what degree you will age, however, the normal signs of aging will be the exact same with everybody. In any case, your general health will determine how aging affects your organs and body.

General Symptoms of Aging:

- There's a small decrease in height
- Urinary incontinence is common in women over 50
- You become prone to disease
- You encounter weight loss because of muscle reduction (in many girls this occurs after 65)
- Your bones break more readily
- Your digestion Gets slower and you are more likely to be constipated
- Your hair grays or ceases growing
- Your memory Gets worse
- Your moves and reactions become Quicker
- Your muscles become stiff or you also may develop arthritis
- Your vision and hearing get gradually worse

- You've got less energy
- You've got wrinkles

Unfortunately, we can't stop aging but we could definitely postpone it via dietary and lifestyle changes. By cutting off the risks of some of the diseases and conditions, you automatically prolong your own life.

How Aging Affects Your Organs and Systems:

- Cells, organs, and cells

Cells gradually become unable to divide, toxins accumulate, connective tissue becomes stiffer

- Heart and blood vessels.

The wall of the heart gets thicker, the heart is not able to pump the same amount of blood, lots of the arteries develop atherosclerosis

- Bones, joints, and muscles

Bones become thinner, joints become stiffer and less elastic, the bone and cartilage in joints begins to weaken, muscle tissue gets weaker

- Digestive system

Food takes longer to be digested as the gut, liver, pancreas, and small gut create smaller quantities of digestive juices

- Brain and nervous system

You will find

Fewer nerve cells from the brain and spinal cord and plaques form in the mind

- Ears and eyes

Eyesight deteriorates, the lenses become less clear, the eardrums get thicker

- Skin, hair and nails

Skin gets thinner and less elastic, sweat glands produce sweat, nails grow more slowly, hair becomes gray or ceases growing

Although aging cannot be avoided, it may definitely be postponed. It's entirely up to you at what rate you'll age and when your vital functions will start deteriorating. Start caring for your health before it is too late and while it's still possible to reverse lots of the age-related diseases.

Chapter 18

Smoothie and Juice Cleanse



Not many people realize how important it is to detox and cleanse the liver. The liver is a vital organ, which means it performs very important functions and that is why we really need to take good care of it. It is not just an important organ; it is a powerhouse of an organ. It fulfills so many functions - in fact, the Liver has over 400 functions! As such, it is very efficient and can filter up to 1 gallon of blood per minute! It carries out a variety of important functions, ranging from breaking down toxins, storing minerals and vitamins and productions cholesterol and bile. So, you see that maintaining liver health is vital for maintaining overall health. But the problem is not many people want to detox or maybe they think detox is a hard thing to do. Well, at the end of this book, you'll not only realize how fun it is to detox with smoothies, but you'll jump on it right away. Yea, I promise you that.

Detoxing the body is key to truly living a healthy and fulfilling life. Because of how important the Liver is, great care should go into keeping it

in good shape. One of the best ways to care for our liver is by diet although there are several other ways which will be discussed in full in the later part of this guide. How we live and what we eat can greatly impact our liver. In fact, diet alone is one of the most important factors for a healthy, and functioning liver. For starters, we must not only watch out for the kind of foods we eat. A healthy alkaline diet based on the Dr. Sebi approved fruits and vegetables must be incorporated daily into our eating habits. In this guide, you'll discover:

- How to determine if you need a detox
- how to carry out the Dr. Sebi 12 Day detox guide
- tips on how to maintain good liver health
- 12 Signs your health is failing and that you need a detox immediately
- 24 Smoothies for Your 12 Day Cleanse
- A daily Detox Plan menu
- Day 1 through Day 12 Smoothie Detox Guide
- Approved Foods for an optimal healthy liver

One of the best ways to do a liver cleanse is to carry out the Dr. Sebi Detox. To cleanse the liver, Dr Sebi recommends carrying out a detox for at least 12 days, once a year. A detox is vital to removing toxins which might have accumulated for long. If we truly want to live a healthier and happier life, we must try to maintain optimal liver health.

The detox cleanse smoothies in this book are extremely delicious, alkaline and electric to provide the best electric nutrition for your liver and body overall.

Over a long period of time, we might cause harm to our liver so much that it becomes inflamed and diseased. This makes it harder for the liver to carry out its normal functions. Consequently, it becomes harder to heal and repair damaged tissues and this ultimately leads to fibrosis. When the damage progresses into scarred tissues, a serious condition called Cirrhosis results. This can ultimately lead to liver cancer and other fatal health conditions. So, it's important to prevent these conditions by occasionally carrying out the Dr. Sebi approved 12 Day detox cleanse.

The Liver as the Powerhouse of the Body

What does the Liver do for you? How important is the liver in daily metabolic processes? Well, we'll find out. The liver has been described as not just the largest organ in the body, but as the Powerhouse of the human body. It carries out several functions spanning across different metabolic phases.

Below are 4 most important functions of the liver and why it's so vital to life:

Functions of the liver

The liver as an important organ of the body cannot be over emphasized. It carries out so many functions but the top 5 functions are described below:

1. As a Blood Cleanser

The Liver cleanses our blood and purifies by way of filtration. That is, our liver filters toxins and other waste products from the bloodstream. So, it basically acts as a filter center where nutrients are absorbed and toxins eliminated to keep the bills clean.

2. As a Shield

The liver helps fight disease by destroying and removing harmful bacteria before it crosses into our gut.

2. As a Fat metabolizer

To break down fat, the liver produces bile. It also helps store glucose for later use as a form of energy

4. As a Storage Tank

The liver acts as a storage tank for almost all the metabolites and nutrients in the body. The liver helps store carbohydrates, fats, protein, vitamins and minerals.

Top 10 Signs You Need an Alkaline Detox and Why You must Act Immediately

Because of how versatile and busy our Liver is, it's easier to get accumulated with toxins while carrying out its functions. So, over time, our liver becomes fatigued and toxic. Usually, there are telltale signals to a failing or fatigued liver and they include:

- Tiredness/fatigue
- Sluggishness
- Poor digestion
- Pain on the right side of the abdomen

- Lack of energy
- Constant Headaches and migraines
- Excess weight gain
- Constant mood swings
- Depression
- Skin Discoloration
- Bloating
- Acne and Breakouts

All these symptoms are a pointer to the fact that your liver health may be in jeopardy however, there is good news. Immediately carrying out a liver detox can greatly diminish these symptoms. I have experienced it severally. In fact, in as little as 3 days, I begin to notice an improved energy and drive. A better mood, improved mental energy and vigor to do things which I'd always procrastinated. You know, you just feel so good about yourself

Overall, a smoothie detox guide will do you better than any harm. There is no excuse with smoothies because in the past, a lot of people complained about how "hard to follow" and unsustainable a standard raw vegetable detox is. That is why the Smoothie Detox is a great option. So, aside from being very simple and convenient, the smoothie detox is made from readily available fruits and vegetables.

Why do I need to Drink liver cleanse smoothies?

These are just a few of the amazing benefits of a liver cleanse:

- Rid the body of toxins
- Shed excess weight
- Improve mood
- Remove liver stones
- Increase energy
- Feel more alive and confident
- Age gracefully and look more youthful
- Cleanse your body

Tips on Maintaining Optimal Liver Health

Taking care of your liver now may prevent certain health problems in the future.

1. Avoid smoking

Smoking not only affects your liver, it puts you at risk for several other diseases. The chemicals in tobacco can damage your arteries, making them narrow and forcing your blood pressure to go up. Secondhand smoke has the same effect. The healthier your current lifestyle is, the longer it'll take you to adopt healthy living habits.

2. Avoid alcohol

It's well-known that heavy drinking raises blood pressure. Men, especially those over 65, should not take more than two drinks a day, and women should take only one. The older you are, the less you should drink.

3. Drink Enough Spring Water

Drinking at least 1 gallon of spring water daily is one of the easiest ways to maintaining a healthy functioning liver. Water helps to flush out toxins which have accumulated. Natural spring water also contains minerals which replenishes the body and are absorbed by the liver. If you find it difficult to take that much water a day, you can try infused water with a quarter teaspoon of key lime juice.

4. Follow the Dr. Sebi Nutrition Guide

Eating only alkaline electric vegan foods is the best way to a good liver Health all year round.

Getting Started as a Beginner

During detox cleanse, the body and most importantly, the digestive tract shuts down and this allows the body to focus more on healing because it's no longer using energy to aid and digestion. The amount of time that you cleanse helps a lot in the healing process, so the longer the fast, the better the results – but it is not the only factor for good results. It's very important to cleanse at least once per year for 7 days if you are consuming an alkaline diet. However, Dr. Sebi recommends detoxing for 12 days on smoothies, juice or raw food. But for the purposes of this book, we will dwell on the Smoothie detox.

How to Do A Natural Smoothie Cleanse

There are several ways that you can detox which include:

- viii. **Water Detox:** In the water fast, you are expected to consume only spring water during a specified time of the detox/cleanse phase.
- ix. **Juice Detox:** This is basically a fast on liquids except water. Liquids such as fruit juices, veggie juices and tamarind come in handy. To juice a fruit or vegetable, simply blend up a fruit or veggie and use a juicer to extract the juice.
- x. **Smoothie Detox:** This basically is a fast on fruits only
- xi. **Raw Veggie Detox:** Fast on raw veggies which you'll have to consume raw

THE SMOOTHIE DETOX

If you choose a smoothie fast, you should only drink smoothies prepared from fruits or vegetables. So, you can do either a fruit smoothie or a vegetable smoothie. Although it is recommended to fast for 7 to 14 days, you can actually fast longer on smoothies. This is especially if your body system is able to tolerate it. However, I recommend fasting for at least 14 days even though our healer Dr, Sebi himself fasted for 90 days on tamarind juice, spring water and cleansing herbs.

How to take Cleansing Herbs

If you are on medication, I recommend that you take the herbs one hour before taking your meds this was actually recommended by Dr. Sebi. Your colon cleansing herbs should not be consumed for longer than 30 days because your body may become dependent on them and you want to start to reduce the dose during your last 3 to 5 days depending on how long you've been taking them.

Routine

- *Twice a day* - morning and night
- *Daily Consistency* - Try to stay consistent both in terms of timing and duration. That is, try not to skew the duration. Make it consistent and take the cleansing herb throughout the duration of the cleanse. For example, for a 14-day cleanse, the cleansing herbs can be taken twice daily, and you should take them around the same time you do take them on both mornings and evenings.
- *Gradual Wean Off* – Just like medications, it is not the best to go cold-turkey when it comes to herbal detox. Towards the end of the duration of the cleanse, wean off your herbs by gradually reducing the dosage and/or duration. The duration of the wean will depend on the length of the fast you choose. For example, for a 1 month fast, I usually start weaning a week towards closure. For a 14 day fast, I begin weaning on day 11 or 12. You can begin the wean by reducing from twice a day to once a day. Or simply take half the dosages each for mornings and night.

It is important you do this because you need to signal to your body to begin to prepare to start functioning on its own – without dependence on the cleansing herbs. And no other way to do this than to take it slow and gradual, without bringing too much “shock” to your body.

What to Expect During the Smoothie Detox

11. Cold and Flu symptoms
12. Changes in Bowel movements
13. Fatigue and Low Energy
14. Difficulty sleeping
15. Itching
16. Headaches
17. Muscle aches and pains
18. Acne. Rashes and break outs
19. Mucus expel (catarrh, etc.)
20. Lower blood pressure

These symptoms are only temporary and usually resolve after the first one to two weeks.

How to Break Your Smoothie Detox Fast

- *Slowly reintroduce solids* : If you are doing a water or a liquid fast, you will need to slowly reintroduce solid foods. You can begin by introducing solids like high water-content fruits. These include watermelon, apples and berries. Thereafter, you can proceed to introduce softer fruit solids like bananas and avocados. Later, you can incorporate more harder solids like veggies. All foods must be listed on the nutrition guide. However, if doing a fruit or raw veggie fast, you can break the fast right away on solid foods.
- *Drink 1-gallon spring water daily* - Drink spring water daily together with the revitalizing herbs and sea moss.

The 12 Day Smoothie Detox Cleanse

THE APPROVED 12 DAY ROUTINE

For each of the 12 days, take smoothies, Sea moss, cleansing herb and 1 gallon of spring water daily. Below have been outlined the smoothies to be prepared and taken daily. So, make sure you take them preferably once or twice daily – morning and evenings. Also, take them in addition to your cleansing herbs, sea moss and 1 gallon of spring water daily. For sea moss gel, ensure you make sea moss gel and have it handy. That's because you will be needing sea moss daily for quite a lot of recipes, and we know sea moss has a considerably longer preparation time. So, prepare as much that can last you one week, and then store in mason jars in the refrigerator.

For Cleansing herbs, make sure you follow the recommended package instructions on how to prepare them. Or you can check out my guide on how to prepare the various cleansing herbs including leaves, roots, powder and capsules.

In the table below, I have outlined a sample plan on how to carry out a smoothie detox for the 12 recommended days. You can adjust accordingly to your tolerance levels and your ability to handle the detox.

DAY 1

Meal	Description	
Smoothie 1	Spicy Raspberry Cleansing Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Tangy Liver Detox Smoothie	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

SMOOTHIE RECIPES

Spicy Raspberry Cleansing Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 0.3 g Fats; 12 g Protein; 18.7 g Carb; 2.5 g Fiber;

Ingredients

- ½ of peach
- ½ cup raspberries
- 2 tablespoons agave syrup
- ½ tablespoon Bromide Plus Powder
- 2 cups spring water

Extra:

- ¼ teaspoon sea salt (Optional)
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Tangy Liver Detox Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 140 Cal; 0.9 g Fats; 1.3 g Protein; 31.8 g Carb; 3 g Fiber;

Ingredients

- 2 oranges, peeled, sliced
- 1 cup shredded lettuce, rinsed
- 2 apples, cored, sliced
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cleansing Herbal Tea Recipe

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring

water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Sea Moss Gel Recipe

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 2

Meal	Description	
Smoothie 1	Triple Berry Banana Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Nutty Date Papaya Smoothie	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Triple Berry Banana Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 130 Cal; 1.5 g Fats; 5 g Protein; 26 g Carb; 4 g Fiber;

Ingredients

- ½ cup strawberries
- ½ cup raspberries
- 1 burro banana, peeled
- ½ cup blueberries
- 1 cup spring water
- 2 tablespoons agave syrup (Optional)

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Nutty Date Papaya Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 152 Cal; 3.6 g Fats; 2.4 g Protein; 33 g Carb; 5 g Fiber;

Ingredients

- 1 papaya, deseeded
- 3 dates, pitted
- 1 burro banana, peeled
- ¼ of key lime, juiced
- 1 tablespoon Bromide Plus Powder (Optional)
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 3

Meal	Description	
Smoothie 1	Dandelion Green Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Tamarind and Cucumber Drink	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Dandelion Green Smoothie



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 317 Cal; 11 g Fats; 10 g Protein; 42 g Carb; 7 g Fiber;

Ingredients

- ½ cup dandelion greens
- ½ of cucumber, deseeded
- ½ apple, cored, deseeded
- ½ burro banana, peeled
- ½ teaspoon Bromide Plus Powder (Optional)

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Tamarind and Cucumber Drink



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 1 cup Dr. Sebi's Herbal Tea
- ½ tablespoon tamarind pulp
- ½ cucumber, deseeded
- 1-ounce arugula
- ½ key lime, juiced
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two

cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 4

Meal	Description	
Smoothie 1	Cantaloupe Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Watermelon Refresher	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Cantaloupe Smoothie



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 114.7 Cal; 0.6 g Fats; 1.8 g Protein; 27.8 g Carb; 1 g Fiber;

Ingredients

- ½ cantaloupe, peeled, deseeded, sliced
- ¼ cup Dr. Sebi Herbal Tea
- ½ of burro banana, peeled
- ½ cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon Refresher



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 55 Cal; 1.3 g Fats; 0.9 g Protein; 9.9 g Carb; 7 g Fiber;

Ingredients

- ½ watermelon, peeled, deseeded, cubed
- 1 tablespoon date sugar (Optional)
- ½ of key lime, juiced, zest

Directions

1. Place watermelon pieces in a high-speed food processor or blender, add lime zest and juice, add date sugar and then pulse until smooth.
2. Take two tall glasses, fill them with watermelon mixture until two-third full, and then pour in coconut water.
3. Stir until mixed and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 5

Meal	Description	
Smoothie 1	Watercress Detox Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Refreshing Smoothie with Figs	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Watercress Detox Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 146 Cal; 10.5 g Fats; 7 g Protein; 7.5 g Carb; 2.5 g Fiber;

Ingredients

- ½ cup watercress
- ½ of avocado, peeled, pitted
- 1 key lime, juiced
- 1 teaspoon Bromide Plus Powder (Optional)

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Refreshing Smoothie with Figs



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 234 Cal; 2 g Fats; 6.1 g Protein; 53.1 g Carb; 5.8 g Fiber;

Ingredients

- ½ of burro banana, peeled
- ½ cup figs
- 2 strawberries
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tablespoon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 6

Meal	Description	
Smoothie 1	Nutty Sea Moss Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Cucumber and Basil Cleansing Drink	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Nutty Sea Moss Smoothie



Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;
Nutritional Info: 100.5 Cal; 0.1 g Fats; 1.7 g Protein; 22.5 g Carb

Ingredients

- 33 g sea moss, rinsed
- 2 cups spring water, warmed
- 1 cup hemp milk, homemade
- 1/4 cup dates

Directions

1. Place rinsed seaweed in a medium bowl, add linseed, pour in the water and let it soak for a minimum of 4 hours until thickened slightly.
2. Drain the soaked sea moss, transfer into a food processor, pulse until the smooth paste comes together, and then refrigerate until required.
3. When ready to drink, transfer 8 tablespoons of sea moss paste into a food processor, add remaining ingredients and then pulse until smooth.
4. Divide the drink evenly between two glasses and then serve.

Cucumber and Basil Cleansing Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 56.1 Cal; 0.5 g Fats; 0.9 g Protein; 12 g Carb; 2 g Fiber;

Ingredients

- 4 cucumbers, deseeded
- 1 bunch of basil leaves
- 2 key limes, juiced
- ½ teaspoon Bromide Plus Powder (Optional)

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 7

Meal	Description	
Smoothie 1	Banana, Pear and Coconut Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Dandelion Zucchini Smoothie	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Banana, Pear and Coconut Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 90 Cal; 0 g Fats; 1 g Protein; 24 g Carb; 3 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups chopped kale
- 1 pear, diced
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Dandelion Zucchini Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 165 Cal; 6.8 g Fats; 8.5 g Protein; 17.3 g Carb; 5.5 g Fiber;

Ingredients

- 3 tablespoons hemp seeds
- 1/3 cup diced zucchini
- 1 cup dandelion greens
- ¼ of a large avocado, peeled, pitted
- 1 ¼ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Colon-cleansing tea 1 (Cascara and Rhubarb root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 2 (Cascara and Prodigiosa)

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 8

Meal	Description	
Smoothie 1	Blueberry-Pie Smoothie	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Papaya and Amaranth Smoothie	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Blueberry-Pie Smoothie



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 302 Cal; 3 g Fats; 11 g Protein; 60 g Carb; 7 g Fiber;

Ingredients

- ¼ cup cooked amaranth
- 1 cup blueberries
- 1 teaspoon Bromide Plus Powder
- 1 burro banana, peeled
- 1 tablespoon walnut butter, homemade (Optional)
- 2 tablespoons date sugar
- 1 cup soft-jelly coconut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
Divide the drink between two glasses and then serve.

Papaya and Amaranth Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;
Nutritional Info: 224.6 Cal; 7.7 g Fats; 7 g Protein; 33.7 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups papaya cubes
- 2 tablespoons date sugar
- 1 cup cooked amaranth
- 2 teaspoons Bromide Plus Powder
- 2 cups hemp milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Colon-cleansing tea 1 (Cascara and Rhubarb root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 2 (Cascara and Prodigiosa)

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 9

Meal	Description	
Smoothie 1	Orange and Banana Drink	Morning
Herbs	Liver-Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Lettuce, Banana and Berries Smoothie	Evening
Herbs	Liver-Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Orange and Banana Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138.5 Cal; 0.6 g Fats; 1.5 g Protein; 35.1 g Carb; 4.7 g Fiber;

Ingredients

- ½ of a burro banana, peeled
- 3 oranges, peeled
- 1 ½ tablespoons Date sugar
- ½ teaspoon Bromide Plus Powder
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Lettuce, Banana and Berries Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 147 Cal; 0.8 g Fats; 3.3 g Protein; 36 g Carb; 4 g Fiber;

Ingredients

- ½ of a burro banana
- ¼ cup blueberries
- 1 cup Romaine lettuce
- 2 tablespoons key lime juice
- ½ cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Colon-cleansing tea 1 (Cascara and Rhubard root)

Place 1 teaspoon each of and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Colon-cleansing tea 2 (Cascara and Prodigiosa)

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 10

Meal	Description	
Smoothie 1	Green Sea Moss Drink	Morning
Herbs	Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Veggie-Ful Smoothie	Evening
Herbs	Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Green Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156 Cal; 1.8 g Fats; 9.4 g Protein; 32.8 g Carb; 10.2 g Fiber;

Ingredients

- 1 apple, cored, diced
- 2 cups kale
- 1 cup cucumber chunks
- 2 cups of coconut water
- 1 key lime, juiced
- 1 tablespoon of sea moss gel

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Veggie-Ful Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 145 Cal; 6 g Fats; 1 g Protein; 25 g Carb; 6 g Fiber;

Ingredients

- 1 pear, cored, deseeded
- ½ cup watercress
- ¼ of avocado, peeled
- ½ cup Romaine lettuce
- ½ of cucumber, peeled, deseeded
- 1 tablespoon date sugar
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth. Divide the drink between two glasses and then serve.

Kidney-cleansing tea 1 (Dandelion and Burdock)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Kidney-cleansing tea 2 (Dandelion and Prodigiosa)

Place 1 teaspoon each of dandelion and Prodigiosa . Boil for 10 minutes in 400 ml of spring

water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 11

Meal	Description	
Smoothie 1	Watermelon, Cantaloupe and Mango smoothie	Morning
Herbs	Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Honey Dew and Arugula Smoothie	Evening
Herbs	Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 oz each) every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Watermelon, Cantaloupe and Mango smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 3.5 g Protein; 30.1 g Carb; 3.2 g Fiber;

Ingredients

- ½ of a large mango, peeled
- ½ of burro banana, peeled
- ½ cup cantaloupe, peeled
- ½ cup amaranth greens
- ½ cup watermelon chunks
- 1 cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Honey Dew and Arugula Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 189.5 Cal; 2.5 g Fats; 1.5 g Protein; 42.6 g Carb;

Ingredients

- 1 large bunch of callaloo
- 1 cup cucumber, deseeded
- 1 large bunch of arugula
- 1 pear, diced
- 6 dates, pitted
- 1 tablespoon of sea moss gel
- ¼ cup key lime juice
- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth. Divide the drink between two glasses and then serve.

Kidney-cleansing tea 1 (Dandelion and Burdock)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Kidney-cleansing tea 2 (Dandelion and Prodigiosa)

Place 1 teaspoon each of dandelion and Prodigiosa . Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 12

Meal	Description	
Smoothie 1	Chamomile Delight Smoothie	Morning
Herbs	Kidney Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Smoothie 2	Banana Sea Moss Smoothie	Evening
Herbs	Kidney Cleansing tea 2	Evening
Spring Water	Drink 2 glasses every 2 hours	Morning until 3 hours before bedtime

Look up recipes in the next section

Chamomile Delight Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 5 g Fats; 3.5 g Protein; 25 g Carb; 8.5 g Fiber;

Ingredients

- 2 burro bananas, peeled
- ½ cup chamomile tea
- 1 tablespoon date sugar
- ½ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana Sea Moss Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 115 Cal; 0.5 g Fats; 2 g Protein; 28 g Carb; 2 g Fiber;

Ingredients

- 1 cup kale
- ½ apple, cored, sliced
- 1 teaspoon sea moss
- ½ of a burro banana
- 1 teaspoon Bromide Plus Powder

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Kidney-cleansing tea 1 (Dandelion and Burdock)

Place 1 teaspoon each of Dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Kidney-cleansing tea 2 (Dandelion and Prodigiosa)

Place 1 teaspoon each of dandelion and Prodigiosa . Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll

get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

Chapter 9

Juicing for Beginners

Replacing your daily coffee with refreshing, vibrant, invigorating, alkalizing and energizing juice may be the best health decision you'll ever make. Better put, fresh alkaline juice can quickly and easily turn things around for you physically, mentally and psychologically. Practically, you will feel like never before. You've probably heard about the alkaline diet. It's a diet based on the concept of acidity and alkalinity of the body. There are hundreds of research published in several journals that generally agree that an Alkaline diet helps reduce mortality and morbidity from disease. But what does anyone care about science so long as they feel better?

We now know that different kinds of food have different effects on our body's pH balance. Because our bodies are in constant homeostasis, when we consume too much acidic foods, our bodies become acidic and vice versa for alkaline foods. Unfortunately, a majority of modern foods are highly acidic in nature - which is partly responsible for the rising rate of disease. When you consume too much acidic foods, you are more likely to slow down your metabolism - you feel fatigued, sluggish, anxious, irritable, gain more weight and become more at risk for developing chronic diseases.

Carrying out a detox is the fastest way for you to regain pH balance that will serve as a spring board for life long health. And although many people do moot the idea of a detox for health, not many people know that juicing is a great way to detox and alkalize your electric body. Below, I've compiled the best electric juice recipes that you can make – and they are quite easy and takes only a couple of minutes to prepare.

The amazing thing about juices is that, it's easy to alkalize your body on them and they can even make up part of your daily meals. They can also act as replacement for unhealthy energy drinks or soda. Just get a good juicer or food processor and make life easy for you and your body.

Chapter 19

Dr. Sebi Alkaline Juicing for Beginners



Not many people know that juicing is one of the easiest ways to incorporate fruits and vegetables into your diet daily. And really, it isn't hard to prepare a glass of juice. Just simply toss in some fruits into a juicer, and push one or two buttons. It doesn't take much time either. And most importantly, the amazing thing about juicing is the variety of combinations that you can create with several Dr. Sebi approved ingredients. Overall, a juice detox will do you good than harm. There is no excuse really because in the past, a lot of people complained about how "hard to follow" and unsustainable a standard raw vegetable detox is. That is why juice detox is a great option. So, aside from being very simple and convenient, juices are made from readily available and approved fruits and vegetables.

Reasons to Get Started on the Dr. Sebi Diet

with Juices

Juicing is one of the easiest ways to incorporate healthy alkaline greens and fruits if you are just getting started. I get a lot of complaints about taking fruits or eating vegetables and all the hassles that come with preparing, incorporating or eating them whole. This is especially so with leafy greens that taste not so sweet. Juicing them and mixing it up with sweeter veggies or fruits will more often than solve this challenge. Another added advantage is that you can mix in your favorite approved sweetener if you find that taking them whole isn't that palatable for you.

Another common challenge is that some persons often complain of increased bowel movement when they take whole veggies or fruits. And I find that juicing them takes away all the fiber that would otherwise have caused bloating or increased gut movement. But it is a rather good thing if you experience it by the way. However, if you find that you can't handle the discomfort. I recommend starting out with juices.

Getting Started as A Beginner

As a beginner, I recommend starting with fruit juices, and then gradually working your way up to veggie juices and raw veggies. For fruits, Apples, Berries and Melons are good choices for beginners; and then you can gradually add up veggies like Cucumber and Kale. The good thing is that these are healthy alkaline fruits and veggies that would benefit not only your liver but your body and overall health. When incorporating leafy greens, watch out for veggies that taste nasty such as Kale or watercress, and try to mix it up with sweeter veggies like cucumbers and a teaspoon or more of Dr. Sebi approved sweeteners.

Nonetheless, fruits are awesome and great option for people who find veggies unpalatable. They are sweet and alkaline as well. You can begin with fruits and then later, incorporate veggies in equal ratios. Once you begin to get used to the taste, you can include more veggies in higher ratios.

Some leafy greens can taste quite nasty if you overdo it. Always add some sweet fruits to your green juices to balance the taste. Before we delve into the approved alkaline juices for detox, let's take a look at the best food ingredients to incorporate in our juices.

Approved Ingredients for Alkaline Juices

Fruits

High water content fruits such as watermelons, berries, apples, plums, papayas and oranges are easily good ingredients for juicing. But that does not exclude other fruits for use as juice ingredient.

Leafy Greens

Leafy vegetables like kale, watercress, swiss chard, etc. are some of the best alkaline veggies you would want to incorporate into your juices. They are not only healthy; they are one of the best alkalizing foods out there. Juicing them is a great way to detox and cleanse the liver and colon.

Spices

Most of spices and seasonings listed on the nutritional guide can be added to juices but notable amongst them that is often commonly used are Cayenne, thyme, Basil and cloves.

Flavors

Juices can be flavored with sea salt and approved sweeteners. Other salty flavors such as sea weed and kelp are often used. Approved sweeteners include Agave syrup and date sugar

Herbs

Herbal ingredients are sometimes incorporated into juice to give it some added benefits. For example, herbs such as Dandelion and Chamomile could be added to an apple juice mix or elderberry syrup (made from cooking and draining elderberry fruits) can be added to any berry mix juice.

Dr. Sebi Supplements

You can incorporate Dr. Sebi cell food supplements into your juices. Supplements like Bromide plus and green food are great options. Although this is optional, it can serve as a great supplementation for added minerals needed during your fast.

Often Confused Juicing Ingredients that are not Dr. Sebi Approved

While its common to see a lot of misinformation flying around about certain ingredients that are supposedly Dr. Sebi approved, it is important to clear the air regarding these so-called health ingredients. As noted by Dr. Sebi, many of these ingredients are hybrids and acidic but unfortunately, they are often touted as healthy foods and even recommended for use as juice ingredients. They include:

- Wheatgrass
- Turmeric
- Spirulina & Chlorella
- Parsley
- Lemons
- Ginger
- Celery
- Carrots
- Beets

Always avoid these foods as they could be detrimental to your alkaline health journey and to your health overall. There is a code I use to remember when I was first starting out with the Alkaline vegan diet. I used code **WTSP LGCCB** representing turmeric, Spirulina & Chlorella, Parsley, Lemons, Ginger, celery, Carrots, Beets. I always interpreted the code to mean “*Wait, Try Skip Parsley Lemons Ginger Cos they Create Bad Health*” which was much easier for me to remember as a beginner.

Top 10 Reasons You Need an Alkaline Juice Detox

Because of how versatile and busy our Liver is, it's easier to get accumulated with toxins while carrying out its functions. So, over time, our liver becomes fatigued and toxic. Usually, there are telltale signals to a failing or fatigued liver and they include:

- Tiredness
- Sluggishness
- Poor digestion

- Pain on the right side of your abdomen
- Lack of energy
- Chronic Headaches and migraines
- Excess weight gain
- Constant mood swings
- Depression
- Skin Discoloration
- Bloating
- Acne and Breakouts

All these symptoms are a pointer to the fact that your liver health may be in jeopardy however, there is good news. Immediately carrying out a liver detox can greatly diminish these symptoms. I have experienced it severally. In fact, in as little as 3 days, I begin to notice an improved energy, better mood, improved mental energy and vigor to do things which I'd always procrastinated. You know, you just feel so good about yourself.

Overall, a juice detox guide will do you better than any harm. There is no excuse with juices because in the past, a lot of people complained about how "hard to follow" and unsustainable a standard raw vegetable detox is. That is why the juice Detox is a great option. So, aside from being very simple and convenient, it is made from readily available fruits and vegetables.

Why do I need to Drink liver cleanse juices?

These are just a few of the amazing benefits of a liver cleanse:

- Rid the body of toxins
- Shed excess weight
- Improve mood
- Remove liver stones
- Increase energy
- Feel more confident
- Age gracefully and look more youthful
- Cleanse your body

Tips on Maintaining Optimal Liver Health

Taking care of your liver now may prevent certain health problems in the future.

1. Avoid smoking

Smoking not only affects your liver, it puts you at risk for several other diseases. The chemicals in tobacco can damage your arteries, making them narrow and forcing your blood pressure to go up. Secondhand smoke has the same effect. The healthier your current lifestyle is, the longer it'll take you to adopt healthy living habits.

2. Avoid alcohol

It's well-known that heavy drinking raises blood pressure. Men, especially those over 65, should not take more than two drinks a day, and women should take only one. The older you are, the less you should drink.

3. Drink Enough Spring Water

Drinking at least 1 gallon of spring water daily is one of the easiest ways to maintaining a healthy functioning liver. Water helps to flush out toxins which have accumulated. Natural spring water also contains minerals which replenishes the body and are absorbed by the liver. If you find it difficult to take that much water a day, you can try infused water with a quarter teaspoon of key lime juice.

4. Follow the Dr. Sebi Nutrition Guide

Eating only alkaline electric vegan foods is the best way to a good liver Health all year round.

The Juice Detox



During detox cleanse, the body and most importantly, the digestive tract shuts down and this allows the body to focus more on healing because it's no longer using energy to aid digestion. The amount of time that you cleanse helps a lot in the healing process, so the longer the fast, the better the results – but it is not the only factor for good results. It's very important to cleanse at least once per year for 7 days if you are consuming an alkaline diet.

How to Do A Natural Juice Detox

There are several ways that you can detox which include:

- xii. **Water Detox:** In the water fast, you are expected to consume only spring water during a specified time of the detox/cleanse phase.
- xiii. **Juice Detox:** This is basically a fast on liquids except water. Liquids such as fruit juices, veggie juices and tamarind come in handy. To juice a fruit or vegetable, simply blend up a fruit or veggie and use a juicer to extract the juice.
- xiv. **Smoothie Detox:** This basically is a fast on fruits only
- xv. **Raw Veggie Detox:** Fast on raw veggies which you'll have to consume raw

For the purposes of this book, we will dwell on the Juice detox. On a juice detox, you would only drink juices prepared from fruits or vegetables or juice from tamarind – a juice made from the pulp of the tamarind tree fruit. So, you can do either a fruit juice, vegetable juice or tamarind juice detox. Although it is recommended to detox for 7 to 14 days, you can actually detox longer on other types such as smoothies or raw veggie detox. A 7-day juice detox is recommended although if your body is able to handle longer detox, by all means, go ahead. Dr. Sebi himself fasted for 90 days on tamarind juice, spring water and cleansing herbs.

How to take your Cleansing Herbs

If you are on medication, I recommend that you take the herbs one hour before taking your meds as this was actually recommended by Dr. Sebi. Your colon cleansing herbs should not be consumed for longer than 30 days because your body may become dependent on them and you want to start to reduce the dose during your last 3 to 5 days depending on how long you've been taking them.

Routine

- *Twice a day* - morning and night
- *Daily Consistency* - Try to stay consistent both in terms of timing and duration. That is, try not to skew the duration. Make it consistent

and take the cleansing herb throughout the duration of the cleanse. For example, for a 14-day cleanse, the cleansing herbs can be taken twice daily, and you should take them around the same time you do take them on both mornings and evenings.

- *Gradual Wean Off* – Just like medications, it is not the best to go cold-turkey when it comes to herbal detox. Towards the end of the duration of the cleanse, wean off your herbs by gradually reducing the dosage and/or duration. The duration of the wean will depend on the length of the fast you choose. For example, for a 1 month fast, I usually start weaning a week towards closure. For a 14 day fast, I begin weaning on day 11 or 12. You can begin the wean by reducing from twice a day to once a day. Or simply take half the dosages each for mornings and night.

It is important you do this because you need to signal to your body to begin to prepare to start functioning on its own – without dependence on the cleansing herbs. And no other way to do this than to take it slow and gradual, without bringing too much “shock” to your body.

What to Expect During the Juice detox

21. Cold and Flu symptoms
22. Changes in Bowel movements
23. Fatigue and Low Energy
24. Difficulty sleeping
25. Itching
26. Headaches
27. Muscle aches and pains
28. Acne. Rashes and break outs
29. Mucus expel (catarrh, etc.)
30. Lower blood pressure

These symptoms are only temporary and usually resolve after the first one to two weeks.

How to Break Your Juice Detox Fast

- *Slowly reintroduce solids* : If you are doing a Juice detox, you will need to slowly reintroduce solid foods close to the end of the detox phase. You can begin by introducing solids like smoothies and high water-content fruits. Thereafter, you can proceed to introduce softer fruit solids like bananas and avocados. Later, you can incorporate more harder solids like veggies. All foods must be listed on the nutrition guide.
- *Drink 1-gallon spring water daily* - Drink spring water daily together with the revitalizing herbs and sea moss.

The 7 Day Juice Detox Cleanse

THE APPROVED 7 DAY ROUTINE

For each of the 7 days, take juices, sea moss, cleansing herbal teas and 1 gallon of spring water daily. Below have been outlined the juices to be prepared and taken daily. So, make sure you take them preferably once or twice daily – morning and evenings. Also, take them in addition to your cleansing herbs, sea moss and 1 gallon of spring water daily. For sea moss recipes, make sure you make sea moss gel and have it handy. That's because you will be needing sea moss daily for quite a lot of recipes, and we know sea moss has a considerably longer preparation time. So, batch-prepare as much that can last you at least one week, and then store in mason jars in the refrigerator.

For Cleansing herbs, make sure you follow the recommended package instructions on how to prepare them. Or you can check out my guide on how to prepare the various cleansing herbs including leaves, roots, powder and capsules.

In the table below, I have outlined a sample plan on how to carry out a juice detox for the 7 recommended days. You can adjust according to your tolerance levels and level of toxicity.

DAY 1

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Dandelion Revitalizing Drink	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Sweet Apple Berry Juice	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 1	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 1	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

Look up recipes in the next section

Juice Recipes

Dandelion Revitalizing Drink



Serving: 2;

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142.5 Cal; 5.1 g Fats; 5.3 g Protein; 26.8 g Carb;

Ingredients

- ¼ cup blueberries
- ½ of a large bunch of dandelion greens
- ½ cup watercress
- 1 tablespoon Bromide Plus powder (Optional)
- 1 cup of soft-jelly coconut water
- 2 tablespoons key lime juice

Directions

1. Plug in a high-speed food processor or Juicer and add all the ingredients in its jar.
2. Cover with its lid and juice. Divide the drink between two glasses and then serve.

Sweet Apple Berry Juice



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147.7 Cal; 0.7 g Fats; 5 g Protein; 34 g Carb; 4.1 g Fiber;

Ingredients

- ½ cup blackberries
- ½ cup raspberries
- 2 dates, pitted
- ¾ cup of coconut water

Directions

1. Plug in a high-speed food processor or Juicer and add all the ingredients in its jar.
2. Cover with its lid and juice.
3. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 1



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147.7 Cal; 0.7 g Fats; 5 g Protein; 34 g Carb; 4.1 g Fiber;

Ingredients

- ½ cup tamarind
- ¾ tablespoon key lime juice
- 1 cup spring water

Directions

1. Wash tamarind and boil in spring water
2. Sieve and add key lime juice
3. Serve

Cleansing Herbal Tea Recipe

Cleansing tea 1

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Cleansing tea 2

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Sea Moss Gel Recipe

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is.

DAY 2

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Berry Mix Drink	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Cleansing Apple Raspberry Drink	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 2	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 2	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

Look up recipes in the next section

Berry Mix Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 1.5 g Fats; 5 g Protein; 26 g Carb; 4 g Fiber;

Ingredients

- ½ cup strawberries
- ½ cup raspberries
- ½ cup blueberries
- 1 cup spring water
- 2 tablespoons agave syrup (Optional)

Directions

4. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
5. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
6. Divide the drink between two glasses and then serve.

Cleansing Apple Raspberry Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 6.8 g Fats; 8.5 g Protein; 17.3 g Carb; 5.5 g Fiber;

Ingredients

- 1/3 cup raspberries
- 2 apples, chopped
- 1 tablespoon date sugar
- 1 cup spring water (as needed)

Directions

4. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
5. Cover the jar with its lid and then juice.
6. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 2



Serving: 1;

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 1 cup Dr. Sebi's Herbal Tea
- ½ cup tamarind
- 1 cucumber, deseeded
- ½ key lime, juiced
- ¼ teaspoon salt
- ½ cup spring water

Directions

3. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
4. Cover the jar with its lid and then juice. Divide the drink between two glasses and then serve.

Cleansing tea 1

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Cleansing tea 2

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is.

DAY 3

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Dandelion Green Drink	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Watermelon Refresher	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 3	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 3	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

*Look up recipes in the next section

Dandelion Green Drink



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 317 Cal; 11 g Fats; 10 g Protein; 42 g Carb; 7 g Fiber;

Ingredients

- ½ cup dandelion greens
- ½ of cucumber, deseeded
- ½ apple, cored, deseeded
- ½ teaspoon Bromide Plus Powder (Optional)

Directions

4. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
5. Cover the jar with its lid and then juice.
6. Divide the drink between two glasses and then serve.

Watermelon Refresher



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 55 Cal; 1.3 g Fats; 0.9 g Protein; 9.9 g Carb; 7 g Fiber;

Ingredients

- ½ watermelon, peeled, deseeded, cubed
- 1 tablespoon date sugar (Optional)
- ½ of key lime, juiced, zest

Directions

4. Place watermelon pieces in a high-speed food processor or juicer, add lime zest and juice

5. Take two tall glasses, fill them with watermelon juice until two-third full, and then pour in coconut water.
6. Add date sugar and stir until mixed and then serve.

Tamarind Juice Recipe 3



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147.7 Cal; 0.7 g Fats; 5 g Protein; 34 g Carb; 4.1 g Fiber;

Ingredients

- ½ cup tamarind
- ¾ tablespoon key lime juice
- 1 teaspoon date sugar
- 1 cup spring water

Directions

1. Wash tamarind and boil in spring water
2. Sieve and add key lime juice
3. Serve

Cleansing tea 1

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Cleansing tea 2

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Sea moss drink

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 4

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Sunshine Papaya Juice	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Refreshing Apricot Orange Juice	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8 z each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 4	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 4	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

Look up recipes in the next section

Sunshine Papaya Juice



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 224.6 Cal; 7.7 g Fats; 7 g Protein; 33.7 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups papaya cubes
- 2 tablespoons date sugar
- 2 teaspoons Bromide Plus Powder
- 2 cups hemp milk, homemade (Optional)

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and juice.
3. Divide the drink between two glasses and then serve.

Refreshing Apricot Orange Juice



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138.5 Cal; 0.6 g Fats; 1.5 g Protein; 35.1 g Carb; 4.7 g Fiber;

Ingredients

- 3 oranges, peeled
- 1 ½ tablespoons Date sugar
- 1 Apricot
- ½ teaspoon Bromide Plus Powder (Optional)
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice.
3. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 4



Serving: 1;

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- ½ cup tamarind
- ½ key lime, juiced
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice. Divide the drink between two glasses and then serve.

Cleansing tea 1

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Cleansing tea 2

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 5

Meal Plan 2 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Green Revitalizing Drink with Sea Moss	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Green Sea Moss Drink	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 5	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 5	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

Look up recipes in the next section

Green Revitalizing Drink with Sea Moss



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 151 Cal; 1.2 g Fats; 3 g Protein; 37 g Carb; 8 g Fiber;

Ingredients

- 1 cup raspberries
- 1 cup kale leaves
- 1 tablespoon sea moss
- 2 tablespoons key lime juice
- 1 cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice.
3. Divide the drink between two glasses and then serve.

Green Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156 Cal; 1.8 g Fats; 9.4 g Protein; 32.8 g Carb; 10.2 g Fiber;

Ingredients

- 1 apple, cored, diced
- 2 cups kale
- 1 cup cucumber chunks
- 2 cups of coconut water
- 1 key lime, juiced
- 1 tablespoon of sea moss gel

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice.

3. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 5



Serving: 1;

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 1 cup Dr. Sebi's Herbal Tea
- ½ cup tamarind
- 1 cucumber, deseeded
- ½ key lime, juiced
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.

2. Cover the jar with its lid and then juice. Divide the drink between two glasses and then serve.

Cleansing tea 1

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Cleansing tea 2

Place 1 each of *Prodigiosa* and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 6

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Watermelon and Cantaloupe Drink	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Green Herbal Cleansing Drink	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	Morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 6	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 6	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

*Look up recipes in the next section

Watermelon and Cantaloupe Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 3.5 g Protein; 30.1 g Carb; 3.2 g Fiber;

Ingredients

- ½ cup cantaloupe, peeled

- 1 key lime, juiced
- ½ cup watermelon chunks
- 1 cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice
3. Divide the drink between two glasses and then serve.

Green Herbal Cleansing Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 56.1 Cal; 0.5 g Fats; 0.9 g Protein; 12 g Carb; 2 g Fiber;

Ingredients

- 4 cucumbers, deseeded
- 1 bunch of basil leaves
- 2 key limes, juiced
- ½ teaspoon Bromide Plus Powder (Optional)

Directions

4. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
5. Cover the jar with its lid and then juice.
6. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 6



Serving: 1;

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 1 cup Dr. Sebi's Herbal Tea
- ½ cup tamarind
- ¼ teaspoon date sugar
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

DAY 7

Meal Plan 1 (With Fruit/Veggie Juices)

Meal	Description	
Juice 1	Cleansing Tomato Zucchini Juice	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Blueberry Drink	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (8oz each) every 2 hours	From morning until 3 hours before bedtime

Meal Plan 2 (With Tamarind Juice)

Meal	Description	
Juice 1	Tamarind Juice Recipe 7	Morning
Herbs	Cleansing tea 1	Morning
Sea Moss	Sea moss drink	Morning
Juice 2	Tamarind Juice Recipe 7	Evening
Herbs	Cleansing tea 2	Evening
Spring Water	Drink 2 glasses (16 oz each) every 2 hours	From morning until 3 hours before bedtime

*Look up recipes in the next section

Cleansing Tomato Zucchini Juice



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 6.8 g Fats; 8.5 g Protein; 17.3 g Carb; 5.5 g Fiber;

Ingredients

- 3 tablespoons hemp seeds
- 1/3 cup diced zucchini
- ½ cup Cherry tomatoes
- 1 cup dandelion greens
- 1 cup spring water (as needed)

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice.
3. Divide the drink between two glasses and then serve.

Blueberry Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147 Cal; 0.8 g Fats; 3.3 g Protein; 36 g Carb; 4 g Fiber;

Ingredients

- ¼ cup blueberries
- 1 cup Romaine lettuce
- 2 tablespoons key lime juice
- ½ cup soft jelly coconut water

Directions

4. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
5. Cover the jar with its lid and then juice.
6. Divide the drink between two glasses and then serve.

Tamarind Juice Recipe 7



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 1 cup Dr. Sebi's Herbal Tea
- ½ cup tamarind
- ¼ teaspoon salt
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or juicer and add all the ingredients in its jar.
2. Cover the jar with its lid and then juice. Divide the drink between two glasses and then serve.

Liver-Kidney Cleansing tea 1 (Dandelion and Burdock root)

Place 1 teaspoon each of dandelion and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Liver-cleansing tea 2 (Chaparral and Burdock root)

Place 1 teaspoon each of Prodigiosa and burdock roots. Boil for 10 minutes in 400 ml of spring water. Remove from heat, cover and leave for an additional 10 minutes. Drain and serve (you'll get two cups).

Preparing the Sea Moss Gel

Take a pack of sea moss and cut into chunks. Wash and soak in spring water for 6 hours. Drain from water and place in a high-power blender. Add 2 tables poon spring water and blend smoothly into gel (adding water as you blend). Place in jars to be stored in the refrigerator. When needed, use for any recipe, or take as is

Chapter 20

Dr. Sebi Medicinal Herbs



Over the millennia, many different healing traditions emerged around the world and all of them were based on herbalism. The major herbal systems were often drastically different from what most of us know as “Western herbalism” and it has taken us a very long time to “decipher” the meaning and understand the concept of some of the ancient holistic systems such as Ayurveda, Traditional Chinese Medicine, Shamanic healing, etc. Today, we know that one of the ways to prevent a disease or recover from one, is through a diet and the alkaline diet is probably one of the healthiest diets there is. However, there is not a single alkaline diet and what made Dr. Sebi Alkaline Diet stand out, is that his methodology was based on both *alkaline foods* and *medicinal herbs* .

Dr. Sebi studied herbs from Africa, North and South America, and Europe and focused his research and healing methodology on acid/alkaline balance

within a human body. However, he did not base his therapies only on alkaline foods. He went a step further. He was adamant that all hybridized herbs (and foods) should be excluded from a healthy diet. Dr. Sebi insisted that alkaline herbs are essential for health and vitality and was very passionate about which herbs support one's health and which ones don't. His approach to herbalism was based on a belief that only that which is natural, can be truly healing. Most of the foods available today (ie fruits, vegetables, herbs, spices, grains, etc) were at some stage cross-bred to improve the yield. The list of all hybridized plants is too long to mention but the problem with this is that some of the herbs not approved by Dr. Sebi are unfortunately touted in the health community to have amazing health benefits, e.g. Aloe Vera, Echinacea, ginseng, turmeric, mint, ginger, garlic, etc. Dr. Sebi insisted they are hybrid and acidic and should be excluded from diet.

Dr. Sebi based his approach on the simple premise that wild plants were created in God's laboratory, while hybridized plants were created in medical laboratories through cross-pollination and genetic modification. As a result, they have an incomplete molecular structure. They are acid-based and should not be consumed for the simple reason that they are unnatural. According to Dr. Sebi, hybridized herbs and foods are acid-forming and negatively affect the brain (eg mint), destroy cells by weakening their membranes (eg garlic). If you are trying to heal using Dr. Sebi methodology, you should stay away from them.

So, although Dr. Sebi Alkaline Diet is very restrictive, he made up for the very limited choice of fruits, vegetables, herbs, and grains by including some highly nutritious herbal remedies and supplements. We are witnessing a steadily growing interest in holistic medicine. This is partly because, being better informed, people are now aware of the negative side effects that prescribed drugs come with. On top of that, the long-term use of antibiotics has led to the development of antibiotic-resistant bacteria. Besides, both painkillers and antidepressants are addictive and you will gradually have to increase the dosage if you want them to “work.” For these, and many other reasons, more and more people are hoping to find a cure for their health problems in natural remedies. The technological

innovations enabled us to have a glimpse into the amazing world of plants and to begin to understand how they interact with the environment and with the human body. They work both internally and externally and heal on all levels – physical, mental, and spiritual. They can destroy microbes, bacteria, and fungi. They reduce inflammation, dull the pain, help you relax, or boost your mental clarity. Some can induce vivid dreams or an alternate state of mind.

And, the most amazing thing of all is that many of these medicinal herbs with almost magical properties grow all around us and we often refer to them, and treat them, as “weeds”.

Pharma vs Farmer?



In the world we live in today, chronic diseases are on the rise, effectively making both conventional and alternative medicine a big business. And just when you realize that Americans spend more than \$250 billion each year on drugs and supplements, then it is easier to understand how much of a problem the chronic disease pandemic has become. It's only human to want

the best and safest, so we are naturally attracted to choose “quick fixes” – and worry about the side effects later. Be it food, drugs, herbs or supplement, we simply want the best – for health and healing. But the fact that what we see or hope to get isn’t the reality is worrisome. Besides the benefits of synthetic drugs and pills, many Americans often go with supplements because they believe its healthier, costs less, and has little side effects. We have often been told herbal medicine is unregulated, and hence may be potentially more dangerous, but what about prescription drugs? Notwithstanding the side effects of drugs, we are made to believe that the cure is in the pill.

However, recent prescription drug recalls, have left much to be desired. *Zantac* , a popular H2 receptor blocker that treats extreme cases of acid reflux and heartburn, was recently pulled off the shelf. Zantac was linked to Stomach cancer and many other drugs with similar mechanism of action were also implicated. Other drugs such as Accutane and Vioxx were not spared – in fact, *Vioxx* in particular resulted in nearly 30,000 deaths and was used by more than 20 million people in a little over a 4-year span. These recalls and many others have further cast a doubt on not just conventional medicine, but the regulatory agencies including the U.S. Food and Drug Administration (FDA). But when you realize that the majority of Americans perceive the FDA’s approval of drugs and food as a guarantee of safety and that all approval is based on “high degrees of certainty and clarity about a drugs benefits and risks”, then you realize we may have a much bigger problem than we ever imagined.

So, when we look at all these, it begs the pertinent question – Can we really trust the conventional medical industry to getting true holistic health and healing? Can we continue to put our health on the line for silly errors or slippages? How long can we continue to swallow every pill and hope our health get better? I don’t know. But what I do know is that soon, soon enough, a major paradigm shift will occur. We will realize all these and I hope it’s not too late by then. I hope it is not too late to go back to mother nature and use her medicine that is bequeathed us.

Why Electric Herbs?



Electric Herbs are medicinal plants which helps the human body to heal, rebuild and nourish itself. They are alkaline and found in nature. They are not hybrid, irradiated, or genetically-modified.

Electric herbs improve the electrical activity in the nerves and helps with better cognitive function. It boosts your mental clarity and use of one's senses. Electricity is the reason the human body can move - crawl, walk, climb or run. Without electricity, there would be no movement and no life. If the body is electric, then you should feed it electric (alkaline) nutrition. Electric herbs are herbs made in nature, non-hybridized and non-GMO. Electric herbs are wildcrafted, grown without the use of chemical fertilizers and pesticides.

Proving That Alkaline Electric Herbs Work

There are countless people taking herbs that swear by their efficacy. Although many supplements and herbs are effective and safe, health science has been slow to confirm health claims. While pharmaceutical companies spent billions of dollars on drug research and discovery, herbs and other

natural nutritional supplements often don't command big cash for research because they cannot be optimized to get a fiscal payoff the same way pharmaceuticals would. That notwithstanding, many adherents prefer and stick to natural herbs because of its natural healing properties and far less side effects.

Many herbs work pharmacologically as well as by action, providing a strong rationale for their use in healing especially where we have no alternatives in synthetic drugs. Note that many of the conventional synthetic drugs treat symptoms and not heal. In other words, alternative medicine from nature's herbs will have true holistic healing compared to drugs. Picking between drugs and herbs is tough for so many people because the advice they will need to make these conclusions is mostly inaccessible. To date, there are only few clinical trials where the closest herbal medication was contrasted to a pharmaceutical drug and a placebo control.

With this, the information out there is limited and often confused. Aside healing uses and benefits, confusions often arise from:

Dosage - How much should I use?

Usage/Application – How should I use it?

Safety- How safe is this for me?

Sourcing – Where can I buy wildcrafted herbs

Contraindications – I am pregnant, would this be safe?

Herbal/Drug Interactions

Many herbs have been used to treat certain ailments for centuries. But simply because a product is organic or has been in existence for quite a while, that does not mean that you should assume that it is safer than pharmaceuticals. The same as interactions involving drugs, many herbs may cause adverse reactions when combined with medication or other nutritional supplements. A recent study published in the Journal of the American Medical Association demonstrated that one of prescription drug consumers, one in six adults chooses one herbal nutritional supplement together with a prescription medication, and many are unaware of the effect one could have on another.

This lack of information could have serious consequences. By way of instance, the popular memory booster sweeteners taken with aspirin can lead to bleeding, and St. John's wort, a popular remedy for depression, may

negate the efficacy of oral contraceptives in addition to protease inhibitors used in the treatment of HIV. People who have existing health conditions, and pregnant women or people intending to conceive, have to be particularly conscious of drug/herb interactions, and talk with their doctors prior to making supplements part of the wellness plans, as they want prior to taking a prescription medication.

It is essential to be mindful of some interactions between herbs and pharmaceuticals. Also talk to your Physician before adding supplements to your health regimen, just as you would for a prescription medicine.

Medicinal Plants and Herbs



oregano



dill



rosemary



basil



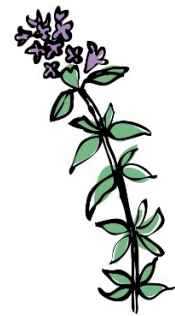
tarragon



bay



chives



thyme

Herbs are not ordinary plants. They carry fragrance and aroma. They can be medicinal or sacred. They can flavor your food and environment. They can lift you up when you are down or calm you when you are anxious. And most importantly, they can heal.

What are Herbs?

Herbs are usually only the green or leafy part of a plant (ie leaf, stem, and flower). On the other hand, medicinal plants (including those approved by Dr. Sebi) often use other parts of a plant, eg root, bark, berry, fruit, etc.

Besides, there is a difference between herb and spice although many spices are often called herbs, eg cinnamon, etc. These two words are often used interchangeably and many plants that are actually spices, eg cumin, are often listed under medicinal herbs.

Common spices include:

12. Cinnamon
13. Paprika
14. Cayenne pepper
15. Peppercorn
16. Nutmeg
17. Cumin
18. Cardamom
19. Cloves
20. Fennel seed

However, regardless of how you call them and classify them, plants are essential for our survival. Not only do they provide food, housing, and building material, they also absorb carbon dioxide and release oxygen so we can breathe. Plants also help keep our waters clean. On top of all that, they nurture and heal.

The healing qualities of plants can be found in almost all their parts:

- Seeds
- Flower
- Gum/resin
- Leaves/sprouts/buds
- Bark
- Root
- Fruit
- Whole plant
- Sap
- Bean oil
- Rhizomes

When we speak of herbs, the first thing that comes to mind is the flavor they add to our food, however, they have many other uses, eg:

- **Domestic uses**

There are many ways you can use a herb around the house, eg basil keeps flies away, rosemary sprays deter mosquitos, a mixture of crushed cloves and lavender will protect your books and clothes from fish moths. Fresh

herbs can freshen your house or you can make a potpourri with dried ones.

– **Cosmetic uses**

Herbs can resolve almost all your cosmetic problems, eg thin hair, discolored teeth, sagging skin, etc. They can infuse bath or massage oils or be used to make perfumes.

– **Medicinal uses**

Herbal remedies are usually taken as a tea, tincture, balm, infused oil, ointment, cream, essential oil, or Bach remedy. They are an effective alternative to many over-the-counter drugs.

– **Culinary uses**

You can add fresh or dried herbs to your meals or cocktails, or make an infused oil, vinegar, or butter. The possibilities are endless.

So, if you disregard the plant/herb/spice division and treat the plants that can be used for healing, cooking, and cosmetics as herbs, you end up with a list of about 30 herbs, most of which have significant healing properties.

30 most common herbs:

1. Angelica
2. Anise
3. Basil
4. Bay leaf
5. Bergamot
6. Borage
7. Caraway
8. Chamomile
9. Chervil
10. Chives
11. Coriander
12. Dandelion
13. Dill
14. Elder

15. Lavender
16. Lovage
17. Marjoram
18. Nasturtium
19. Oregano
20. Parsley
21. Celery
22. Rosemary
23. Sage
24. Sorrel
25. Tarragon
26. Thyme
27. Yarrow

This is certainly not a complete list of medicinal herbs as there are hundreds of herbs that are difficult or impossible to grow commercially (eg those coming from the Amazon or from the semi-desert regions of Africa) or that are available only locally (eg most Ayurveda herbs, Traditional Chinese Medicine, South American herbs, etc). Not to mention the little-known herbs used by isolated communities in Australia, Siberia, etc.

This may sound unbelievable, but new species of plants are still being discovered. They are usually found in remote places that had only recently been studied. Besides, new technologies make it possible to understand the biology of plants in a way that was not possible ten years ago.

The Plant Parts

There are over 300,000 species of plants and regardless of how different their size, shape, and color may be, most of them have some things in common:

– Root

The root is the part of a plant that's located underground (or underwater). It is through the root that the plant draws water and minerals from the soil. Root also serves as an anchor that keeps the plant steady and in one place.

There are different types of roots but the common plants usually have primary, secondary, and tertiary roots which represent the taproot system.

– **Leaves**

Leaves are organs of the stem. Their main function is photosynthesis, ie the conversion of carbon dioxide, water, and UV light into sugar (eg glucose). These simple sugars are processed into various macromolecules that are essential for the survival of the plant. The leaves transport these sugars to the roots and shoots and in that way support their growth. As sun and light are essential for photosynthesis, the leaves are shaped and located in such a way to ensure maximum exposure to sunlight.

Leaves are usually located above ground although some species have leaves underground (eg bulb scales) or underwater (eg aquatic plants).

– **Flowers**

The main function of flowers is to look and smell irresistible. Unless they can attract insects, birds, or animals, there'll be no one to pollinate them and ensure their survival.

This is why plants have bright colors, strong scents, and sweet nectar. Combined, these attract pollinator who, by visiting many flowers, help move pollen from one plant to another. After pollination occurs, the flower develops seeds,

– **Stem**

The main function of a stem is to carry water and nutrients from the root to all other parts of the plant. With some plants, stems store the food, provide support, and enable vegetative propagation. Some plants have underground stems. Other plants develop stems with thorns that protect them from predators. Underground stems of some plants (eg strawberry or grass) spread and produce new plants when the old plants die.

– **Bark**

The bark is the outer covering of woody plants. Its main function is to preserve water and protect the plant from extreme temperatures as well as disease and predators. Some trees have such a thick bark that it can protect

them from forest fires. Severe bark damage will kill the tree.

Sacred Herbs

Another important function herbs play in our life is that many of them are used in religions. For example,

- Hellenistic religion used myrrh and frankincense
- Anglo-Saxon pre-Christian religion used nine-herb charm
- In Hinduism, the sacred herbs are neem, holy basil (tulsi), and cannabis
- In Wicca (New Age), white sage is used for ritual cleansing both of one's aura as well as one's environment
- Some Native American tribes used white sage for spiritual cleansing
- Cannabis is the holy plant of Rastafarians
- Siberian shamans and Native Americans used herbs and hallucinogenic mushrooms to induce spiritual experiences

What's interesting is that all of these herbs have powerful medicinal properties and today, many are used for healing, eg cannabis, sage, tulsi, etc.

Herbal Medicine

Herbal medicines are medicines made from plants that contain active ingredients. They may seem very gentle compared to conventional medicines but they still affect your body. This means that although they are natural, they should be used and prepared correctly or under guidance. Eight things to bear in mind before you attempt healing yourself (or others) with herbal medicines:

- 1. Some herbal medicines may interfere with the prescribed medication (eg they may reduce or enhance the effects of conventional medicine). So, if you are on chronic medication, it's best not to take herbal medicines**
- 2. If you have a serious health condition, eg liver or kidney**

disease, and on chronic medication, you should not take any herbal medicine without discussing it with your doctor first. Besides, some herbal medicines may interfere with anesthesia or other medicines. For example, certain herbs may affect blood pressure or blood clotting which may increase the risk of bleeding during or after surgery

- 3. You may experience some adverse side effects, eg if you have an oversensitive digestive or nervous system, kidneys, skin, etc.**
- 4. Don't start taking herbal medicines if you are about to have surgery. Or, if you are already taking herbal medicine, don't forget to mention this to your doctor**
- 5. Pregnant or breastfeeding women should not take herbal medicine, nor should the elderly or children unless a qualified herbalist or your doctor were consulted first.**

People relied on herbs for as long as they existed. Just like many animals look for certain herbs to eat if not feeling well, so people accidentally or through a trial-and-error method developed herbal medicine. There are written records that as early as 5000 years ago, Sumerians prescribed herbal remedies for many conditions.

What makes herbs healing, is the phytochemicals and phytonutrients they contain. These are compounds produced by all plants (some more than others). However, although herbs are natural, that doesn't mean they are harmless. For example, St. John's wort and kava tinctures are well-known home remedies for depression and stress. However, if taken in large amounts or taken alongside prescribed medications, these herbs become toxic.

Besides, certain herbs contain psychoactive properties that have been used both for religious and recreational purposes, eg cannabis and coca plants. Archaeological and historical documents confirm that leaves of coca plants

have been continuously used by the peoples of Peru for over 8000 years and that cannabis was regularly used in China and northern Africa as early as the first century CE.

Sourcing and/or Harvesting Herbs



Before you can use herbs for healing, cosmetics, or food, you need to source them, dry them, and store them. As the awareness of the amazing therapeutic properties of herbs is growing, so is the demand for herbal remedies. To satisfy the needs of the growing population, herbs are now grown for profit. To increase the yield and protect their crops from pests, herb farmers use pesticides and herbicides that often contain harmful chemicals.

The problem with this is that these chemicals not only decrease a plant's nutritional value, they also negatively affect its medicinal properties. That means that, compared to wildcrafted herbs, farmed herbs give herbal remedies of inferior quality. In other words, instead of healing you, chemically-treated herbs add toxins to your already compromised body.

Sourcing Herbs

You can obtain herbs in three ways:

- **You can purchase them from a retail outlet**

This is usually not a good idea because retailers rarely have facilities for storing plant materials properly. In a retail outlet, herbs are usually kept in plastic containers, in open containers or sacs, and are not protected from light. Besides, as retailers deal with huge quantities, by the time they are sold, most of the herbs have lost their active ingredients.

It's safer to purchase herbs from small stores that order small quantities of herbs more frequently. How to know if a herb is fresh? If it has lost its natural color and has no fragrance, it probably no longer has any healing properties.

- **Order online**

Online orders are fine, provided you know who you're placing your order with. It's best to order from specialty companies as they usually store their herbs properly. Be careful when ordering from random sellers on Amazon. Please refer to the next page for a list of trusted online places to source approved medicinal herbs.

- **Grow your own**

Many herbs can easily be grown in a garden or in containers eg calendula, nettle, valerian, basil, etc. If your space is limited and you would like to grow your own herbs, it's best to choose herbs that grow vigorously and do not require a lot of space.

- **Buy from a local herb farmer**

If you happen to know a farmer who grows herbs, you will always have freshly-picked herbs.

Storing Herbs

The main reason herbs need to be stored carefully is that they contain volatile oils and plant pigments which are easily destroyed by light and damp. Besides, herbs easily absorb airborne pollutants, household air fresheners, cooking odors, smoke, etc which is why they should be stored in tightly closed dark-glass containers in clean and odor-free rooms.

However, before putting them away, you need to be sure they are dry otherwise they'll go moldy. If you have to store a herb that is still not completely dry, put it in a paper bag. Herbs usually retain their active ingredients for about a year (not more than 18 months) after which they should be discarded.

Fresh herbs should be washed, dried, wrapped in a paper towel, packed and thoroughly sealed in a plastic bag, and stored in the refrigerator for up to five days. Actually, herbs should not be washed because that destroys their volatile oils. However, as many people must have handled the herbs before they reached the market, it wouldn't be safe to use them without washing them first. Besides, they sometimes have soil, sand, insects, or fertilizers still attached to them. This is why it's so important to source herbs from reputable dealers.

Harvesting and Drying Herbs

Improper storage can degrade herbs very quickly but their therapeutic properties can be destroyed even during the gathering. Herbs should be harvested on a dry, sunny day when their petals are fully open. Besides, most herbs should be harvested at the peak of maturity when the concentration of active ingredients is highest.

Harvested herbs should be dried as quickly as possible, ideally in a cool, dark, and drafty room free of dust, odors, pollutants, animal hairs, etc. That way you will preserve their flavor and active ingredients and prevent oxidation of other chemicals.

You can use an airing cupboard (leave the door open) or a damp-free garden shed. Never dry your herbs in a garage or a kitchen. In the garage,

they would be contaminated with petrol fumes and in the kitchen, they would absorb the odors of frying, cooking, or baking.

Once they are dry, store them in clean, dry, dark glass or pottery containers with an airtight lid, out of direct sunlight. Alternatively, you can keep them in paper bags.

When to harvest and how to store various parts of plants:

– **Flowers**

Harvest after the morning dew has evaporated, on a sunny day but not during the hottest part of the day. Cut flower heads from the stems and dry whole on trays. If the stem is large or fleshy, eg mullein, remove the individual flowers and dry them separately. Some herbs should be gathered before they are fully open, eg lavender, borage, and chamomile.

– **Aerial parts and leaves**

Large leaves, eg burdock, can be harvested and dried individually while smaller leaves are best left on the stem. Leaves of deciduous herbs, eg basil, should be gathered just before flowering while evergreen herbs, eg rosemary, can be gathered or harvested throughout the year. When using all the aerial parts (flower, stem, leaves, and seedhead), harvest in the midst of flowering.

As a rule of thumb, leaves should be harvested before the plant flowers. Once they flower, leaves lose some of their flavor and become bitter, eg dandelion. Besides, when they are young and tender, leaves usually contain the highest amount of volatile oils which is what gives them fragrance.

– **Seeds**

Harvest entire seedheads with about 5 cm of the stalk when the seeds are almost ripe. You can hang them upside-down over a paper-lined tray or a tablecloth, or you can remove the seeds manually. Seeds should be harvested when fully ripe but before they become too dark, eg dill, fennel, coriander, caraway, etc.

- **Roots**

The best time to harvest roots is when the aerial parts of the plant have died down. Dandelion roots can be harvested in spring. Roots easily absorb moisture, so be careful where you keep them. If they become soft, throw them away. At the end of summer and beginning of fall, plants move their "essence" from leaves and flowers (which die down in winter anyway) to the roots. This is why roots should only be collected in the fall as that is when their therapeutic properties are highest, eg horseradish.

- **Sap and resin**

You can harvest these from the tree in autumn when the sap is falling. Make a deep incision in the bark or drill a hole and collect the sap in a cup tied to the tree. You can also squeeze sap from latex plants directly into a cup, eg wid lettuce, .

- **Fruit**

Harvest berries when ripe, before they become too soft to dry effectively. You can also spread on trays to dry.

- **Bark**

To minimize damage to the plant, the bark should only be harvested in the fall. Never remove all of the bark as that will kill the tree. Break the bark into smaller pieces and dry.

- **Bulbs**

Harvest only after the aerial parts have died down.

So, when to harvest herbs depends on which part of the herb you want to harvest, eg nettles in early spring, St. John's wort in summer, roots in the fall, some herbs throughout the year, etc. With some herbs, you take only leaves, eg basil, with others, you can take the whole herb.

Generally speaking, it's also better to harvest herbs frequently as that will encourage the plant to produce new growth. Annual herbs can be harvested throughout the year until the frost kills them.

Wildcrafted Herbs

There is a huge difference between commercially grown and wildcrafted herbs. Whatever is commercial grown, ie fruits, vegetables, or herbs, was raised with the help of herbicides and pesticides. Besides, more and more plants are genetically modified which makes sourcing for healthy plants a real challenge.

2 main reasons wildcrafted herbs are superior to both commercially and organically grown ones:

- **Absence of toxins**

Wildcrafted herbs are those that grow wild. They are found in nature and, in an ideal world, they should be perfectly healthy. However, people often harvest and sell herbs collected next to busy roads. These herbs contain a lot of lead from petrol fumes as well as other harmful chemicals.

Many medicinal herbs look and are treated as weeds and can be found near roads, ditches, or rubbish dumps. So, although they grow wild and have not been treated with pesticides, many of the herbs collected in the wild have been "treated" with petrol fumes from nearby roads or pesticides and herbicides used by local farmers.

- **The potency of active ingredients**

Herbs growing in the wild have to cope on their own. There is no one to provide shade, water, protection from early frost, pests, and disease. However, the fact that they survived for millions of years suggests that they are either very strong or have developed resistance to environmental stressors and disease. Their nutrients and phytonutrients are their only defense against UV radiation, bacteria, fungi, and viruses.

So, when you use wildcrafted plants, you indirectly improve your own protection against these environmental stressors. In other words, the active ingredients of wild herbs are much more potent than those found in the farmed herbs. However, to ensure the survival of wild plants and herbs, it's essential that if you wildcraft, you follow the guidelines aimed at protecting both the plants and their habitats.

Guidelines for harvesting wild plants:

- Never harvest an endangered species
- Don't pick immature plants or unripe fruit
- Don't collect more than 15% of a particular plant in an area
- Don't harvest more plants than you need
- Don't damage surrounding plants or the environment
- Don't harvest from polluted environments

Unfortunately, not everyone has access to an unpolluted environment or to the wilderness, so the next best option is to grow your own herbs. Although space is often a problem, with a little bit of creativity, you can easily grow many herbs at or around your home or apartment. You can try:

- Container gardening
- Vertical gardening
- Windowsill gardening
- Rooftop gardening

Wildcrafted vs Organic vs Commercially Grown Herbs

If you happen to have access to commercially grown, organic, as well as wildcrafted herbs, you may be at a loss which ones are best. This depends on what you're looking for.

– **Commercially grown**

Commercially grown herbs are cheap and available throughout the year. But, food grown for profit is farmed with very toxic chemicals. Until about a hundred years ago, farmers grew the food according to what the environment allowed and they foraged for herbs and berries.

However, with the post-war industrialization, mass production became an opportunity to make money quickly. The pharmaceutical industry came up with ways how to protect your crops from pests and increase yield. Greenhouses and cold storage made it possible to grow herbs regardless of the environment you live in and regardless of the time of the year. This was an opportunity for farmers and the pharmaceutical industry to make a lot of money – at the expense of our health.

Spraying pesticides and adding herbicides to the soil makes farming a lot easier and the yield more predictable, but over the years, this practice led to many serious diseases, eg asthma, allergies, nerve damage, some types of cancer, and many other conditions. And, unfortunately, washing herbs does not remove the toxins. What's worse, the pesticides are not only killing us, they are killing the bees and other beneficial insects necessary for pollination.

– **Organic**

Organic herbs are grown commercially but in controlled environments. They are raised on unpolluted land without the use of chemical fertilizers or herbicides. However, there are two problems with organically-grown herbs.

One is that being free of environmental stressors, eg drought, freezing temperatures, UV rays, etc, organically grown herbs are too "cushioned" from the environment which makes them weak. In other words, they develop their nutrients and phytonutrients without struggle since someone else (ie the farmer) is making sure they always have water, shade, medicine, etc. This reduces their nutritional and therapeutic value.

Another problem is that although you may be raising organic herbs without any chemicals, the water you use to water those plants is probably full of toxins, as is the air which they breathe. This varies from region to region, but it's becoming increasingly challenging to produce anything organic these days simply because our environment is so polluted. So, even if you live in a "clean" area, wind and rain will eventually pollute your crops too.

– **Wildcrafted**

With so many toxins and pollutants in our environment, wildcrafted plants should be harvested only from rural or remote regions. But, how many of us have access to such regions? Besides, even if you know of such places and know which herbs grow there, you need to know when particular herbs are ready to be harvested and be at the right place at the right time. This is possible but would require a lot of planning.

So, it's pretty self-explanatory what sort of herbs you should source if you want to reduce your toxic load.

Where to Buy Original and Organic Herbs

Below is the list of online places to buy organic herbs from:

Dr. Sebi Website (<https://drsebi-cellfood.com/products/>)

Mountain Rose Herbs (<https://mountainroseherbs.com/>)

Starwest Botanicals (<https://www.starwest-botanicals.com/>)

TY Kitchen (<http://tysconsciouskitchen.com/shop>)

Alkaline Meal Ideas (<https://allnaturellhealing.com/>)

The Sebian Shop (<https://shop.thesebian.com/categories/alkaline-herbs>)

OTHERS

<https://alkalineeclectic herbs.com/categories/alkaline-herbs>

<https://ahealthycrush.com/alkaline-herbs/>

<https://sebisdaughters.com/shop-2/>

Recommended on Amazon

https://www.amazon.com/Premium-Irish-Moss-Superfood-Ounce/dp/B07BNSR49Q/ref=sr_1_37?dchild=1&keywords=best+sea+moss&qid=1604906372&sr=8-37

https://www.amazon.com/Black-Seed-Oil-Vegetarian-Cold-Pressed/dp/B0714PK8VV/ref=sr_1_33?dchild=1&keywords=Dr.+sebi+sea+moss&qid=1604906262&sr=8-33

https://www.amazon.com/Capsules-Express-Clear-Empty-Vegan/dp/B07X6KT8LC/ref=sr_1_6?dchild=1&keywords=vegetarian+capsules&qid=1604906957&sr=8-6

Encapsulation and Dosage



Oral medication can be taken in different ways (eg tea, tincture, oil, etc) but tablets and capsules are the most common ones. Although these two types of medicine delivery are very similar, there are significant differences in how they are made and how the drugs they contain are absorbed by the bloodstream. How much of a certain herbal remedy you should take depends on many things, eg on how you take it (eg tea or tincture), on the condition you are addressing (eg acute or chronic, mild or severe), your age (children and adults require different dosage), your overall health (are you a relatively healthy individual or is your immune system heavily compromised), etc. If you want to take herbal remedies in a powdered form, you usually take them as tablets or capsules. Encapsulation is the process of turning medicine into a capsule.

Tablets vs Capsules: What's the Difference?

There probably isn't a single person that has never taken a pill. Tablets are made by compressing one or more powdered ingredients into a hard pill. Besides medicine, tablets also contain additives that help keep all the ingredients together, and that improve the taste.

Tablets

Once swallowed, the tablet gets broken down in the digestive tract and the medication it contains is absorbed by the bloodstream. From the bloodstream, the drug travels to the liver from where it is sent to the target area(s). Tablets are inexpensive, long-lasting, can provide a higher dosage of medication, can be split, are chewable (in case you can't swallow), and come in quick-release, delayed-release, or extended-release formats. However, they are more likely to irritate the GI tract and are generally slower acting than the capsules.

Capsules

Medication found in capsules is enclosed in a shell. The absorption by the bloodstream and distribution throughout the body is similar to that of a tablet. The main advantage of capsules over tablets is that they break down more quickly which means you will experience relief from the symptoms sooner than you would if you had taken a tablet. Besides, they have a higher bioavailability (ie they are more effective than tablets). Unfortunately, their shelf-life is shorter, they are more expensive and usually come in small doses (ie you need several capsules to get the same effect you would get from a single tablet).

So, how to take herbal remedies and how much to take depends on many things, eg

- **Condition being treated**

Flu, depression, toothache, warts, sprain, insomnia, etc

- **The form of medication**

Oral or topical, dry or liquid, etc.

- **The type of medication used**

Applied to the skin, held under the tongue, inserted into the rectum, drops put into the ear or eyes, etc.

However, there are some general guidelines when it comes to taking herbal medicine, eg:

- **Tea**

Take 1 cup three to four times a day

- **Capsules**

Take 2-4 capsules two or three times a day.

- **Tincture**

1 teaspoon two to three times a day.

- **Tablets**

1 tablet two to three times a day.

Types of Capsules

Herbal capsules are not difficult to make at home and if you have a chronic condition, you can save a lot of money by making rather than buying capsules. However, the main advantage of home-made capsules is that you know exactly what goes into them, you can be sure they contain no fillers or allergens, and you know they are freshly-made (as you won't be producing millions, but just a couple of dozen at a time). Besides, you can combine herbs in any way you want, ie your capsules will be unique.

Capsules can be soft gels or hard ones and if you want to fill your own, you should buy hard capsules. However, before you buy empty capsules, you need to have an idea of what you are going to fill them with, ie dry herbs or liquid medication. Besides, hard-shelled capsules may contain more than one drug which makes them ideal for dual-action or extended-release treatments. Soft gels are usually wider and the medication is held in a gelatin case.

Another classification of capsules is into gelatin based and vegetarian based ones:

- **Gelatin based**

Gelatin used to make capsules comes from cattle or pigs (the hoofs, bones,

and connective tissue is boiled until it turns into a gel). Gel has certain health benefits, particularly for the skin and joints. This type of capsule is less expensive than vegetarian ones.

– **Vegetarian based**

These capsules are made of vegetable cellulose which comes from the bark of the pine and spruce trees. They are tasteless and odorless and ideal for vegetarians and vegans or for anyone else who cannot consume gelatin for any religious, cultural, or dietary reason.

Both types of capsules can be stored for many years without going off provided they are stored away from sunlight or heat. They should not be kept in a fridge for that will make them dry and brittle. Both types of capsules are ideal for storing powder or oil. They dissolve within 5 minutes after consumption.

How to Encapsulate Herbs

To start with, you need to purchase capsules. You can get either gelatin and vegetarian ones. You can ask for halal, kosher, gluten-free, BSE-and TSE-free ones.

Capsules are usually sold in bags of 500 or 1000 empty capsules. They come in different sizes which will determine which size of the encapsulation machine you should buy.

There are several sizes to choose from:

- “0” holds 500 mg of herbs. These capsules should be taken 2 per day.
- “00” size holds 50% more herbs, about 750 mg. Being bigger, these capsules are more difficult to swallow.
- “1” size holds 400 mg and is usually used for making capsules for children or those who have difficulty swallowing.
- There are also size “2” (350 mg) and size “3” (200 mg).

Empty capsules can be bought from a local health food store or you can order them through Amazon.

However, to make your own capsules, you don't have to have a machine. You can encapsulate herbs by hand, but be warned - it takes time.

How to fill capsules manually:

- Pour the powdered herb into a small bowl.
- Open up the capsule.
- Use one half of the capsule to pour the herbs into another half.
- Close the capsule by pressing the two halves against each other.
- Repeat

However, if you plan to make hundreds of capsules or simply don't have time, you can get one of the encapsulation kits that can do 50-100 capsules at a time. Each of the kits is for a specific capsule size, so decide in advance what size capsules you want to make.

- Insert each end of the capsules into the respective slots
- Pour the powdered herbs into the machine. Move around until each capsule is filled (add more powder if necessary).
- Insert the top and close down until the capsules are "locked"

Preparing Herbs for Encapsulation



Preparing herbs for encapsulation starts long before they are packed into capsules.

6 steps to preparing herbs for encapsulation:

1. Harvest the herbs at the right time when their active ingredients are the most potent
2. Dry them properly so their volatile oils are preserved
3. Store them in a dry and cool place, away from light and heat
4. Buy the capsules
5. Grind the herbs into a fine powder (you can do this with a coffee grinder or with a mortar and pestle)
6. If you plan to use more than one herb, store grounded herbs

separately and mix them just before encapsulation

Can All Herbs be Taken as Capsules?

For a number of reasons, not all herbs are suitable for encapsulation. Those that are particularly easy to encapsulate include:

- Ashwagandha
- Black Walnut
- Cayenne
- Chlorella
- Damiana
- Horsetail
- Hydrangea
- Saw Palmetto
- Triphala
- Valerian root powder

How Much Cleansing Herbs to Take?

Just like every other alternative treatment, you should be mindful of the particular dosages to take when you take herbs. But one common problem with herbal remedies is the difficulty in determining the actual dosage to consume especially with raw herbs or roots. However, these have been made much easier with herbs that come in powder, granulated or capsule forms. With these, it's easier to take directly or make into herbal teas with specific ratios.

However, for full form roots, and chunks of stems, I usually recommend to research the actual dosage amount to take. For most herbs, it will need just a handful of herbs boiled in 10 ml of water.

For pre-made herb packages, simply follow the manufacturer's dosage instructions. If they do not come with instructions, the general rule to follow is 1 teaspoon part herb to 1 cup (8 ounces) of spring water. You can scale this ratio to make larger volume so you can store for use.

For pre-purchase cleansing packages –

Always follow the package recommended dosage or instructions on how you should prepare or take them. Most purchased packages come with instructions on how to take them.

For Leafy purchased herbs –

For leafy purchased herbs, this is determined as concentrations in ml. You can either prepare the fresh herbs directly by boiling a handful in 10ml of water or you can dry them and grind into powder form. Once ground, I like to measure 1 teaspoon per 8 oz (1 cup) spring water, which often is the general dosage rule for herbal mixtures.

Again, you can do additional research for the particular dosage of the specific leafy herb you want to prepare.

For bulk purchase herbs –

If you have purchased herbs in bulk and you're making your own teas, find out what the recommended dosage is for each herb. As a general rule, you should prepare each herbal tea in a ratio of 1 teaspoon to 8 ounces of spring water.

For capsules –

For herbs that come in capsule form, you should follow the recommended dosages for each herbal capsule.

How to Prepare Herbs

Preparing your cleansing herbs would depend a lot on the form you purchased them. Although, it's easier to prepare cleansing herbs that come in powder forms, as you can easily make herbal teas with them in the specified or recommended dosage. However, for other forms form herbs especially roots or leaves, it is better to use a ratio of 1 teaspoon to 1 cup (8 oz) of spring water for each herb.

However, for easier batch preparation and storage, I recommend preparing herbs in batches of mixtures. That would mean mixing them up according to function and benefit (Please refer to Chapter 8). Again, this will depend how state of health and what minerals are most important for you. You can combine similar herbs with similar functions into a batch. Like our healer, Dr. Sebi would say, *"If you want calcium, you know where to go to (sea moss), if you want Iron, you go to Burdock, and if you want a mix of both Iron and Fluorine, you go to Lily of the Valley"*.

In all, try not to mix more than 2 or 3 herbs together. Remember, these herbs are electric, and its best to preserve their organic carbon, hydrogen and oxygen nature as much as we can. Again, if you mix more than that, you may not get their accurate concentrations per ml of water, so try to limit it to 3, possibly 2.

For clearer understanding, you can use the following mix:

- Mix Colon and gallbladder cleansing herbs together
- Mix liver and kidney cleansing herbs
- Mix respiratory and mucus cleansing herbs
- Mix lymphatic and heavy-metal cleansing herbs.

Since these herbs perform a whole-body cleanse (not just colon) including the skin, eyes, colon, liver, lymphatic system and gallbladder, you can decide to choose how to combine them. Also, note that when you make larger batches of these herbs for storage, try not to make batches that last more than 7 to 14 days

For pre-purchase cleansing packages –

Please follow the recommended dosage or instructions that are provided for that cleansing package

For Leafy purchased herbs –

For fresh Green leafy herbs

- Place in spring water and boil on low heat for 5 to 7 min
- For dried leafy herbs, boil longer – 10 to 15 min

For Dried ground (or powder) herbs –

For dried ground or powder leaves or roots, mix in recommended ratios for the herb. Powder herbs are the easiest to mix in dosage proportions so you can simply follow the package instructions

For Chunks of Dried Root herbs –

If you've purchased chunks of roots or stems, you can prepare them in the following way:

- Cut or break up chunks
- Place in spring water and boil for 15 minutes
- Let cool and serve
- Alternatively, dry and grind them into powder form using a power blender and then encapsulate
- You can also prepare them in larger batches and place in jars to store in the refrigerator.

For bulk purchase herbs –

If you have purchased herbs in bulk and you're making your own teas, find out what the recommended dosage is for each herb. As a general rule, you should prepare each herbal tea in a ratio of 1 teaspoon to 8 ounces of spring water.



**1 teaspoon
Herb**

+



**1 Cup (8 oz)
Spring water**

Dr. Sebi-Approved Herbs



To Dr. Sebi, medicinal herbs were an essential part of his healing methodology but he was very particular about which herbs should be used alongside his alkaline diet. He was against all hybridized herbs as well as herbs that are not alkaline. In this chapter, we shall look at some of Dr. Sebi-approved herbs. Like most alternative medical practitioners, Dr. Sebi believed that prevention is better than cure. He taught us that an alkaline diet and herbal remedies could prevent or solve all our health problems. Dr. Sebi used the below-mentioned herbs to dry up mucus, free the body of toxins, and boost the immune system. This is a complete list of Dr. Sebi detox herbs and it contains herbs he recommended over and over again. In this chapter, we shall look at some of Dr. Sebi-approved herbs.

Black Walnut Hull Powder



Black Walnut Hull (Fresh)



Black Walnut Hull (powder)

Description: Black walnut contains compounds that make it very effective in fighting bacteria and fungus. Besides, the tannins in black walnuts successfully dry up mucus and successfully kills parasites inside the body. This herb should not be taken on a regular basis, but only occasionally for cleansing. It can be taken as a capsule or a tablet.

Bladderwrack



Bladderwrack (Fresh)



Bladderwrack (Dried)

Other Names: *Fucus vesiculosus*, Black tang, Bladder fucus, rockweed, Sea oak, Dyers fucus, cut weed, Rock wrack and Red focus.

Description: Bladderwrack is found on the coasts of the western Baltic Sea, the North Sea, and the Pacific and Atlantic Oceans. It is high in iodine – a key substance for thyroid health.

Uses: Used to take care of many thyroid ailments, e.g. underactive thyroid, oversized thyroid Gland, and potassium deficiency. It's also utilized for

heartburn, arthritis, bronchitis, obesity, arteriosclerosis, digestive disorders, blood cleansing, emphysema, urinary tract disorders, constipation as well as nervousness. Other uses include boosting the immune system and increasing energy.

How to Use: Bladderwrack might be consumed whole, taken as tea or even blended with sea turtles from beverages and smoothies. To make tea, then combine 1 teaspoon per cup of warm spring water, and then allow to sit for 15 minutes prior to drinking. This may be taken one or two times every day.

Caution: Bladderwrack may potentially contain high levels of potassium, which might worsen some thyroid issues, so avoid protracted high or used doses.

Blue Vervain (*Verbena officinalis*)

In pre-Christian England, vervain was considered a sacred herb. The ancient Romans also considered it sacred and used it to purify their homes and temples. It was regularly used in magic and ritual.

Blue vervain active ingredients include:

- Volatile oil
- Bitter glycosides
- Tannins

Dr. Sebi valued this herb very much and prescribed it for many conditions.

Medicinal properties of blue vervain:

- Relaxant tonic
- Promotes milk flow
- Stimulates labor
- Promotes sweating
- Nervine
- Sedative
- Antispasmodic

- Liver stimulant
- Laxative
- Uterine stimulant
- Urinary cleanser
- Fever remedy
- Bile stimulant.

Aerial parts should be gathered in summer while flowering. Vervain is usually taken internally but can be used topically as well.

Ways to use vervain:

– **Infusion**

Take for insomnia and nervous tension or to encourage sweating in the case of fever. Can also be used as a liver stimulant to improve appetite and digestion. If sipped during the labor, it will encourage contractions and if taken during lactation, will stimulate milk flow

– **Tincture**

Use for depression, as a stimulant for liver, nervous exhaustion or for poor digestion. It can be used in combination with other urinary herbs for stones and conditions related to excess uric acid

– **Poultice**

Apply to muscle sprains, insect bites, and bruises

– **Ointment**

Use on skin problems such as eczema or wounds. Can also be used for neuralgia

– **Mouthwash**

You can use the infusion for spongy gums, or mouth ulcers

Caution:

- Avoid the herb in pregnancy. This is because it stimulates the uterus. However, it may be taken during labor as it stimulates contractions

Burdock Root (*The Efficient Blood Cleanser*)



HISTORY: Burdock was used as far back as the middle ages to heal several disorders. They have been used by early herbalists to relieve pain and purify the bloodstream from China, India and Europe.

DESCRIPTION: Burdock Root comprises all 102 minerals which form the human body in trace quantities.

KEY BENEFITS: Assists with indigestion, joint pain, detoxifying the liver, and balancing hormones. Helps improve skin quality, decrease inflammation, and reduce blood glucose levels.

USES: Heal insomnia, cancer, Gastrointestinal ailments, joint pain, arthritis, kidney infections, complications of syphilis, & skin ailments such as psoriasis. May assist with gout, thyroid health, bladder ailments + kidney & gallbladder stones.

TASTE: Getting a nutty sweetness and taste

HOW TO USE: Blend it with Dandelion Root to get a great "java" or into Perrier + Date Syrup to create a "beer. I love to blend it with other herbs to provide me a nutrient increase. Since Sarsaparilla is greatest in iron and behaves as a magnet for the rest of the minerals, I blend them frequently (typically with a 3rd herb which rounds out the taste (such as Linden

Flower). CAUTION: If You've Got a Bleeding disease, burdock may increase bleeding.

Cascara Sagrada (*The World's Natural Laxative*)



Other names: Rhamnus Purshiana, Bitter bark, Sacred bark, Cascara buckthorn, Bearberry, chittem rod and chitticum stick

Variants: None

History/Origin: The bark of Cascara Sagrada was used as far back as the 1600s from the natives of the Pacific shore and Euro-Americans as a natural laxative. It was also used as one of many anthraquinone-containing herbal medications. Commercially it's known as "Cascara sagrada" (meaning 'sacred bark' at Spanish), though, traditionally it's called "Chittem bark" or "Chitticum bark". Spanish soldiers moving round the Pacific Northwest struck many natives utilizing the bark for a laxative and gave it the title "sacred bark" with regard to its own efficacy.

Description: Considered a high All-natural laxative by herbalists. It's supposed to be the best herb for colon cleansing accessible. Cascara sagrada is proven to serve as a natural antibiotic in the intestines when taken internally. It's been used to eliminate gastrointestinal ailments such as

worms.

How it functions: Cascara sagrada will cause a bowel movement over eight to 12 hours taking a dose. It induces muscular contraction in the gut which help move stool throughout the gut. Additionally stimulates the liver/pancreas secretion.

Cascara sagrada increases the secretion of bile in the gallbladder. As a result of this property, it's been used to divide and prevent gallstones.



Key benefits: Laxative for constipation, therapy for hepatitis, liver disorders, and also cancer. A colon cleaner thought to enhance the muscular tone of the colon walls.

Other applications: It Is believed to ease the strain and pain associated with hemorrhoids and anal fissures too (however this claim is just supported by traditional use).

Taste: It does not taste great.

How to utilize: Cascara sagrada will generally cause a bowel movement within 12 hours, so it is Ideal to take it at night in order that at the morning it is simpler to use the bathroom

Caution/Side Outcomes: Can cause laxative dependence since the intestines start to adapt to this anthraquinones and be able to operate by themselves.

Please refrain from accepting it for more than two weeks without needing a rest (at least two days). Don't advise

Drinking this and then heading out for a very long amount of time in which you must use a toilet in somebody else's home.

Chamomile



Chamomile (Flower, fresh)



Chamomile (Flower, dried)

The plant is indigenous to Europe and has been used for centuries for medicinal purposes. Ancient Egyptians worshipped it for its incredible healing powers. It has a soothing effect on your skin and calming effect on your mind which is why it is used for skin conditions or as a tea to help you get a good night's sleep.

Chamomile boosts your immune system by helping your sleep well because when you're well-rested, your immune system works better. It is usually taken as a tea to reduce muscle tension and anxiety, to improve digestion, relieve stomach cramps. It has a powerful sedative effect and if you have trouble sleeping make a strong brew before going to bed. You can wash your face with chamomile tea or pour strong chamomile tea into your bath to relieve sunburn. Use only loose-leaf chamomile, never teabags.

Chaparral (*The Anti-Inflammatory Herb*)



Other Names: Larrea divaricate, Creosote bush, Hediondilla, Greasewood, Jarilla, zygophyllum tridentatum. Variants: Larrea tridentate, larrea divaricata, larrea Mexicana

History: Chaparral was reported to be as old as 4 million years of age. Chaparral originates in the creosote regions, which will be a desert tree native to southern area of the USA and northern portion of Mexico.

Description: Chaparral is a yellow flowering plant using quite bright blossoms and dark green leaves. All areas of the plant have been used for medicinal purposes but despite its own usage, it's quite controversial and was reported to be prohibited in certain states including Canada.

Key Benefits: This cleanses the lymphatic system and stomach. Also will help to clean heavy metals in the blood and reduced blood glucose levels.

Uses: Employed to deal with insomnia, cancer, skin disorders, arthritis, and STDs

Taste: Chaparral includes a sour flavor with a rather strong taste. Caution: No significant side effects; although could lead to skin irritation when applied to the skin

Contribo (*Aristolachia grandiflora*)

This herb is known by many other names, eg Bejuco de Santiago, Dutchman's Pipe, Calico Vine, Vine of St. James, Liana couresse, Six Sixty-six, Pipe vegetale, Tref, Twef, Birthwort, and Trefle caraibe.

This unusual plant has a huge flower that smells like rotting meat. We mentioned earlier that plants have to have attractive flowers and a strong scent in order to attract bees, birds, and insects who will pollinate them. As contribo flower is pollinated by a fly, it shouldn't be surprising it developed a smell of rotting meat as that is the smell flies are most drawn to.

Throughout Central America, contribo is a popular natural remedy for colds and flu, stomach ache, and indigestion. It can also be soaked in rum and used as a bitter.

Contribo is a jungle-vine that needs to be sun-dried before it becomes a medicinal herb. The dried vine is then soaked in water or liquor. The liquid is drunk as and when necessary, and new liquid is added to replace the consumed liquid. It should be kept in a cool, dry place.

Contribo is usually found in wet areas and is a well-known medicinal herb not only in Central America but also in western herbal medicine, Ayurveda, and Traditional Chinese Medicine (TCM). Apparently , it's been used for its therapeutic properties since 300 BCE.

Conditions that can be treated with contribo:

- Kidney problems
- Bladder stones
- Stones
- Gout
- Snakebite
- Uterine complaints
- Insomnia
- Skin conditions (eg bruises, wounds, skin infections)
- Alleviate fever

- Enhance appetite
- Strengthens the immune system

Contribo can be used as a tea or its powder can be mixed with honey and olive oil. It can also be used topically as a lotion to treat wounds and skin infections.

Although this herb has been known and used for a very long time, there have been very few scientific studies of this plant.

Unfortunately, contribo doesn't come without side effects so it's best to use it under the guidance of a qualified herbalist.

Caution :

- Due to aristolochic acid, continuous use of contribo can have very negative effects on one's health.
- It contains high amounts of calcium oxalate, so overuse could lead to kidney stones

Damiana (*Turnera diffusa*)

Damiana is a shrub native to Mexico, Texas, Central and South America, and the West Indies. It has been used as a herbal remedy for a very long time. By the time the Spanish colonized South America, indigenous peoples had been using it for centuries.

There is very limited scientific research on this herb

Damiana is also known by many other names, eg Damiana Herb, Damiana Aphrodisiaca, Old Woman's Broom, Damiana Leaf, Feuille de Damiana, Damiane, Feuille de Damiane, Houx Mexicain, Mexican Damiana, Oreganillo, Mizibcoc, Rosemary, Turnera aphrodisiaca, Thé Bourrique, Turnera diffusa, Turnerae Diffusae Folium, Herba de la Pastora, Turnera diffusa var. aphrodisiaca, Turnera microphyllia and Turnerae diffusae herba.

Active ingredients of damiana relate to the endocrine and nervous systems. It is used both to relax the body and boost energy levels.

Damiana medicine is made from the leaf and the stem. It can be used as a juice, tea, or supplement (capsule or tincture). Damiana herb can also be smoked or inhaled as it mimics the effects of marijuana.

Medicinal uses of damiana include:

- Treatment for obesity
- Improved mental and physical performance
- Immune support
- Natural remedy for asthma
- Natural remedy for diabetes
- Relieves headache
- Reduces depression and anxiety
- Stomach complaints
- Relieved constipation
- Fights infections
- Relieves symptoms of menopause and premenstrual syndrome complaints
- Acts as a bladder tonic
- Helps you get “high”

- Acts as an aphrodisiac (improves libido)

Caution :

- Pregnant and nursing women should not consume damiana, nor should anyone with liver conditions
- Damiana leaves are safe to smoke or inhale but in high doses can cause hallucinations

Dandelion Root (*The Great Coffee Replacement*)



Dandelion (Root, Fresh)



Dandelion (Root, Dried)

Dandelion Root

OTHER NAMES: Lentodon taraxacum, Blow-ball, Bitterwort Cankerwort, Common dandelion, Clockflower, Irish daisy, piss-in-bed, Lion's tooth, Pissinlit, Puffball, Priest's crown, swine's snout, Yellow gowan, Telltime.

VARIANTS: None

HISTORY: Dandelion was a well-known recovery plant for centuries.

They have been popular in ancient Egypt, Rome and Greece and also have been utilized in their conventional medicine. Dandelions likely came in America by travellers that used it for medicinal advantages.

DESCRIPTION: Even though a Fantastic coffee substitute, Dandelion is an awesome herb for liver-cleansing. Cleansing the liver provides you some energy back. Thus, drinking it in the morning is a superb java substitute and allows the entire body to stay in detox mode rather than getting all of the acid that coffee drinking could create within the body.

KEY BENEFITS: This amazing Herb may improve your immune system, destroy free radicals, combat diabetes, and help with sinus ailments, and even combat cancer. Additionally, it enhances energy levels; alleviates stomach upset, intestinal gas, gallstones, joint pain, muscle aches, & eczema; and utilized to treat viral diseases.

USES: It's been used to deal with Viral diseases and improve immunity. Reduces inflammation and cholesterol; reduces blood pressure, also helps regulate glucose levels.

HOW IT WORKS: Its curative Impact in the liver also helps cleanse the bloodstream that assists in clearing up skin conditions such as psoriasis, eczema and psoriasis.

TASTE: Dandelion Root Tea Tastes much like java, so there is no excuse to not give up coffee for your wholesome lifestyle. Insert Hemp Milk and Date Syrup and you have got the healthiest latte in history

HOW TO USE: You are able to consume the Flowers, leaves, stalks, and also the origin. The whole plant may be utilized in salads, soups, and vegetable dishes.

CAUTION: In some individuals, Dandelion might lead to stomach distress, diarrhea and heartburn.

Elderberry (*The Great Immunity Booster*)



Elderberry (Herb, Fresh)



Elderberry (Herb, Dried)

OTHER NAMES: Elder, Common Elder, Black Elder, Black-Berried Alder, Black Elderberry, Bountry, Boor Tree, Baccae, Baises de Sureau, Arbre de Judas

VARIANTS: None

Elderberry have been used for since the seventeenth century for a wide range of ailments. It was majorly used by the people of Northern Africa and ancient Asia to wade of evil spirits and cure several health problems.

DESCRIPTION: Used medicinally by herbalists to boost the immune system during cold and flu season. Almost every part of the elder plant has medicinal or culinary value. Dr. Sebi focused on berries as studies show they have antioxidant, antidiabetic, anti-inflammatory, and immune-modulating, as well as antidepressant properties. Elderberries are high in nutrients. They contain flavonoids, vitamins (A, B1, B2, B6, B9, C and E), minerals (K, Ca, and Mg), as well as phytochemicals (eg carotenoids, phytosterols and polyphenols). Elderberries are successfully used for respiratory, cardiovascular, and mental health. As it has strong anti-viral properties, it is most often used to fight the symptoms of flu.

KEY BENEFITS: anti-inflammatory, antiviral, anti-influenza & anticancer properties. Used to boost the immune system. Aids the healing process, stimulates digestion and eliminates chronic pain. It is also said to possess chemo-preventive properties.

USES: Packed with antioxidants they help to cleanse the body, improve vision, speed up the metabolism, increase respiratory health, lower inflammation, and protect against chronic disease.

HOW IT WORKS: Elderberry helps loosen mucus from the upper respiratory tract and lungs, making it easier to cough up mucus, which in turn prevents respiratory infection from resulting to bronchitis or pneumonia

It also helps with increased perspiration via sweating and urine flow.

TASTE: Although elderberries don't taste sweet, they have a somewhat mild earthy taste with a tart flavor

They can be used to make a great combo with other herbs so as to make them more palatable.

HOW TO USE: It's best not to eat raw elderberries as they contain some cyanide. They can be cooked and used to make juice, jelly, syrups, wine, smoothies or in salads (cooked). The most popular way is to make it into a syrup or to use as infusion in teas.

If you can't take the herb, you can take in capsule form, usually about 3 capsules per day.

CAUTION: Avoid taking elderberries as regular berries. They can cause often result in diarrhea, nausea or vomiting if taken raw.

Irish Sea Moss (*The Daily Mineral Intake Companion*)



Irish Sea moss (Fresh)



Irish Sea moss (flakes)

OTHER NAMES: Chondrus Crispus, Irish moss, Irish carraigín, carrageen moss, the tiny stone **HISTORY:** The title "Irish Moss" was originated through the potato famine in Ireland back in the nineteenth century. During the famine, many were hungry and desired food that was in short supply, then they resorted to eating the red alga that climbed on the stones.

DESCRIPTION: A Excellent species of algae That grows along the rugged areas of the Atlantic coast of North America and Europe. A fantastic daily vitamin supply. Includes 92 of 102 minerals which compose the entire body. Sea moss is an alga and is still a very fantastic source of dietary fiber, vitamin and several minerals (calcium, copper, iron, magnesium, phosphorous, potassium, phosphorus, sulfur, and manganese).

BENEFITS: aids in fostering the metabolism, encouraging the immune system, relieving joint pain, soothing the digestive tract, + supporting cardiovascular health.

HOW TO USE: To gain most from this herb, it is ideal to take it in conjunction with bladderwrack. Create a warm drink from it with hemp dates and milk. And try to drink twice or once daily preferably in the afternoon and day. I also use it to cleanse my Face many times every week. I just blend a dime sized amount of this powder with spring water, then make it into a paste, and spread it on my face. I leave it around for 5 minutes or longer, then wash.

Sea moss powder could quickly be utilized as an inclusion in smoothies, or

add capsules or made in to gel. The powder form is simpler to use if you're just beginning, otherwise you might need to contend with the sea moss herb at which you'll first have to soak and mix to make gel.

CAUTION: No known side effects

Kalawalla (*The Natural Anti-Oxidant*)



Kalawalla (Herb, Fresh)



Kalawalla (Herb, Dried)

Other Names: Calaguala, *Polypodium decumanum*, Callawalla

Variants: None

History: From the jungles of Honduras, they grow exclusively over Palm trees in symbiotic relationship.

Key Benefit: antioxidant, immune system,

Uses: The indigenous people use it as a blood purifier. It contains three types of amino acids that are powerful antioxidants and protect your DNA from free radicals. Kalawalla is particularly effective for those suffering from skin conditions and has also been used to treat neurological disorders like Alzheimer's.

Taste: more like a bland taste. Kalawalla does not have a bitter or after taste.

How to Use: For best results, take Kalawalla every day as a tea.

Caution: Very little or no side effects. Although some have reported a little indigestion and some skin rashes.

Linden Flower (*Natural Expectorant*)

Great for expelling mucus from the lungs. Really soothing. It's my go to if I have a dry throat or a persistent cough. It has a mild flowery taste.

Wonderful addition to herbal blends for balancing out strong flavors.

KEY BENEFITS: Can aid in lowering blood pressure and inflammation.

Gives relief to gastrointestinal discomfort and helps with efficient digestion.

USES: Used for colds, stuffy nose, mucus relief, sore throat, fever, breathing problems (bronchitis), and headaches (including sinus and migraine)

HOW IT WORKS: It makes it easier to bring up phlegm by coughing (as an expectorant).

TASTE: A light, flowery taste. Good to mix with more bitter herbs to help balance out their taste.

HOW TO USE: Wonderful addition to herbal blends for balancing out strong flavors.

LUPULO



Lupulo (Herb, Fresh)



Lupulo (Herb, Dried)

Lupulo is a well-known natural remedy used to relieve pain, help to calm the nerves, improve sleep, help with hot flashes. By calming you down, it indirectly lowers your cholesterol as well as blood pressure. One usually takes these herbs for 7 to 30 days after a cleanse, detox or fast.

The longer you fast, cleanse or detox, the better. However, there is a limit to how long your body can go on without solid foods before it gets sick, so don't overdo it. Therefore, regardless of how you decided to heal your body, eg with a cleanse, detox or fast, as soon as you're done with it, start taking revitalizing herbs and follow the Dr. Sebi alkaline diet. Irish moss and iron can be consumed both during the cleanse and during the revitalization.

If you follow an alkaline diet, you should cleanse once a year for 7 days. Otherwise, for the best results, you should perform a cleanse every three months.

Nopal (*Opuntia ficus cactaceae*)

Most people are probably unfamiliar with the word *nopal*, although most have heard of prickly pear cactus. Nopal and prickly pear are, in fact, the same plant. Nopal cactus originates in the deserts of the southwestern United States and Mexico. It is a common ingredient in Mexican cuisine but can only be eaten fresh when young (that's when the fruit is juicy and tender). Nopal fruit is also used to make marmalade, soups, stews, and salads.

Therapeutic properties of nopal revolve around its antiviral and antioxidant properties. There are over 100 species of nopal in Mexico and it has been used in traditional medicine for hundreds of years.

Some of the common medicinal uses of nopal:

- **Prevents viral infections**

Nopal cactus has antiviral properties and early studies suggest that it can be effectively used against herpes simplex, respiratory syncytial virus, and HIV.

- **Protects nerve cells**

When your nerve cells are damaged you end up with sensory loss or pain. Nopal cactus can protect against this damage

- **Protects cells from free radicals**

Being high in antioxidants, nopal protects your cells from damage caused by free radicals.

- **Regulates blood sugar**

Consistent use of opal cactus can regulate blood sugar levels. It is best if nopal is taken together with other diabetic medications.

- **Helps treat enlarged prostate**

An enlarged prostate makes you want to urinate more frequently. Nopal helps not only with an enlarged prostate, it is also used in prostate cancer treatments.

- **Helps reduce cholesterol**

Nopal cactus can help you lower the “bad” cholesterol with much fewer side effects than traditional cholesterol medications.

– **Eliminates hangovers**

Nopal cactus helps relieve the symptoms of hangovers but the problem is it should be taken BEFORE you start drinking.

You can benefit from the healing benefits of nopal cactus either by eating it raw or taking it as supplements (capsule, powder, or tincture).

Nopal juice benefits:

- Lowers cholesterol
- Antioxidant and anti-inflammatory properties
- Relieves pain
- Boosts immune system
- Protects the liver
- To treat bladder and urinary issues
- As an aphrodisiac

Conditions that can be treated with nopal:

- Glaucoma
- Wounds
- Fatigue
- Liver conditions
- Ulcers
- Diabetes

Caution

- Commercially produced nopal juice is often mixed with other fruit juices which means it usually contains much more sugar than the pure nopal juice would. So, anyone with diabetes should avoid taking commercially-produced nopal juice and should rather choose fresh fruit or freshly squeezed home-made nopal juice.

However, when buying nopal juice from street vendors, remember that most

of them use tap water to rinse the fruit. Such juice is not pasteurized and treated for bacteria although cattle manure is used as a fertilizer. A recent study found that over 90% of street-sold nopal juice tested positive for *Escherichia coli* and 1% tested positive for Salmonella. If you love this juice, it's best to buy it from a reputable source.

- Nopal cactus has fewer side effects when eaten as food than when taken as a supplement. To be on the safe side, get your nopal from a reputable source. Potential side effects of nopal supplements include headache, nausea, and diarrhea
- Pregnant women should never take nopal supplements
- Nopal supplements can affect your blood sugar levels, so if you have diabetes you should be particularly careful. It's best to discuss this with your doctor first.

Prodigiosa



Other Names: Brickellia Grandiflora, Brickellia canvanillesi, Amula, Calea zacatechichi, Hamula, fantasy plant, Bitter bud, Cheech. Variants:

Brickellia Grandiflora, Brickellia canvanillesi

History: Prodigiosa is a species of snout moth that originated from Peru.

Description: This really is a dark green bushy herb with leaves around the top side and a greyish purple color on the bottom. It develops as large as 5 feet. The flowers on this plant include a pure white color to a yellowish shade and may be seen growing in clusters. This perennial plant could be found flowering almost throughout the year.

Prodigiosa is frequently talked about as being correlated with all the dark arts because it had been used in voodoo for part of their rituals. But this herb is not difficult to cultivate and develops just too in a plant pot also. Its medicinal advantages shouldn't be overlooked and by developing this herb into your garden, you're never too much from a new cup of herbal tea.

Key Benefits: Prodigiosa arouses pancreas secretion, reduces blood glucose, and enhances fat digestion in the gall bladder. Helps with gut

digestion, supports healthy kidney function, helps maintain Wholesome Glucose Levels, supports a healthy immune system

Uses: Immune system, Gallbladder and Pancreas, immune system health, reduces blood glucose, and is valuable for individuals with diabetes.

Taste: it's quite bitter in flavor.

You may think of this as a bad thing but when it comes to digestion, bitter is better.

How to Utilize: Take as tea or in capsule form. Once consumed as tea, then the herb produces lactic acid, which assists stomach digestion. Make tea by brewing leaves (fresh or dried) in warm spring water. Since pf the sour flavor of these leaves, you may add date syrup into it. This tea may be taken twice each day.

Caution: No known unwanted effects.

Red Clover (*Trifolium pratense*)

Traditionally, red clover was used as a fodder crop for cattle. It is only recently that we became aware of its health benefits.

Red clover active ingredients include:

- Phenolic glycosides
- Flavonoids
- Salicylates
- Coumarins
- Cyanogenic glycosides
- Mineral acids

Only the flowers have therapeutic properties and it's best to harvest them during flowering.

Effect it has on the body:

- Alterative,
- Antispasmodic
- Diuretic
- Anti-inflammatory
- Oestrogenic properties

Traditionally, red clover was used for skin complaints and to treat coughs and bronchitis but in the 1930s it was recommended to treating certain types of cancer, eg breast, ovarian, and lymphatic. Unfortunately, after the boom of the pharmaceutical industry in the 1960s, red clover is no longer considered an effective cancer treatment. Still, many holistic doctors prescribe it as an anti-cancer therapy.

7 ways to use red clover flowers:

7. Fresh flowers

Crushed fresh flowers may be applied to insect bites and stings

8. Tincture

Take internally for skin problems like psoriasis and eczema.

9. Compress

Use for arthritic pains and gout

10. Eyewash

Use about 6-12 drops tincture in about half an ounce (20 ml) spring water for a well-strained infusion for conjunctivitis or a full eyebath

11. Douche

Use the infusion for vaginal itching

12. Syrup

The syrup is an effective treatment for stubborn, dry coughs

Rhubarb Root (*The Natural Laxative*)



Other Names: Chinese Rhubarb, Garden Rhubarb, Da Huang, Himalayan Rhubarb, Medicinal Rhubarb, Indian Rhubarb

Variants: *Rhizoma Rhei*, *Rewandchini*, *Rhei*, *Rhei Radix*

History: The name “Rhubarb” was derived from rhabarbarum. Rhabarbarum’s herbal uses started as far back as 5000 years ago, when Chinese used its roots as a laxative.

Description: Rhubarb has a distinctive yellowish root. Highly effective in improving the tone and health of the digestive tract, the root and rhizome (underground stem) are used as medicine.

Benefits: It also helps in cleansing the bowel of heavy metals and harmful bacteria. Helps relieve constipation, bloating and cramps

Uses: Used for digestive issues such as diarrhea and constipation; stomach pain, heartburn, ulcer or stomach bleeding, etc.

How It Works: Works mainly as a laxative

Taste: Has a sweet-sour taste with a tangy flavor.

How to Use: Use as tea

Caution: Can cause uterine contractions; should not be used if pregnant
Sarsaparilla Root



Sarsaparilla (Herb, Fresh)



Sarsaparilla (Root, Dried)

DESCRIPTION: This is one of the very best natural resources of iron, a mineral necessary in the practice of recovery. It has diuretic and restorative properties.

Used for its Anti-inflammatory, antiulcer, antioxidant, anti-inflammatory, diaphoretic & diuretic properties. It comprises plenty of plant compounds believed to have a favorable influence on the body. **BENEFITS:** Anti-inflammatory, Antiulcer, antioxidant, anti-inflammatory, diaphoretic & diuretic properties. Maximum concentration of iron of any plant.

USES: Assist with inflammation, congestive Heart failure, higher blood pressure, PMS, urinary problems, hypertension, migraines, nervous system disorders, and suffering from arthritis.

HOW IT WORKS: Compounds Called saponins might decrease joint pain and skin itching, and kill germs. May also aid in reducing inflammation and protecting the liver from harm. Maximum concentration of iron of any herb (based on Dr. Sebi).

Soursop (*The Powerful Antioxidant*)



Soursop (Herb, fresh)



Soursop (Leaf, dried)

Other Names: Custard apple, *Annona muricata*, Guanabana, Brazilian paw, Cherimoya

Variants: None

History: Soursop Is a plant which grows in rain forests of Africa, South America, and Southeast Asia.

Description: It Comprises over 200 phytochemicals and contains anti-inflammatory and antioxidant properties. All areas of the plant possess medicinal properties.

Benefits: It can assist you to enhance the state of skin, nails and hair. High in carbohydrates.

Uses: It May Help Kill Cancer Cells, assist Fight Bacteria, decrease Inflammation, modulate Blood Glucose Levels

Taste: The Fruit includes a buttery sweet flavor while the leaves possess a spoonful of tartness

How to Use: You May take it as extract or tea but it's ideal to eat the leaves and fruit raw.

Caution: None

Valerian Root



Valerian root (Herb, Fresh)



Valerian root (Herb, Dried)

An ancient remedy for anxiety, stress, nervous asthma, hysterical states, hypochondria, headaches, and stomach upsets. You can use it for hypertension caused by stress.

Yarrow



Yarrow (Herb, Fresh)



Yarrow (Herb, Dried)

Traditionally, it has been used to promote sweating and stop wound bleeding. It can also reduce heavy menstrual bleeding and pain. Can ease gastro-intestinal problems, cerebral and coronary thrombosis, lower high blood pressure, improve circulation, and tone varicose veins.

Yellow Dock (*Rumex crispus*)

The dock is very similar to sorrel and has a multitude of medicinal uses. Native to Europe and Asia, it is now found throughout the world where it is often considered a weed. Both the leaves and the root have therapeutic properties. Leaves are also used in cooking.

Medicinal use of the yellow dock is based on a tincture, syrup, or an ointment. Ointments made to relieve itching and swollen glands, are prepared by boiling the root in vinegar and the pulp is then mixed with coconut oil or a similar agent. It is available in capsules and as tea.

Yellow dock active ingredients:

- Tannins
- Resins
- Salts
- Volatile oils
- Starches
- Thiamine

The yellow dock comes with many health benefits but was traditionally used to treat various skin conditions (eg ...) and as a mild laxative. It has astringent and purgative properties and has been used to treat many different conditions.

Conditions that can be treated with yellow dock:

- Poor digestion
- Liver detox
- Skin conditions (eg scabies)
- Inflamed nasal passages
- Rheumatism
- Scurvy and scrofula
- Constipation
- Promotes bile production
- In some parts of Africa, warm dock leaves are used to dress swollen breasts during lactation, and also pound and pulp the leaves for use as a pile treatment.
- Laryngitis and gingivitis (the dried root of dock mixed with warm water is used as a gargle to treat laryngitis, and as a mouthwash. it is also effective against gingivitis)
- Intestinal infections (eg ringworm)
- Fungal infections

- Jaundice

Caution :

- Yellow dock contains oxalic acid which can irritate the bowels and may cause mild diarrhea.
- You should not use yellow dock if taking drugs to decrease blood calcium, eg diuretics, Dilantin, Miacalcin, or Mithracin. Or if you have kidney disease, liver disease, or an electrolyte abnormality
- Overdosing on the yellow dock may cause metabolic acidosis – a very threatening blood disorder as well as calcium deficiency in the blood.
- The yellow dock should never be consumed uncooked as it may cause severe reactions. Even just handling raw yellow dock may cause a skin reaction in some people

Using Herbs



Herbs, in one form or another, have been part of our diet, culture, and medicine since time began. Herbs provide nutrition and medication. They affect our mood and emotions. They are part of many religious ceremonies and spiritual quests. They make our life and our environments more beautiful, refine, and liveable. But, it is the grassroots medicine that has kept us alive over millennia. Unfortunately, the art of self-care and preventative medicine has been lost as we embraced “development”. But, whether we embraced it willingly and out of ignorance or were made to forget “the old ways” for the sake of modernity, is another question.

The fact is, more and more people are looking to nature in the hope of finding a cure for an ailment or to protect themselves against degenerative, incurable “diseases of civilization” (cancer, stroke, heart disease, autoimmune disorders, obesity, diabetes, etc). There are many ways to benefit from the nutritional and medicinal properties of herbs but the easiest ones are through tea, food, topical application, steam inhalation, and smoke.

Infusion vs Tea

A herbal infusion and tea are, more or less, the same thing. Still, there is a difference in the way they are made and what they are used for.

2 main differences between tea and infusion:

– **The amount of herb used**

To make tea, you usually need 1 or 2 teaspoons of herbs to a cup of hot water. Water is poured over the herbs. Traditional tea is either black (Indian) or green (Chinese) while herbal teas are made from fruits, leaves, and flowers.

To make an infusion, you use much more herbs (2-3 tablespoons per cup).

– **The steep time**

To make a cup of tea, you usually steep the herbs for 5-10 minutes (this depends on the herbs and on the strength you want to achieve). After steeping, you strain the herbs or remove the tea bags. Tea is usually taken warm.

To make an infusion, you can use either hot or cold water. Herbs are usually steeped for several hours, or in the case of the cold water infusions, overnight. Because it is steeped for longer, an infusion is usually higher in nutrients than tea.

In other words, both infusion and tea are a process of extracting chemical compounds or flavor from a plant. But, neither infusion nor tea ever use boiling water. Water should be hot, just off the boil, otherwise, most volatile oils would be destroyed.

However, tea and infusion are terms that are often used interchangeably. The point is, certain plant nutrients only become available if the herb has been soaked in hot water for a long time. We now know that it takes at least four hours to get a significant amount of nutrients from the herb into the water. Roots and barks need to be seeped for at least 8 hours.

This may come as a surprise to many, but if you steep 2 teaspoons of nettle

tea in hot water for ten minutes, you get about 5-10 mg of calcium. But, if you steep 2 spoonfuls of nettle tea in a liter of hot water for at least 4 hours, you get over 200 mg of calcium per cup (plus all the other nutrients the nettle leaves contain).

So, a long herbal infusion gives a beverage high in minerals, vitamins, essential fatty acids, and proteins. Such a drink also contains anti-cancer phytochemicals and antioxidants, as well as many nutrients essential for healthy bones, a balanced immune system, strong nerves, stable blood sugar, good digestion, etc. In fact, it is much more effective to take herbal nutrients through an infusion than through nutritional supplements. Liquids (eg infusion) is absorbed by the bloodstream without having to go to the stomach where some of the nutrients are destroyed by gastric acid.

Many professional herbalists will confirm that if used consistently, long infusions are a very efficient natural remedy for many conditions, eg osteoporosis, anxiety, adrenal burnout, eczema, diabetes, sinus problems, allergies, hormonal problems, infertility, joint pain, high blood pressure, etc. This is because long infusions provide large amounts of nutrients that cannot be obtained from teas or tinctures.

Long herbal infusions are believed to be one of the best (and easiest) ways to improve your overall health, eg your energy levels will increase, you will become more resilient to stress, you will sleep better because your body will have enough nutrients necessary for supporting a healthy nervous system, you will gradually even stop craving junk foods, etc. In other words, by choosing your plants carefully, with long infusions, you can easily add all the essential nutrients to your diet.

However, not all herbs are suitable for long infusion, eg St. John's Wort. Herbs that have very powerful sedative or stimulating properties, should never be prepared this way although they are perfectly safe to take as tea.

How to make a long infusion:

- Take 1 oz (28 grams) of chosen dried herbs (that's about 4 tablespoons)

- Place in a glass or ceramic jar with a lid
- Cover with one liter hot water
- Stir and close tightly with the lid
- Let it sit for 4-8 hours (or overnight)
- Strain and refrigerate unless you plan to use it during the day. It will keep in the fridge for 48 hours. You can gently reheat it, add honey, milk, sugar, or salt and tamari (to nettles),

The best herbs to use for long infusion include:

- Oatstraw
- Comfrey
- Red clover
- Nettles
- Violet
- Linden
- Chickweed
- Burdock root
- Dandelion root

These two last herbs are an essential part of the Dr. Sebi-approved alkaline diet.

When used as a tincture, Burdock Root provides support for the menopausal symptoms eg hot flashes, night sweats, heart palpitations, increases vaginal lubrication, etc. It also helps you detox, stabilize blood sugar, and improve digestion.

A Burdock tonic can help you lose weight by improving your metabolism, reducing cravings, and strengthening a sluggish thyroid.

A Dandelion tonic can also help you lose weight by improving your metabolism, while Dandelion root remedies support the liver and make detox easier.

On top of all these health benefits, both Burdock and Dandelion leaves and root can be taken as long infusion, a process that intensifies their healing

properties.

No wonder Dr. Sebi was so passionate about these herbs.

Culinary Use of Herbs

When it comes to cooking, herbs are usually classified as woody (eg rosemary and thyme) or soft herbs (basil and sage). Woody herbs are tougher and come with a more powerful aroma and are usually not eaten raw. They are usually used to flavor a dish and are removed before the dish is served. Woody herbs taste better dried than fresh.

Soft herbs are very delicate and can be eaten raw in salads (basil) or drinks or used simply for decoration. They have a subtle flavor and are usually added only once the dish has already been cooked or are added during the last few minutes. You should never cook soft herbs (eg parsley, chives, sage, etc) as all their volatile oils will be lost in the process. It's best to sprinkle them just before serving. Some of the culinary herbs are very aromatic or colorful and scattering just a few leaves over a dish can have an amazing aromatic and esthetic effect. Soft herbs are best used fresh and you can easily grow your own, even if you don't have a garden.

The common culinary herbs include:

- Angelica
- Anise
- Basil
- Bay Bergamot
- Borage
- Caraway
- Celery
- Chamomile
- Chervil
- Chives
- Coriander
- Dandelion

- Dill
- Fennel
- Lovage
- Marjoram
- Mustard
- Nasturtium
- Oregano
- Parsley
- Rosemary
- Sage
- Sorrel
- Tarragon
- Thyme
- Watercress

Some of these also have therapeutic properties (eg oregano, thyme, dandelion, sage, fennel) but only if they are harvested, stored, and used properly. So, herbs can be used for cooking, garnishing, stuffing, or seasoning. They are also added to preserved foods, both sweet and savory.

Culinary herbs can be used to make:

- Soups
- Stocks and gravies
- Sauces and stuffings
- Salads
- Salad dressings
- For garnishing
- To add flavor to pasta or rice
- In puddings
- For baking bread
- In jams, jellies, and syrups
- To infuse oil or vinegar
- To add flavor to pickles
- As tea

The herbs mentioned so far are mainly those used in Western cuisine. The herbs and spices used in other parts of the world are often very different.

Asian cuisine is particularly well-known for the variety of herbs and spices, many of which have well-known therapeutic properties, eg cloves, etc.

Some of the best-known herbs used in Asian cooking include:

- Cardamom
- Cloves
- Black pepper
- Cumin
- Coriander
- Nutmeg
- Curry leaf
- Mustard seeds
- Fenugreek
- Saffron
- Allspice
- Tamarind
- Star anise
- Chilli
- Cassia
- Sesame seed and oil
- Fennel seed

Herbs for Topical Use

Skin is your biggest organ and you can benefit as much from the healing benefits of herbs by applying them to your skin, as you would if you took them as a tincture or a capsule. Actually, it's safer to use herbs topically because that way they do not interfere with other medication you may be taking. Medicinal herbs can be applied to different areas of the body, eg nose, genitals, anus, mouth and gums, wounds, eyes, sprains, skin-rash, etc.

Herbs for topical use can be prepared in many different ways. Sometimes, all you need to do is use the fresh leaves or flowers and rub them on your skin. However, this may work against mosquitos (basil leaves) or insect stings (comfrey leaves) but in case of a specific health problem, herbs need to be prepared in a way that turns them into a herbal remedy, eg as a cream,

lotion, poultice, etc.

16 types of topical applications:

1. Infusion

A strong herbal brew (as explained above).

2. Tincture

Dried or fresh herbs are steeped in alcohol or water. The alcohol not only extracts the plant's active ingredients, it also serves as a preservative. A tincture will keep for two years. Tinctures should be made from individual herbs. If you need to mix them, you can do so with the already prepared tinctures.

3. Infused oil

Herbs' active ingredients can be extracted in oil and used in massage oils, creams, and ointments. Oil can be infused in two ways: the hot method (suitable for comfrey, chickweed, and rosemary) and the cold method (suitable for calendula and St. John's Wort).

4. Cream

A cream is a mixture of water and oils. It softens the skin and is easily absorbed by the skin. Home-made creams will last for only several months but their shelf life can be extended by keeping them in a fridge or by adding a few drops of a preservative.

5. Compress

A compress promotes the healing of wounds and muscle injuries. It is used by soaking a cloth in hot herbal extract and applying it to the painful area. However, for a headache, you should use a cold compress. You can also use infusions, decoctions, and tinctures for a compress by diluting them with water.

6. Poultice

This is similar to a compress except that instead of using only the liquid, the whole herb is used. Poultices are usually applied hot. You soak whole leaves in hot water. After a while, you drain them and apply them to painful areas.

7. Decoction

This method is used to extract a plant's active ingredients from roots, barks, twigs, and some berries. The herb is put in cold water and simmered on low heat for one hour.

8. Vaginal douche

Douching is washing or flushing the vagina with water or other fluids. Vaginal douches usually contain vinegar, baking soda, or iodine. You can get them from pharmacies. However, most doctors do not agree with this practice as it upsets the natural balance of bacteria in the vagina.

9. Sitz bath

A sitz bath is a warm, shallow bath used to provide relief from pain, itching, and irritation in the genital area. Different soothing or antimicrobial herbs can be added to a sitz bath. For example, you can try using 1 cup of each - witch hazel bark or leaves, yarrow, calendula, uva ursi, plantain, lavender, etc. Put them in a big bowl, pour over 2 liters of hot water, and let it steep for 20 minutes. Fill the tub with enough water so that your genitals are covered and add the infusion of herbs. If you don't have all of the herbs, you can use only some of them. There are many other herbs you can use and this partly depends on the symptoms you are experiencing.

10. Linament

Linament is a skin rub. It is usually used to relieve pain and stiffness, eg muscular pain, strains, arthritis, etc.

11. Lotion

The lotion is a topical remedy with low viscosity, ie it has low water content. It is applied to the skin with bare hands, a brush, a clean cloth, or cotton wool. Lotions are usually cosmetic products, rather than medical ones (eg hand lotion, suntan lotion, etc).

12. Ointment

An ointment is similar to cream but contains no water. It consists only of oils or fats. It does not blend with the skin but forms a protective layer over it. Good for protecting the skin from moisture (eg nappy rash).

13. Essential oils

Essential oil is basically the essence of a flower. These oils have many therapeutic applications and are usually used diluted with carrier oils.

Herbalism developed locally which explains why herbs used in Chinese Traditional Medicine, Africa, or Europe often differ. Not all plants grow everywhere so healers had to make do with what was available locally.

This is why it's impossible to make a list of the best herbs for topical use as those used in Western herbal medicine differ from those used in South America or Africa. However, as TCM, Ayurveda, and South American herbs may not be available everywhere, we decided to list herbs commonly used for topical applications that are easily available and that are not difficult to grow or wildcraft throughout North America, Europe, and Central Asia.

13 best herbs for topical use:

1. Arnica
2. Lavender
3. St. John's wort
4. Chamomile
5. Aloe Vera

6. Yarrow
7. Calendula
8. Plantain
9. Comfrey
10. Capsicum
11. Eucalyptus
12. Thyme
13. Oregano

An important aspect of holistic health is prevention. Not only do we live in a very polluted world, we also willingly absorb a lot of toxins from the cosmetic and household cleaning products we use every day (this is particularly true of women).

These products often contain harmful ingredients and this only adds up to the toxic load most of us already carry. Find out about nontoxic and organic products you could use instead of what you've been using until now. Besides, there are easy ways to make at least some of these products at home, eg toothpaste, facial creams and masks, lip gloss, shampoo, cleaning products, etc.

Smokable Herbs

Herbs are usually used orally or topically. But, we often forget that another way of benefitting from their healing properties is by smoking or steam inhalation. Herbs are smoked to relax, destress, or provide a hallucinogenic experience. Some have antipsychotic properties while others can induce an alternate state of mind. Strangely enough, smoking herbs can also help you lose weight or quit smoking. Besides, herbs with sedative or pain-killing properties were often given to women during labor (Fenugreek, Black Cohosh, Raspberry Leaf, etc).

Most people think of cannabis when they think about smokable herbs but dozens of other herbs can be smoked. Not all of them will get you high or induce hallucinations, nor will they make you an addict. This means they are perfectly safe and legal to use both at home and in public. It's best to use

these mild herbs in a blend with other, stronger herbs. However, regardless of their strength, they all provide relaxation.

Herbs commonly used for smoking blends

- *Blue lotus*

Blue lots will easily relax you. It is used for its aphrodisiac and sedative effects. It is very calming.

- *Damiana*

Damiana is also commonly smoked for its aphrodisiac qualities and is often added to blends.

- *White sage*

When smoked, white sage can boost your mood and memory and is very relaxing. It can also help clear your lungs, throat, and sinuses.

- *Dagga*

The wild dagga is very similar to cannabis. It has a sedative and calming effect. It can boost your mood and mental clarity and will have an amazing effect on your color perception.

- *Passionflower*

Passionflower is often mixed with damiana. It is a very relaxing herb and is often smoked to help relieve anxiety and insomnia.

- *Mullein*

Mullein is a common base for smoking blends as it's neutral and very light. Smoking mullein can help you clear your lungs.

- *Catnip*

When smoked, it has a slightly hypnotic effect so can help with insomnia. Fantastic herb for relaxation.

- *Red Raspberry*

Red Raspberry leaves are usually mixed with Uva Ursi and Damiana. This combination adds great flavor to your smoking mix. Besides, smoking red raspberry can help stabilize your blood sugar levels

- *Coltsfoot*

The main benefit of smoking this herb is that it helps you get rid of phlegm.

- *Mugwort*

Mugwort was often used in religious or spiritual ceremonies. It is known to promote vivid dreams. The smoke also has a mild psychotropic effect, as does the steam when this herb is being boiled.

- *Uva Ursi*

Uva Ursi herb was very popular with Native Americans and was regularly used for ceremonial purposes.

- *Skullcap*

Skullcap is mild and very calming.

There are many herbal blends to choose from but if you are serious about smoking herbs, you should learn how to make your own blend. It's not difficult and can be a lot of fun if you have access to fresh herbs.

How to make your own smoking blend

- Harvest fresh, young herbs
- Dry the leaves slowly indoors (you can hang them out or spread them in a thin layer)
- When completely dry, crush the leaves by hand
- Combine several herbs to make your own blend (eg mullein is a good base and should represent about 50% of the blend). Add other herbs for the “body” of the blend (about 40%) and add some flavoring herbs, eg sage (about 10%).
- Store your blend in a glass jar or a resealable plastic pouch

Herb Combinations



Herbs have been used to support our health since time immemorial. We often support our various organs unknowingly by following a diet rich in nutrient-dense foods (eg oregano, etc). However, people usually start taking herbs seriously only once they become aware of their numerous health benefits. Unfortunately, this usually happens only once their health has been compromised.

Another reason for the growing interest in herbal remedies is that many strains of bacteria have become resistant to antibiotics. That's why people are now turning to nature in search of time-tested, non-toxic medication. In this chapter, we will look at herbs that support the pancreas, kidneys, liver, respiratory organs, and colon. What will immediately become obvious is that certain herbs have so many active ingredients, they benefit almost all the organs, eg dandelion, licorice, horsetail, etc.

Herbs for Pancreas and Kidney Support

The pancreas is an organ that produces enzymes and hormones that aid digestion. Its proper functioning is particularly important for diabetics. Fortunately, there are many herbs that not only protect the pancreas from disease but help restore it in case it has become inflamed, ie in the case of pancreatitis.

Herbs helpful in maintaining and restoring pancreatic health include:

– **Licorice root**

Anti-inflammatory properties of licorice can help reduce the pain and swelling that is typical of pancreatitis.

– **Goldenseal**

This herb supports the pancreas by lowering blood sugar levels which is particularly beneficial to diabetics.

– **Horsetail**

One of the consequences of pancreatitis is that its tissue gets broken. Horsetail helps regenerate it.

– **Oregano**

Oregano is an excellent natural remedy for hyperglycemia as well as many other complications that result from diabetes.

– **Dandelion**

Dandelion root extract (tincture) kills pancreatic cancer cells even when nothing else seems to work. Besides, dandelion root tea is an efficient natural remedy for flushing toxins out of the body which helps restore the damaged pancreatic tissues.

– **Gentian**

Gentian roots remedies improve digestion by boosting the production of pancreatic enzymes.

– **Olive leaves**

Consistent use of olive leaf extract (tincture) will improve the overall functioning of the pancreas. It will also reduce the pain and swelling caused by pancreatitis and protects the pancreas from the damage caused by free

radicals. Consistent use will significantly lower your risk of pancreatic cancer.

Another organ essential to your overall health are the kidneys. Their main function is to filter the blood and they do this by removing waste from the body (mainly urea). They also regulate the body's water volume and salt content. Chronic kidney disease, ie the gradual loss of kidney function, is a life-threatening condition. Sadly, many people are unaware their kidneys are rapidly degenerating. The main causes of this condition are diabetes and high blood pressure.

The best herbs to support your kidneys include:

– **Horsetail**

Valued for its diuretic properties that help flush out the urinary tract and kidneys.

– **Green tea**

Recommended to everyone whose kidneys are not functioning properly because of its powerful anti-inflammatory and diuretic properties. It also contains polyphenols that prevent the formation of kidney stones.

– **Hydrangea root**

A great herb to support your bladder and kidney health. Prevents the kidney stones from forming by helping the body use calcium so there is no surplus the body turns to kidney stones.

– **Couch grass**

This herb will increase your urine production which will indirectly help you solve some of your urinary tract infections – the more often you urinate, the more likely you are to flush out the pathogens. Couch grass can also help dissolve kidney stones.

– **Goldenrod**

This is a well-known folk remedy for urinary tract problems, including malfunctioning kidneys.

– **Chanca Piedra**

The name means “stone breaker”. This is the most popular herb throughout South America when it comes to getting rid of kidney stones naturally.

– **Java tea**

Drinking Java tea will not only help you keep your kidneys healthy, it will also help you dissolve kidney stones and cure kidney infections.

– **Dandelion**

Dandelion is a strong diuretic and a very efficient natural remedy for kidney detox. Consistent use will help dissolve kidney stones.

- **Celery root**

Both the root and the seeds have diuretic properties and are recommended to everyone with urinary tract problems.

Herbs for Liver Support

The liver is one of your key organs because it helps you stay free of toxins. It constantly processes the waste that gets into our system from the environment, diet, or unhealthy living habits. A liver that's no longer functioning properly may be the cause of many other-health conditions, eg frequent headaches, chronic fatigue, hormonal problems, nervous system disorders, kidney problems, cirrhosis, jaundice, hepatitis, etc.

So, to stay healthy, you need to take very good care of your liver and support it in any way we can. If you can't reduce the toxic load, at least include the herbs that support liver health in your diet.

Liver-supporting herbs include:

- **Dandelion**

Dandelion leaves extract (tincture) supports the liver due to its powerful antioxidant and anti-inflammatory properties. Herbal remedies made from dandelion root and leaves have been successfully used to fight cirrhosis and fatty liver for hundreds of years.

- **Chicory root**

Chicory root is a well-known folk remedy for liver disorders. Even ancient Egyptians used it to cleanse both the blood and the liver. It helps with the production of bile which makes fat be broken down more quickly.

- **Milk thistle**

Milk thistle is possibly the best known natural remedy for liver conditions. It promotes detox, increases bile production, and regenerates the liver.

- **Licorice**

Licorice contains compounds that help fight hepatitis and cancer. The licorice root is particularly efficient for liver detox.

– **Yellow dock root**

Yellow dock root tonic is an excellent remedy for many liver problems. It encourages detox and stimulates the production of bile which improves both digestion and overall liver health.

Herbs for Respiratory Support

Respiratory conditions affect the lungs and respiratory system (both upper and lower). These are usually not serious conditions but if they become chronic, they can lead to pneumonia and long-term damage to the respiratory tract.

Antibiotics have been the common therapy for respiratory problems. However, although they provided quick relief from the symptoms, the long-term use of antibiotics contributed to the development of antibiotic-resistant strains. On the other hand, herbal remedies take longer to act but are as effective and come with no side effects.

Common herbal remedies for respiratory problems include:

- **Licorice**

Licorice has significant antibacterial, antiviral, expectorant, anti-inflammatory properties which is why it is an excellent folk remedy for reducing inflammation of the respiratory organs.

- **Echinacea**

Being high in antioxidants, echinacea is an efficient natural remedy for many conditions of the respiratory system (eg bronchitis).

- **Ginko**

Ginkgo is one of the best herbal remedies for preventing asthma attacks. It can quickly soothe coughing and wheezing and help you breathe normally and easily.

- **Mullein**

Mullein is not often recommended for respiratory infections but its extract has powerful anti-inflammatory and antioxidant properties that eliminate mucus. Mullein tea can soothe the inflammation of respiratory organs but you shouldn't take more than one cup a day.

- **Thyme**

Thyme has antibiotic, antiviral, and anti-fungal properties so there is almost no respiratory condition it cannot help with. You can take it as tea or tincture but it's particularly potent when used as an essential oil.

- **Oregano**

Oregano is also an effective remedy for respiratory infections. It will kill bacteria and clear mucus. You can take it as tea or you can use a diluted essential oil.

- **Cannabis**

Cannabis has anti-inflammatory properties which you can benefit from if you are struggling with respiratory conditions. The reason vaporized cannabis makes breathing easier is because it makes your respiratory tract expand.

- **Chaparral**

Chaparral tincture has significant antibacterial, decongestant, and antihistamine properties that can help with many respiratory infections.

Herbs for Colon Cleanse

Colon cleansing is another word for flushing the waste from a colon. This has been a common practice for thousands of years.

However, although a colon cleanse comes with many benefits, it also brings certain risks. An alternative to colon flushing in a hospital is using herbs in the form of teas, capsules, or powders. Many herbs are natural laxatives and act anti-inflammatory.

The common herbs that can cleanse your colon naturally include:

- **Cascara Sagrada**

Cascara Sagrada is a gentle laxative and is often used for natural colon cleansing.

- **Senna**

Powerful laxative, Senna tea or capsules should not be used for more than a few consecutive days.

- **Phyllium**

The seeds and husk of psyllium are a well-known folk remedy for colon cleansing. What makes it such an efficient laxative is a certain type of fiber it contains, called mucilage, which absorbs water in the digestive tract.

- **Fennel**

Fennel seeds and root aid digestion and prevent colics. Often combined with laxatives, eg rhubarb or senna. On its own, it's mild enough to give to children.

- **Barberry bark**

This herb supports colon health by promoting bile flow and acting as a natural laxative.

Chapter 21

The Dr. Sebi Food List



Everything you eat or drink is either alkaline or acidic (or somewhere in between) and will be released into your blood. If your diet revolves around acidic foods (as most modern diets do), your body is probably overly acidic. Over the years, your bones will become weak, joints and muscles painful, and you will be at a higher risk of developing heart disease, diabetes, kidney disease, and other life-threatening conditions. This shows that longevity is directly linked to the acid-alkaline balance of your body.

Unfortunately, there is another side to the coin when it comes to eating a plant-based diet. Most people assume that just by being a vegan or vegetarian, you automatically become healthy. This is just a very simplified approach to nutrition.

If you are familiar with Dr. Sebi Alkaline food list, you will notice that many so-called HEALTHY FOODS are missing from the list. The reason is that Dr. Sebi excluded all *hybridized foods* - even if they were alkaline and

nutritious, eg potatoes, mint, garlic, parsley, beans, etc.

Ingredients that go into a plant-based diet do not have to be healthier than the ingredients of an omnivorous diet. Many of the plant-based foods are not only hybridized but are also genetically modified, eg 98% of Soy. Which makes you wonder how healthy the tofu you eat really is.

Besides, we know that commercially produced fruits and vegetables are heavily treated with pesticides and herbicides. Some fruits are treated once a week for 3-4 months, ie from the moment they flower, until they are picked, eg apples, peaches, etc. That's how you get those perfect-looking fruits.

The trouble is that foods that are not natural, cannot be absorbed properly and can cause disease, so basically eating them is a waste of time and money. Which explains why Dr. Sebi was so passionate about natural foods whose DNA had not been tampered with.

On top of that, an acidic diet is made even unhealthier by sugar-added foods, additives and preservatives, alcohol, caffeine, etc. So, the problem is not only with a particular food, but with the cumulative effect of a long-term highly acidic diet and lifestyle.

That brings us to the Dr. Sebi Alkaline Diet and Nutritional Guide – the only one and original resource to learn and understand what foods are approved and best for your health as well as foods you should be avoiding no matter the cost.

Also included are best storage and preservation methods for Sebian approved foods as well as where to source fresh organic foods near you.

The Dr. Sebi Nutritional Guide

Nutrition is a relatively new science and it shouldn't be surprising that we have only relatively recently started paying so much attention to it. Fortunately, we now understand how nutrition affects our physical and mental health and how it can help us avoid disease and heal from one. Nutrients are ingredients in food essential for overall health. They help us grow, repair body tissue, and build muscle mass. However, even foods known as superfoods cannot provide all the nutrients our body needs to function well. To get all the nutrients we need, you should eat a varied diet.

Things to do if you're serious about your health:

- Find out what your nutritional requirements are
- Figure out where to get them from
- Learn how to combine foods
- Choose the right diet
- Use diet to maintain health or heal
- Eat a variety of foods from each group (ie protein, carbs, fats, vitamins, and minerals)
- Avoid processed foods and sugar
- Get into the habit of reading food labels
- Take supplements, if on a restricted diet

With global health on the decline due to, among other things, unhealthy diets, governments are investing millions of dollars in education and awareness-raising campaigns. One of their better-known efforts is food pyramids. These diagrams represent what type of food you should eat, and how much should certain foods be represented in your diet, ie what should be your staple food and what should be consumed in small quantities or only occasionally.

Food pyramids and the nutrients they claim we need the most of reflect the times we live in as well as the scientific discoveries. They constantly evolve and change and what is considered a healthy diet today is very different from a healthy diet recommended 50 years ago.

Besides, there is no single food pyramid because nutritional guidelines are

based on different styles of eating, so we have the Mediterranean Food Pyramid, Vegetarian Food Pyramid, Vegan Food Pyramid, Food Guide Pagoda (China), Ascending Steps to health (France), MyPlate (USA), etc. But, diets, just like fashion, have trends. The current trend is clean eating and mind/body connection. In other words, a plant-based diet, hydration, and physical activity.

The Sebian Food Groups

Dr. Sebi was very particular about food. He insisted that only foods that are 100% alkaline are suitable for a healthy diet. This approach to food developed around the idea that acidity (and mucus that results from it) is the root cause of almost all common health problems. Dr. Sebi was particularly keen on raw and live foods and he believed that cooking destroys food enzymes, making it much less nutritious.

Health experts have argued for years about whether or not stomach acid destroys live food enzymes. Most believed that it did.

However, research by Viktorus Kulvinskis, a prominent expert on nutrition, shows that stomach acid does not destroy the enzymes. It only temporarily deactivates them but they are reactivated when they reach the small intestine, which is more alkaline.

According to Dr. Sebi, all foods can be classified into one of these six groups:

1. Live

Live foods look the same way they appear in nature. These are fruits, vegetables, nuts, seeds, and whole grains. These are believed to be the healthiest food one can eat. The reason they are considered so healthy is that they are high in antioxidants and enzymes, both of which are essential for optimal health. The enzymes promote good digestion by improving the absorption of nutrients and making elimination easy, while antioxidants protect you against disease.

This means that a diet based on live foods supports all your organs and functions. As live foods are easily absorbed and thanks to fiber easily eliminated, if you eat them regularly, there will be no toxic waste accumulation.

But, the main benefit of eating live foods is that they are loaded with enzymes that help vitamins and minerals nourish your body. On the other hand, a diet low on live foods and high on dead ones often leads to malnutrition, regardless of how much you eat. A healthy diet high on live foods can replace the supplements. In other words, it's better to assist your digestion with natural fiber and phytonutrients than with enzyme supplements.

To benefit from these nutrients, you should eat food as it was prepared by nature because only in their natural state do foods retain their cellular structure and their original nutritional value. Enzymes are very delicate compounds and are easily destroyed by processing used in commercial food preparation. Consequently, most fruits and veggies are eaten raw, however, some vegetables cannot and should not be eaten raw, eg beans. As for most other live foods, if they are cooked, make sure they still retain their natural color, flavor, and taste.

Besides, some people with weak digestive organs, or the elderly, find it hard to digest raw foods. This doesn't mean they cannot benefit from live foods. Live foods come with many benefits even when steamed, stir-fried, or lightly cooked.

So, regardless of the diet you may be on, even if it includes meat and junk foods, if you make a conscious effort to also include a lot of live foods (in the form of salads or smoothies), you will soon notice, sometimes dramatic improvement of your overall health. Your energy levels will rapidly increase, as will your mental alertness, self-healing power, eyesight, mood, and skin.

2. Raw

By raw foods, we usually mean fresh fruits and vegetables, nuts, and seeds. These foods are particularly healthy because they haven't had their enzymes

destroyed by heat. Dr. Sebi promoted live and raw foods and he referred to them as “electric foods.”

Going raw if you've never eaten this way before is best done gradually, to give your body a chance to adapt to the new diet. While it's true that raw food is more alive, it is also well-known it's more difficult to digest.

Besides, as healthy as a raw diet is, some foods contain more nutrients when cooked than when eaten raw, eg Swiss chard, tomato, etc.

The moment you start eating healthy, eg raw, you will start detoxing. However, a sudden detox for which you may be physically or mentally unprepared may be difficult to go through and you may end up developing withdrawal symptoms. Or, the cravings may be so strong they may be impossible to ignore. Once you decide to adopt raw foodism, give yourself at least a month to gradually wean yourself off unhealthy foods by eating more and more raw foods every day.

Help your body adapt to the new diet by preparing yourself for this change. Start by learning as much as you can about raw foodism, as well as about possible side effects and how to deal with them.

While reading up on this diet you will certainly come across views that eating only raw foods is not considered safe.

A raw food diet is a diet based on foods that are never heated over (104-18F or 40-48 C), nor are they pasteurized, or processed in any way. The main reason cooking is discouraged is that it's believed that heat destroys enzymes and nutrients and makes the food less live. However, a lot of debate is going on around this thesis as there are definitely some advantages to cooked foods.

Although cooking does destroy the nutrients, especially vitamins B and C, it also increases the availability of other nutrients and antioxidants, such as lycopene (found in tomatoes) and beta-carotene (found in carrots). This means that some foods actually contain more antioxidants when eaten cooked than raw.

Besides, cooking also helps destroy some harmful compounds found in grains and legumes and also kills bacteria.

Raw foodists believe that there is no need to take any supplements while you're on this diet because raw foods contain all the nutrients your body needs for optimal health.

Foods are you allowed to eat on a raw food diet:

- Sprouts
- Seaweed
- Raw nuts and seeds
- Raw nut butter
- Raw grains and legumes, sprouted or just soaked
- Nut milk
- Fresh vegetables
- Fresh fruits
- Fermented foods
- Dried fruits and veg
- Cold-pressed oil

Foods to avoid on a raw food diet:

- Alcohol
- All baked foods
- All processed foods
- Chips/crackers
- Coffee and tea
- Cooked fruits, vegetables, and grains
- Pasta
- Pasteurized juices and dairy
- Pastries
- Refined oils
- Refined sugars and flour
- Roasted nuts and seeds

Another benefit of a raw food diet is that being high in nutrients and fiber and very low in calories, this diet guarantees a quick weight loss. However, people who are used to a high-calorie diet or who, due to their occupation, need to take a lot of calories, may find it impossible to get all the calories they need from a raw food diet. Besides, cooked foods are not only easily digested, they also make it easier for the body to get calories from them.

Still, a raw food diet comes with many health benefits. It can help you lower blood cholesterol and triglyceride levels, but it also lowers the healthy HDL cholesterol which may lead to a vitamin B12 deficiency. Besides, being on a raw diet for a long time increases your risk of tooth erosion, irregularities in the menstrual cycle (due to low body weight), and low bone mass (due to low calorie and protein intake).

So, in summary, raw foods are super healthy and nutritious, but eating only raw foods for more than a few months at a time could have negative side effects. However, it's perfectly safe to “go raw” for a couple of months twice a year and naturally detox your body.

3. Dead

This is the type of food that can't go bad and that is still edible after being on a shelf or in a cupboard for months. Look around your kitchen, it's probably full of such items. Food is killed by being processed, ie treated by heat, (usually very high), packaged, canned, dehydrated, vacuum packed, or ultrapasteurized. Do you know how long-life milk is made? Raw milk is dried at a very high temperature, about 1000 degrees C until all water has evaporated and only the milk powder remains. Then, water is added to that powder and, to turn it into a liquid, a super-fast centrifugal force is used which ensures the cream doesn't separate. As for the nutrients found in natural milk, forget it, nothing can survive such heat and such processing. This is why synthetic nutrients are added to long-life milk. Other long-life foods undergo similar processing. These foods are very dead not just because they lack natural nutrients, they often contain very harmful chemicals.

However, these foods are very convenient and often cheaper than healthy food. They come in the form of TV dinners, snacks, meal replacement bars, crackers, canned and bottled foods, etc. Being high in salt, sugar, color and flavor additives, as well as preservatives, they should be avoided at all costs. They may be convenient in certain situations but should not be part of your regular diet.

4. Hybrid

Plants have been hybridized for a very long time. This is done mainly for practical reasons, ie to improve the taste, appearance, or flavor of a fruit, vegetable, or grain. There is no doubt that we have all benefitted from tastier or more palatable foods thanks to hybridization, however looking at this from another angle, this is a typical example of a man playing God and trying to create new species. Dr. Sebi was dead against such foods which is one of the reasons why his food list is so limited. He believed that hybridized foods are unnatural and do not provide nourishment that natural foods do. Unfortunately, almost all the fruits, vegetables, and grains we use today have at some stage been hybridized. While new varieties are being

created every year (see Chapter 7),

5. Genetically modified (GM)

Species are genetically modified to make them more resistant to disease, to increase yield, or to extend their shelf life. Although not many foods have been genetically modified so far, those that have, eg soybean and corn, are used in the preparation of many other foods, both for human and livestock consumption. This simply means that we have been eating GM foods for many years without realizing it. GM foods are very unhealthy and may lead to lower fertility, allergies, increased appetite and obesity, destruction of biodiversity, etc (see Chapter 7 for more information).

6. Drugs

Foods that are regarded as drugs contain substances that, when taken into the body, alter some of the body's functions (physical or psychological). Although we usually think of heroin and cocaine as drugs, drugs also come in other, hidden forms, eg alcohol, caffeine, and tobacco. Both these types of drugs are addictive as all those trying to give up alcohol or smoking can confirm. Taking these legal drugs (ie alcohol, caffeine, cigarettes) not only destroys your own health but also affects the health of those around you.

In the case of smoking, this is self-explanatory as it's well-known that the secondary smoke is as unhealthy as the smoke inhaled directly from cigarettes. So, smokers destroy not only their own health but the health of everyone who has to share their home or work environment (fortunately, most countries have now forbidden smoking in public places).

In the case of alcohol consumption, the psychological and social side effects of being addicted to alcohol or living with someone who is, are well known. Besides, over-consumption can cause a number of serious health conditions from liver cirrhosis to cancer.

Caffeine is probably the least dangerous drug food and it does not affect your environment. Still, it is dehydrating, addictive, sleep-disruptive, and although it has a short-term pick-me-up effect, it actually contributes to

stress and exhaustion. Don't forget that caffeine can also be found in tea and caffeine-rich drinks, eg Coke, Red Bull, etc.

Key Principles of Dr. Sebi Diet

Dr. Sebi diet and his approach to health and healing are based on three key principles which are all backed by science. They are:

1. Dr. Sebi Food List

Dr. Sebi methodology revolves around his alkaline food list. He believed that only natural foods, ie foods created by God, can be nourishing and healing and that all the foods that contribute to mucus formation should be excluded from a healthy diet. Dr. Sebi discouraged the consumption of hybridized foods because he believed they lack the “life force” the body needs to stay healthy. The problem with this is that most of what we eat today has at some stage been crossbred. The hybridization is continuing and our grandparents wouldn't recognize many of the foods we eat today. The main reason Dr. Sebi hated hybridized foods so much is that he believed that the DNA of a live organism can be tempered with only by God, and not by man. He regarded these foods as artificial and unsuitable for nourishing the body on the cellular level.

2. Springwater

Dr. Sebi Alkaline Diet included 4 liters of springwater a day. We all know water is essential for life but as Dr. Sebi methodology revolved around freeing a body from accumulated toxins, he insisted on so much water simply because it helps speed up waste elimination.

This is why Dr. Sebi methodology includes a lot of herbs that act as diuretics and increase urination which naturally flushes out toxins from the body.

Hydration is important even if you eat healthy foods but a standard Western diet that is high on processed and low on live foods requires a lot of water to move the waste from the body. Live foods (fruits and vegetables) have a high water content so those who eat a lot of these foods do not have to take so much water simply because their diets are already high in water.

Unfortunately, most people not only eat unhealthy foods, they also take far too little water. This encourages the accumulation of toxins or their circulation through the body. Uneliminated toxins are either stored in some

organs or are reabsorbed by the blood and continue to circulate through your bloodstream over and over again.

So, if you for whatever reason cannot follow a healthy diet and cannot have at least 7 portions of fresh fruits or vegetables a day (every day), at least drink 4 liters of water. Water cannot provide the nutrients that live food can but it will at least help reduce the toxic load.

3. No microwaving

Many people, including Dr. Sebi, believe that microwaving is unhealthy and that those who are serious about their health, should never prepare food this way. Of course, thousands of microwave ovens are sold every day because they are very convenient and save a lot of time. However, although a passionate debate is going on around the safety of microwaving, it makes you wonder what sort of force is necessary to cook a meal in ten minutes that would otherwise require hours of cooking.

Dr. Sebi believed that only food cooked on a stove or open fire can be truly healthy and healing.

Dos and Donts

Many regard Dr. Sebi approach to health and diet as very controversial but the fact is that his methodology was based on natural remedies and a diet high in nutritious, energy-promoting, and body-healing foods. The dos and don'ts of Dr. Sebi methodology have a lot to do with one's mindset. In other words, Dr. Sebi diet is more about a lifestyle than just a diet.

– Commitment

To achieve a goal, any goal you need to commit to it. Commitment to Dr. Sebi lifestyle starts with awareness of how polluted our world has become and how many toxins end up in our body both through an unhealthy diet as well as from environmental toxins. Commit to be toxin-free within six months (or less) and to do everything in your power to eat live and raw foods, organic if possible, and to support your health with medicinal herbs and physical activity.

– Self-discipline

Following a Dr. Sebi Alkaline diet or a raw food diet for months at a time is not easy especially if you are used to processed foods. So, when tough decisions need to be made, self-discipline and perseverance are crucial. You will certainly face crisis and there will be times when you'll question yourself if the effort is worth it. However, all this can be overcome if you are focused on your final goal – staying healthy or recovering your health after a disease.

– **The belief in the miracle of a plant-based diet**

Plants possess the life force that can nourish, heal, calm, or vitalize. It follows that if you adopt a plant-based diet, you stand to benefit from all this.

The magic of plant-based foods is that plants are living organisms who possess both intelligence and energy. They absorb and emit the vibes they collect from their environment and this energy eventually gets transformed into food on your plate or plant medicine.

– **The belief that nature has a cure for all**

Some people may find this notion romantic and unrealistic but just think – a lot of medicinal drugs we use today are based on natural herbs. As time goes on and new discoveries are made, we continue to be surprised how healing some herbs really are.

Followers of Ayurveda and Traditional Chinese Medicine are not surprised. They've known about this for more than 5000 years but Westerners were too ignorant and arrogant to accept that it's possible that something as simple as a fruit can be an amazing source of vitamins, that leaves are loaded with antioxidants and fiber, that roots are a source of complex carbohydrates, that flowers are high in phytochemicals, that nuts are such a good source of omega-3 fats, etc. Traditional cultures knew this and survived without mainstream medicine for thousands of years. How sad it is that the developed world is only now catching up.

So, in a nutshell, the recommendations of Dr. Sebi methodology can be summed up as follows:

DOs:

- Adopt the dr. sebi diet

- Eat only foods that are 100% alkaline
- Gradually start reducing acidic foods in your diet and increasing the intake of alkaline foods
- Eat only live foods
- Eat raw foods as often as you can
- Cook foods on the stove or over an open fire
- Drink 4 gallons of spring water per day
- Take supplementation if on a restrictive diet
- Detox at least twice a year
- After a cleansing revitalize the body with Dr. Sebi-recommended herbs

DON'Ts:

- Don't eat dead, hybridized, or GM foods
- Avoid process foods
- Substitute acidic foods with alkaline ones: sugar with dried dates, dairy with non-dairy products, refined grains with whole grains, etc.
- Give up or limit smoking and alcohol
- Never use a microwave

Understanding Food Electricity

Nutrition is a relatively new science and the concept of electric foods is even more recent. The idea behind this philosophy is that about 90% of what we eat is more or less “dead” and unsuitable for consumption. The modern diet is based on foods that are hybridized (ie most of the staple foods and many fruits and vegetables used today), fortified, genetically modified, heavily processed, or highly toxic (due to pesticides, herbicides, growth hormones, or antibiotics). Is it then surprising that our immunity, overall health, and reproductive health have deteriorated so much that we are plagued with more and more diseases that are difficult to diagnose and even more difficult to cure.

As most of these negative side effects of modern lifestyle and extensive food production have been introduced gradually, over the last hundred years, most people managed to adapt to them - some more than others. However, as the presence of processed foods, GMOs, environmental pollution, and stress have dramatically intensified over the last thirty years, what we are witnessing is a physical and mental decline of the human population on a global scale. Fortunately, these anomalies of modern society could easily be avoided or corrected with a diet change.

And this is where Dr. Sebi philosophy comes in. Dr. Sebi passionately believed that to avoid disease or heal yourself naturally if you are already sick, all you have to do is follow an alkaline diet. But, not just any alkaline diet (there are a few), but a diet based on Dr. Sebi Alkaline Food list. What sets Dr. Sebi alkaline diet apart is that it does not contain any hybridized or GM foods and includes a lot of medicinal herbs and herbal supplements. According to Dr. Sebi, in an alkaline environment, a disease cannot develop let alone thrive and spread.

So, staying healthy is about alkalizing your body. Electric foods can help you do that.

What are Electric Foods?

Electric food is food that is natural and live, which is just what your body needs to feel alive. Unfortunately, about 80% of foods in a typical Western diet are not electric. On top of that, over 90% of those foods are hybrids that are usually highly acidic and that prevent the absorption of nutrients on a cellular level. Obesity is a growing problem especially in the developed world, mainly because, despite all the food you eat, if it lacks nutrients, your body will starve on a cellular level. And when you are starving, you will want to eat but as the food you eat is usually just empty calories and your body is not really nourished, it will continue to be hungry, and you will continue to eat, and so the vicious circle continues.

Generally speaking, a modern diet is very low in nutrients. Even if you are one of those people who read the labels to check that the food you buy contains sufficient nutrition, what you probably don't realize is that those are synthetic nutrients that have been added to already dead food. Such food, being dead, cannot be properly absorbed and processed by the body.

So, it's not enough to take a certain amount of nutrients. The nutrients have to be taken in a form that your body can process and absorb. Which is not what a modern diet can do for you. On the contrary, it was created (intentionally or out of ignorance) to set us up for disease, low immunity, and addiction to antibiotics, sedatives, or sleeping pills.

Fortunately, you can avoid this trap by adopting an electric diet. How do you start?

- **Adopt an electric lifestyle**

Electric foods should become a part of your every meal every day for the rest of your life. So, this is more than just a diet. To maintain health or recover from a disease with the help of electric foods, approach an electric diet as a lifestyle.

- **Education**

Learn which foods you need to avoid and which to introduce or eat more of. If you've lived on a very acidic diet so far, you will have to introduce these

changes gradually.

– **Cleanse**

To give yourself a new lease on life (which you will, with this diet) start by cleansing your body from the accumulated toxins, mucus, and fat. After the cleanse revitalize your body with Dr. Sebi revitalizing herbs.

– **Commitment**

Commit to rid yourself of unhealthy habits and addictions

As part of your new lifestyle, you will need to download a list of alkaline foods from the Internet. Don't be surprised if you come across different lists. Although all fruits and vegetables are alkaline, their pH levels vary. For a start, avoid acidic foods but during the transition period, you may eat some foods that are moderately acidic (eg dairy is acidic but yogurt is much less acidic than milk or cheese). You may find that an alkaline diet is more expensive than an ordinary diet (based on processed foods), so work out how to live on a vegan diet on a budget.

Also, print out a list of common hybrid foods and take it with you when you go shopping. Some of them are easy to recognize:

- They lack seeds (eg seedless grapes, watermelon, apples, grapes, tangerines, etc).
- They may have an unusual color (eg yellow watermelon, yellow cherry tomatoes, black tomatoes, etc).
- Their name is an obvious combination of two plants, eg kalettes (Brussel sprouts and kale), peacotum (peach, apricot, and plum), etc.

3 main reasons you should avoid hybrids whenever you can:

1. They are high in sugar and starch. This sugar cannot be absorbed or used by the pancreas and liver.
2. Most of them don't have a proper mineral balance which, over time, may lead to nutrient imbalance.

3. Some hybrid foods can make Candida worse.

The common hybrid foods include carrots, corn, beets, celery, potatoes, cauliflower, rice, cashews, oats, soy, wheat, legumes, echinacea, garlic, ginseng, chamomile, etc (see Chapter 7 for a full list).

Science Behind Food Electricity

Dr. Sebi referred to live and raw foods as electric foods. However, it wasn't only Dr. Sebi's view. Although the health benefits of vegan and raw diets were for a long time disapproved by mainstream science, things have, fortunately, changed.

However, not all vegan diets are created equal. They need to be carefully planned so you continue to get sufficient essential acids, vitamin B12, and essential minerals. It's absolutely crucial to stay away from most ready-made vegan meals as they are simply a vegan version of processed foods.

6 science-based health benefits of a vegan and a raw food diet:

1. It's loaded with nutrients

Vegan diets are based on fruits and vegetables and raw food diets are based on raw fruit and vegetables. Both these diets are high in fiber, vitamins, minerals, and antioxidants. They are also a significant source of potassium, magnesium, folate, and vitamins A, C, and E.

2. It helps with weight management

Vegans are rarely overweight and if they eat natural vegan foods, they simply cannot be. Many people adopt a vegan diet in an attempt to lose weight naturally.

3. It lowers blood sugar levels and improves kidney function

A vegan diet is a natural remedy for high blood sugar levels. Besides, diabetics who substitute meat for plant protein can easily reduce the risk of kidney disease.

4. Protects against some types of cancer

Studies suggest that eating fresh fruit and vegetables every day significantly lowers your risk of cancer. Besides, just avoiding animal products, even if you don't eat a lot of fruit and veg, is enough to reduce the risk of prostate, breast, and colon cancers.

5. Lowers the risk of heart disease

Vegans rarely have high blood pressure and one of the ways of reducing yours is to adopt a vegan diet. A vegan diet will quickly reduce both blood sugar and bad cholesterol levels.

6. Reduces arthritic pains

Numerous reports suggest that people struggling with arthritis would greatly benefit from a vegan diet. Consistent use of fruits and vegetables, especially raw ones, can successfully reduce pain, joint swelling, and morning stiffness, as well as provide more energy and a better mood (due to the absence of pain).

The Alkaline-Acid Balance

The key principle of two ancient medical systems, Ayurveda and Traditional Chinese Medicine is that health, happiness, and prosperity in life are all based on balance – in a diet, behavior, emotions, etc. Although this has for a long time not been taken seriously, mainstream medicine has finally accepted that balance really IS the key to optimal health – physical, mental, and emotional.

When it comes to a diet, it's important to learn how to maintain a balance between acidic and alkaline foods. Although having alkaline blood is better than having acidic blood, if your body becomes too alkaline, you also have a problem. Besides, all your organs and systems are interconnected. So, if you improve one organ or system, functions of other organs related to it will also be improved, eg improving cardiovascular health improves the digestive system, the improved nervous system will improve the lymphatic system, etc. And when you improve the overall acid/alkaline balance of the body, you automatically improve the function of all your organs and systems.

So, to maintain health or address a particular health condition, start by improving the pH balance of your blood. This will result in a reduced risk of inflammation, improved bone health, higher energy levels, etc.

However, maintaining healthy blood pH can be tricky. Various organs have different pH and we know that blood pH should range between 7.25 – 7.45. If the pH falls below or rises above this range, you have a problem. Your blood uses a lot of energy to maintain healthy pH levels. This means that if your diet is unhealthy, ie acidic, your body will have to draw the energy it needs not from the foods you eat but from your own reserves. If this goes on for a long time, it may lead to nutrient deficiencies and many health problems.

However, if your pH levels are balanced, your health problems (if you have them) will be resolved naturally because the body is strong enough to heal and repair itself. Besides, a healthy body comes with healthy cells and a strong immune system which is the best protection against infections and chronic conditions, such as cancer or diabetes.

The best and easiest way to maintain a healthy pH level is by adopting an alkaline diet and avoiding stress (because people often eat foods high in sugar when they are trying to distress).

However, eating alkaline foods is not enough. The foods should also be organic because ALL pesticides are very acidic. This is particularly important if you have adopted an alkaline diet to address a particular health problem. Unfortunately, getting organic food is neither easy nor cheap, especially if you have a family to feed. So, if you can't grow your own food, and find buying such foods from specialized shops too expensive, try to buy directly from small farmers who are less likely to use harmful chemicals used for commercial production.

The best source of alkaline foods are fruits and vegetables, however, they come with different pH, ie some are more alkaline than others. Still, you can use this list as a rough guide to foods that will improve your alkaline/acid balance:

– **Fruits**

Apples, avocados, apricots, bananas, cantaloupes, berries, cherries, dates, currants, figs, grapefruits, grapes, guavas, limes, lemons, mangoes, nectarines, melons, oranges, passion fruits, papayas, peaches, persimmons, pineapples, pears, tangerines, raisins.

– **Vegetables**

Bamboo shoots, lima beans, green beans, string beans, beets, sprouts, broccoli, celery, cabbage, cauliflower, chicory, chard, chives, cucumber, collard greens, dandelion greens, dulse, dill, eggplant, escarole, endive, kale, leeks, garlic, legumes, okra, lettuce, onions, parsnip, parsley, sweet potato/yam, white potatoes, bell peppers, pumpkin, rutabaga, radish, watercress, turnips.

– **Nuts**

Almonds, walnuts, coconuts

– **Miscel food**

Ginger, alfalfa, kelp, clover, sage, mint, green tea, flaxseed, quinoa, pumpkin seeds, all sea veggies

– **Dairy**

Vegans don't take dairy but during the transition period, you may take some from time to time as you will probably crave many of the acidic foods you're used to. Although yogurt and kefir are dairy products they are less acidic than milk or cheese.

If you are familiar with Dr. Sebi Alkaline Food list, you will notice that many of these foods are missing from Dr. Sebi food list. The reason is that Dr. Sebi excluded all hybridized foods, even if they were alkaline and nutritious, eg potatoes, mint, garlic, parsley, beans, etc .

Acidifying foods, those that you should stay away from, include meat, dairy, sugar, grains, alcohol, coffee, chocolate, sweets, soda, and processed foods.

To find out your body's pH you can test your urine or saliva. If your urine is too acidic, try adding more veggies to your diet, eg salads, smoothies, soups, etc. If your saliva is too acidic, you probably have a digestion problem. Take digestive enzymes for a couple of days and increase your consumption of greens, eg smoothies, raw salads, steamed veggies, etc.

But, what if your urine is too alkaline? This may be the result of some of the supplements you may be taking. High levels of cod liver oil, vitamin D, or magnesium and/or calcium supplements can make your urine too

alkaline. Stop taking the supplements for a few days and do the test again. If your urine is still too alkaline, there's probably a digestion issue. Reduce consumption of grains, legumes, and nuts as well as meat and dairy (if you're still taking them). Re-test. Keep on experimenting until your urine tests OK. If your bowels are not working properly, take digestive enzymes for a few days.

Also, in the case of your saliva being too alkaline you need to improve your digestion so you may start taking digestive enzymes. Alternatively, to make your saliva less alkaline, you may take some vitamin C or even some acidic foods. Experiment and keep on re-testing.

Everything you eat or drink is either alkaline or acidic (or somewhere in between) and will be released into your blood. If your diet revolves around acidic foods (as most modern diets do) your body is probably overly acidic. Over the years, your bones will become weak, joints and muscles painful, and you will be at a higher risk of developing heart disease, diabetes, kidney disease, and other life-threatening conditions. This shows that longevity is directly linked to the acid-alkaline balance of your body.

Unfortunately, there is another side to the coin when it comes to eating a plant-based diet. Most people assume that just by being a vegan or vegetarian, you automatically become healthy. This is a very simplified approach to nutrition.

Ingredients that go into a plant-based diet do not have to be healthier than the ingredients of an omnivorous diet. Many of the plant-based foods are not only hybridized but are also genetically modified, eg 98% of soy. Which makes you wonder how healthy the tofu you eat really is.

Besides, we know that commercially produced fruits and vegetables are heavily treated with pesticides and herbicides. Some fruits are treated once a week for 3-4 months, ie from the moment they flower, until they are picked, eg apples, peaches, etc. That's how you get those perfect-looking fruits.

The trouble is that foods that are not natural, cannot be absorbed properly so basically eating them is a waste of time and money. Which explains why Dr. Sebi was so passionate about natural foods whose DNA had not been tampered with.

On top of that, an acidic diet is made even unhealthier by sugar-added foods, alcohol, caffeine, etc. So, the problem is not with any particular food, but with the cumulative effect of a long-term highly acidic diet and lifestyle.

However, even if you just can't give up an unhealthy diet, you can at least try to slightly improve your eating habits.

5 tips on diet improvement:

1. **Have some raw leafy vegetables every day, eg as a salad, smoothie, or a snack**
2. Have some fruit every day, eg as a snack between meals, as a smoothie, or as a fruit salad instead of a dessert.
3. Have green vegetables (cooked or raw) as often as you can, eg broccoli, kale, Brussel sprouts, peppers, etc.
4. Snack on nuts and seeds
5. Have avocado and berries a couple of times a week if you can

How to Determine Electric foods

Based on everything said so far, determining electric foods is about approaching your diet strategically. From now on, your shopping list needs to focus on live and/or raw foods. Ideally, they should be organically-grown, but if this is not possible, at least make sure you stay away from hybridized and GM foods.

Print out a list of common hybridized foods (see Chapter 7 for more details) or simply eat according to the attached Dr. Sebi Alkaline Food List.

The list is pretty restrictive and living on it month after month may not be easy. Some of the foods may not be available where you live or may not be affordable if you have a family to feed. In that case, simply eat as many foods from this list as you can while trying to avoid unhealthy foods as much as possible.

So, although it's easy to know what electric foods are, incorporating them into your diet is more difficult. Depending on what kind of vegan diet you follow, eg ordinary vegan diet, raw food vegan diet, or Dr. Sebi alkaline diet, you should create a list of foods your diet should consist of. If this is a problem, follow the 80/20 principle, ie if you eat healthy 80% of the time, it's perfectly OK to eat unhealthy for the remaining 20%. It's not ideal but it's better than nothing. Remember that, to avoid nutrient deficiency, a long-term vegan needs to take certain supplements.

Dr. Sebi-approved foods include:

Vegetables:

1. Amaranth
2. Arame
3. Avocado
4. Bell Pepper
5. Chayote
6. Cherry and Plum Tomato
7. Cucumber
8. Dandelion Greens

9. Dulse

10. Garbanzo Beans
11. Hijiki
12. Izote flower and leaf
13. Kale
14. Lettuce except for iceberg
15. Mushrooms except for Shitake
16. Nopales
17. Nori
18. Okra
19. Olives
20. Onions
21. Purslane Verdolaga
22. Sea Vegetables
23. Squash
24. Tomatillo
25. Turnip Greens
26. Wakame
27. Watercress
28. Wild Arugula
29. Zucchini

Fruits:

1. Apples
2. Bananas
3. Berries
4. Cantaloupe
5. Cherries
6. Currants
7. Dates
8. Figs
9. Grapes
10. Limes
11. Mango

12. Melons
13. Orange
14. Papayas
15. Peaches
16. Pears
17. Plums
18. Prickly Pear
19. Prunes
20. Raisins
21. Soft Jelly Coconuts
22. Soursops
23. Tamarind

Spices and seasoning:

1. Achiote
2. Basil
3. Bay Leaf
4. Cayenne
5. Cloves
6. Dill
7. Habanero
8. Onion Powder
9. Oregano
10. Powdered Granulated Seaweed
11. Pure Sea Salt
12. Sage
13. Savory
14. Sweet Basil
15. Tarragon
16. Thyme

Grains:

1. Amaranth

2. Fonio
3. Kamut
4. Quinoa
5. Rye
6. Spelt
7. Tef
8. Wild Rice

Nuts and seeds:

- Brazil Nuts (Added)
- Hempseed
- Sesame Seeds
- Walnuts
- Sesame “Tahini” Butter
- Pine Nuts

Sugars and sweeteners:

1. Date Sugar from dried dates
2. 100% Pure Agave Syrup from cactus

Oils

- Olive oil
- Hemp seed oil
- Coconut oil
- Sesame oil (unrefined)
- Grapeseed oil
- Avocado oil

How the Human Body Interacts with Electric Foods

Your body starts changing from the moment you adopt a vegan and/or raw food diet. The first thing you will notice when you stop taking acidic foods

and replace them with electric foods is higher energy levels. The nutrient level of your blood will increase and all your organs and systems will benefit from this change. After a couple of weeks, you will notice major changes in your digestion. You will either have more regular bowel movements or you will experience bloating and flatulence. This is particularly common in those who are not used to fiber-rich foods. This problem usually resolves itself in a week or so although sometimes, especially if the transition to a new diet was sudden, it may lead to certain digestion problems. On the upside, fiber-rich foods will increase the diversity of bacteria in your gut, which is great because this strengthens your gut and boosts your immune system. On the downside, you may develop an Irritable Bowel Syndrome. However, how your body reacts to a vegan diet depends partly on whether you're eating processed and refined vegan foods or you're following a whole vegan diet.

After several months on an electric diet, you may experience significant skin improvements and your acne may disappear. However, by now your stores of vitamin D, which you probably got from meat, fish, and dairy, may start dropping. Vitamin D is essential for healthy bones, teeth, and muscles and deficiency is linked with cancer, heart disease, migraines, and depression. The problem is that vitamin D stores last only for about two months. Unless you have regular exposure to sunlight, start eating fortified foods or take supplements.

So, a vegan diet needs to be planned and implemented carefully. If you do, after a few months, your cardiovascular health will improve and this will lower your risk of heart disease, stroke, or diabetes.

However, there is also a paradox, in that the nutrients like iron, zinc, and calcium are reduced on a vegan diet, so the body starts “stealing” them from the intestines. You may consider taking supplements, especially if you don't have time to plan and prepare healthy vegan meals.

After about 6 months on a vegan/raw food diet, your vitamin B12 stores will probably become depleted. This vitamin is essential for healthy blood and nerve cells and can only be found in animal products. Symptoms of B12 deficiency include exhaustion, breathlessness, tingling in the feet or hands poor memory. This can be prevented by taking a supplement. This is

very vital because any deficiency will negate the benefits of a vegan diet for heart disease and stroke risk and can cause permanent nerve and brain damage.

There is also your bone health to take into consideration. Minerals from the foods we eat are stored in our bones and up to the age of 30, we can add minerals to this store by eating a nutrient-rich diet. However, after the age of 30, our bones become less and less capable of absorbing these minerals so eating calcium-rich foods becomes very important.

Unless you do, your body will have no other option but to draw the calcium from your skeleton to use for your other organs, which may make your bones very brittle and prone to fractures.

Unfortunately, most vegans have brittle bones and are much more prone to fractures, compared to those on omnivorous diets. Plants high in calcium are kale and broccoli but, unfortunately, plant-based calcium is difficult to absorb so it's best to take supplements.

So although a vegan diet comes with many health benefits, you will only benefit from this way of eating if, by careful planning, you avoid nutrient deficiency.

The Approved Electric Food List

Dr. Sebi was very particular about the foods one should eat. He divided the foods into those that can nourish, revitalize, and heal and those that are unhealthy, consist mainly of empty calories, and are directly linked to many chronic diseases. Of the hundreds of fruits, vegetables, and herbs that are used today, Dr. Sebi focused on those that are natural (ie non-hybridized), 100% alkaline, and loaded with nutrients.

The below-mentioned list of Dr. Sebi-approved foods makes it clear why he insisted on these foods. Most of them are so nutritious, they can not only prevent disease, they can also reverse it.

Most of these fruits and vegetables are high in antioxidants which have powerful anti-cancer, anti-inflammatory, bone-strengthening, and immune-boosting properties. Some of them are actually much more than food – they are natural remedies for many chronic conditions.

DR. SEBI-APPROVED VEGETABLES

Avocado

Avocado originated in Mexico where over 30% of the world supply of avocados comes from. Archaeological finds show that avocado was also a part of a prehistoric diet. The oldest avocado pit comes from Coxcatlan Cave and dates from about 10,000 years ago.

Avocado is also known as alligator pear or butter fruit.

Avocado is an exceptionally nutritious fruit. It is loaded with vitamins, minerals, and healthy fats. It is considered so healthy that many nutritionists recommend it not only for prevention but also for the treatment of certain conditions, which include:

- *Cancer*

The folate in avocados significantly lowers the risk of cancer and some of the avocado nutrients can even be used to treat cancer.

- *Arthritis and osteoporosis*

High levels of vitamin K boost your bone health by slowing down or preventing osteoarthritis

– *Depression*

There is a definite link between depression and low levels of folate. As avocado is exceptionally rich in folate, eating an avocado a couple of times a week may be a natural cure for depression

– *Inflammation*

Chronic inflammation can lead to many serious health conditions, e.g diabetes, Alzheimer's, and arthritis. As avocado is very high in vitamin E, it successfully fights inflammation and prevents all or most of the inflammation-related disorders

– *Digestion*

Being high in fiber, avocados improve digestion and prevents constipation, which indirectly protects you from colon cancer

– *Blood pressure*

High levels of potassium in avocado can help regulate blood pressure naturally

– *Heart health*

Most of the fats in avocado are the healthy monosaturated fats that are recommended for a healthy heart

– *Vision*

Avocado contains two antioxidants, lutein and zeaxanthin, that protect your eyes from UV light damage, as well as prevent both cataract and macular degeneration

– *Healthy pregnancy*

To prevent birth defects in a baby's brain and spine, pregnant women are encouraged to take at least 400 mg of folate a day during pregnancy, which is about two avocados.

Bell Pepper

Although peppers originated in Central and South America, bell peppers, as we know them today, come from Hungary. Spicy pepper was one of many vegetables that Christopher Columbus brought to Europe from the Americas. It soon became a very popular food and quickly spread throughout the world.

Peppers can be eaten raw, cooked, dried, or powdered. As a powder, they are known as paprika. However, unlike their American cousin, bell peppers are not hot which is why they are often called “sweet peppers.” They come in different colors, ie red, yellow, orange, and green.

Bell peppers are loaded with vitamins, C, B6, K1, E, A, and essential minerals.

The best way to benefit from their high vitamin C content is to eat them raw, although when roasted, they are high in vitamin A. They can also be stuffed, sauteed, fried, or added to soups and casseroles. They can also be pickled.

Red peppers are fully ripe which is why they are sweeter than green ones, which are usually slightly bitter.

Chayote

Also known as mirliton and choko, chayote belongs to the gourd family, ie it's a type of squash. It originates from Mesoamerica but is now grown throughout the world. Most people use only the fruit of this plant although the root, stem, seeds, skin, and leaves are also edible.

Chayote is usually cooked but if used raw, it can be added to salads, salsas, or can be marinated with lemon or lime juice. Being high in vitamin C, folate, and other nutrients, chayote has many health benefits, including:

- *Improved liver health*

Eating chayote several times a week can prevent fatty liver disease

- *Health heart*

Chayote is rich in phytochemicals that improve blood flow and reduce

blood pressure

– *Reduced risk of inflammation*

Chayote is rich in antioxidants which help reduce inflammation and lower cholesterol levels. This protects against free radicals and reduces the risk of cancer.

– *Healthy blood sugar levels*

Being high in fiber and low in carbs, chayote can help you maintain healthy blood sugar levels

– *Healthier aging*

Inflammation, oxidative stress, and metabolic syndrome are some of the main risk factors in cognitive decline. Antioxidants in chayote help you deal with these conditions which indirectly, prevents premature aging. The aging process is slowed when cells are protected from oxidative damage. The easiest way to do that is to add foods high in antioxidants to your diet.

– *Good digestion*

Regular consumption of chayote improves digestion and prevents constipation.

– *Healthy pregnancy*

Folate is essential during pregnancy because it is needed for the healthy development of the fetal brain and spinal cord. One portion of chayote offers 40% of the daily requirements of folate.

– *Weight loss*

High in nutrients, low in calories, fat, sodium, and total carbs, chayote should be part of all weight-loss diets.

Chayote can be cooked, roasted, steamed, or fried. You can prepare it as any other vegetable and add it to soups or stews. If you want to use it raw, you can grate it and add it to smoothies, salads, and sauces.

Cherry and Plum Tomato

Tomato comes from South America. Although we use it as a vegetable, it is, actually, a fruit. Tomatoes are usually red, but you can also find yellow, orange, green, and purple varieties. Being high in water (about 95%) tomatoes are often recommended for weight loss. The remaining 5% is carbs and fiber. Tomatoes are high in vitamin C and K1, potassium, and folate although the nutrient content varies between varieties. However, the main nutrients are the antioxidants lycopene and beta carotene which have many health benefits, including reduced risk of heart disease and cancer. Although fresh vegetables are usually healthier than cooked ones, lycopene is higher in cooked tomatoes than in fresh ones.

Tomato health benefits include:

– *Heart health*

A diet low in lycopene and beta-carotene is linked to an increased risk of heart attacks and stroke. As tomatoes are rich in both of these nutrients, it follows that regular consumption of tomatoes protects you from cardiovascular disease.

– *Cancer prevention*

There is a very real link between tomatoes and fewer incidences of prostate, lung, and stomach cancer. To lower the risk of these or any other type of cancer, simply start eating tomatoes or tomato products every day.

– *Improved skin health*

One of the benefits of lycopene is that it protects against sunburn. Besides, a combination of tomatoes and olive oil seems to give an even better result. Therefore, for a couple of months before the summer vacation that will include a lot of sunbathing, eat tomatoes with olive oil every day. Remember that the redder a tomato, the higher the lycopene content.

– *Decreased inflammation*

A flavonoid called naringenin found in tomato skin decreases inflammation and protects against various inflammation-related conditions.

– *Lower blood pressure*

One of the compounds found in tomatoes is chlorogenic acid which can

help lower blood pressure.

Cucumber

Cucumber is a very popular and very nutritious vegetable. There are many varieties and many ways to use it, although it is usually used raw, in a salad or a smoothie. It is just as delicious when pickled.

Although cucumber is very high in water, it is also very high in nutrients and is often used in cosmetics because it keeps skin hydrated and promotes the development of healthy tendons, bones, cartilages, ligaments, and muscles.

The magnesium content of cucumbers improves blood circulation and helps relax the nerves.

Health benefits of cucumber include:

1. Provides hydration

Cucumber is very high in water but also contains certain compounds and electrolytes that help prevent dehydration. In summer, especially if you tend to spend a lot of time outdoors, you should eat cucumber every day.

2. Regulates blood sugar

Insulin found in cucumber helps regulate the metabolism of nutrients, especially carbs. This, indirectly, helps diabetic patients because the carbs in cucumber are easily digested which in turn regulates their blood sugar levels.

3. Relieves pain

Flavonoids found in cucumber are anti-inflammatory. They protect against free radicals which indirectly reduces the risk of many conditions and provides relief from pain.

4. Helps manage stress

Vitamin B is a natural remedy for stress management and as cucumber contains a lot of it, eating cucumber can help you cope with anxiety.

5. Improves digestion

To boost digestion, you should take more water and fiber. As cucumber is high in both, including cucumber in your daily diet is a simple way of becoming regular. It can also help you handle acid reflux.

6. Reduces the risk of cancer

The lignans in cucumbers may help lower the risk of ovarian, prostate, uterine, or breast cancers. Besides, cucumber contains cucurbitacins which are phytonutrients that have anti-cancer properties.

7. Reduces bad breath

According to Ayurveda, bad breath is caused by too much heat in the body. As cucumbers are very cooling, eating them helps you reduce the internal heat. Besides, bacteria found in the mouth can be eliminated by putting a slice of cucumber on the roof of your mouth.

8. Lowers blood pressure

Cucumber is high in potassium which can lower blood pressure naturally.

9. Helps you with weight loss

Cucumbers are always recommended for a weight-loss diet as well as skin care, mainly because of the high nutrient and water content.

10. Improves brain health

Being anti-inflammatory, cucumber is essential for brain health.

11. Improves skin condition

Cucumbers have been used for hydration and soothing inflamed skin for a very long time. To benefit even more from its cooling effect, apply cucumber on your face and eyes once a week, and consume fresh cucumber as often as you can.

However, there is a limit to how much cucumber you can eat. Having too much, either because you like it or because you want to benefit from its many health properties, may lead to:

- Bitter taste in the mouth as well as accumulation of certain toxins in the body
- As cucumber is a diuretic, eating too much of it may lead to increased urination which, in turn, could disrupt the electrolytic balance in the body. As a result, you may end up dehydrated
- Overconsumption of cucumbers could lead to the development of free radicals which can damage your cells.
- Too much potassium in the body day after day and week after week could harm your kidney function
- As cucumber is 90-% water, eating a lot of cucumber is equal to taking a lot of water. This could lead to an increase in the net volume of blood. This would put pressure on the blood vessels and the heart. There would also be an imbalance of electrolyte levels of the blood, which could lead to headaches and difficulty breathing.

To avoid these problems wash cucumber before using it and always remove the peel unless you know it was organically grown.

Dandelion Greens

Dandelion is native to Euroasia and North America. It is believed to have evolved about 30 million years ago. The name comes from the French word *dent-de-lion* (lion's tooth). The yellow flower heads open during the day and stay closed at night. A mature dandelion flower becomes a white ball that contains many seeds and fine hairs.

The scientific name of dandelion is “*Taraxacum officinale*” with *taraxacum* being Green for “anti-inflammatory”. This clearly shows that even the ancient cultures regarded dandelion as a medicinal herb. In ancient China, the plant was used to treat indigestion and inflammation. In Europe, dandelion became a popular medicinal herb in the 10th century. In folk

medicine, it was used to purify the blood and free the body of negative energies (ie toxins, fatigue, poor digestion, etc).

All parts of the dandelion plant are nutritious and healing although the flower and the leaves are used most often. Still, despite its many health benefits, dandelion is generally regarded as a weed and many gardeners are desperate to get rid of it. What they don't know is that this is a useful weed because it helps bring nutrients to the top of the soil. This helps shallow-rooted plants and adds minerals and nitrogen to the soil. A dandelion flower attracts pollinating insects, and the honey bee simply loves it. Besides, the flower releases ethylene gas that helps fruit ripen. So, it pays to have dandelion in your vegetable garden or orchard.

The bitter ingredients in dandelion flowers are extremely beneficial to the body because they stimulate digestion. Dandelion is rich in nutrients, particularly fiber, vitamins (K, A, E, B6, and C), minerals (manganese, iron, calcium, zinc, and copper), carbs, folate, etc.

Like most “greens”, dandelion is full of natural goodness and consuming a cup of leaves every day has a number of health benefits, including:

- *Better eye health*

Dandelion is loaded with vitamin A and provides over 100% of the daily requirements of this nutrient. This significantly lowers the risk of macular degeneration.

- *Decreases water weight*

Dandelion greens have diuretic properties and can increase urination. This prevents water retention and bloating which, indirectly, helps with weight loss, promotes the elimination of toxins, and prevents urinary tract infections.

- *Lowers triglyceride level*

Having triglycerides, eg fat in your blood is one of the major risk factors for heart disease.

- *Protect the liver*

Both dandelion root and dandelion greens protect the liver from oxidative

damage and inflammation. By reducing the damage caused by free radicals, dandelion greens prevent liver disease.

Garbanzo beans

Garbanzo beans (also called chickpeas) are high in fiber and 2 cups of these beans will provide your daily requirement of dietary fiber.

High in manganese, zinc, copper, iron, selenium, fiber, protein, Being very high in nutrients, eating chickpeas at least twice a week, can significantly improve your overall health as well as help you resolve many health problems naturally.

Health benefits include:

- *Promotes weight loss*

Being low in calories and high in fiber, chickpeas will make you feel full for longer. You can snack on chickpeas when you feel hungry or you can add a cup of cooked chickpeas to your salad.

- *Protects skin from UV light*

Chickpeas are a natural sunblock thanks to high levels of manganese which functions as an antioxidant in skin cells.

- *Improves immune system*

Zinc is believed to be more efficient at fighting a common cold than vitamin C. A cup of chickpeas will provide over 20% of your zinc requirements, and over 60% of your copper requirements.

- *Improves digestion*

Being high in fiber, chickpeas will boost your digestive health and helps you stay regular.

- *Regulates blood sugar*

As type 2 diabetes is becoming more common, it's recommended to take starchy legumes and vegetables, such as chickpeas, as often as possible because they digest slowly without spiking blood sugar levels.

- *Energy boost*

Iron and copper provide the energy a body needs to function well. A cup of chickpeas will provide over 60% of your daily copper and over 25% of your daily iron requirements. These two minerals will not only keep you energized; they will also prevent anemia.

- *Build muscle*

One cup of chickpeas will provide 30% of your daily protein requirements. To make your meal even healthier, add some nuts and protein-rich veggies.

- *Nervous system health*

Proteins in chickpeas affect neurotransmitters in the brain and help them function properly.

- *Cancer prevention*

Chickpeas are an important source of selenium, a mineral that supports liver enzymes and helps you get rid of cancer-causing toxins.

Chickpeas may be cooked with vegetables as all other beans or can be cooked and mashed and turned into a spread (the well-known Middle-eastern appetizer tahini). Chickpeas can also be grilled, cooked, or dried, and can be used whole or ground.

Izote flower and leaf

Yucca gigantea is a plant native to Mexico and Central America that can grow up to 12 m (39 ft) in height. It is widely cultivated as an ornamental house plant and is often referred to as yucca cane. Also, the edible flower of this plant is the country flower of El Salvador, which is locally called izote. Other names by which izote is known include soft-tip yucca, spineless yucca, blue-stem yucca, yucca cane, itabo, and giant-yucca.

The flower petals are commonly eaten in Central America but the reproductive organs have to be removed first because of their bitterness. The petals are usually blanched for a couple of minutes and thereafter cooked *a la mexicana* (ie with tomato, onion, and chile).

Kale

Kale is a cruciferous vegetable loaded with nutrients. It belongs to the same family as cabbage and Brussels sprouts.

It is high in antioxidants, fiber, calcium, iron, vitamin C and K, and other nutrients that can help prevent many health problems.

Health benefits of kale include:

- *Protects against diabetes*

It is well-known that foods rich in nutrients and fiber may protect against diabetes. As kale is one of such foods, including it in your diet can lower the risk of developing type 2 diabetes.

- *Prevents heart disease*

Some of the nutrients kale is rich in, eg potassium and fiber, support heart health.

- *Protects against cancer*

Most green vegetables that contain chlorophyll can prevent cancer. The chlorophyll binds to carcinogens and prevents the body from absorbing them. Besides, vitamin C, beta carotene, selenium, and other antioxidants also in kale also prevent cancer. The high fiber content of kale is

particularly good at preventing colorectal cancer.

– *Improves bone health*

A cup of kale that is cooked gives as much as 5 times a person's requirement of vitamin K daily which is essential for good bone health. It will also provide 15 % of calcium and 7% of phosphorus daily requirements.

– *Improves digestion*

Being high in fiber as well as in water, consumption of kale boosts digestion and prevents constipation.

– *Promotes healthy skin and hair*

Being a good source of beta-carotene, regular consumption of kale will improve the health of body tissues. A cup of cooked kale provides over 20% of your daily requirements of vitamin A.

– *Improves eye health*

Kale contains zeaxanthin and lutein - antioxidants that can help decrease the risk of macular degeneration. Besides, vitamins C and E, beta-carotene, and zinc also contribute to eye health.

You can take kale raw in a salad or a smoothie, or you can steam, braise, boil or sauté it. It can also be added to soups and casseroles.

Lettuce (except for Iceberg)

There are many types of lettuce and their health benefits come from the vitamin they contain. However, these benefits vary depending on the type of lettuce you use, with Iceberg being the least nutritious.

Lettuce is high in vitamins A, C, and K, as well as in many minerals.

Ancient Egyptians cultivated lettuce as long ago as 2600 BCE and used it both for nutrition and medicine. Lettuce helped them control inflammation, reduce body weight, promote brain health, and reduce the risk of cardiovascular disease. In medieval Europe, lettuce was primarily a medicinal herb.

Health benefits of lettuce include:

- *Strong bones*

Being high in vitamin K, regular consumption of lettuce can improve the health of your bones.

- *Hydration*

As lettuce is 95% water, this vegetable can keep easily you hydrated especially during the hot, dry, summer months.

- *Improved vision*

Thanks to the high content of vitamin A, lettuce can help reduce the risk of cataract and macular degeneration.

- *Improved sleep*

Lettuce extract is recommended to those who would like to improve the quality of their sleep naturally.

- *Reduced inflammation*

In folk medicine, lettuce is often recommended as a natural remedy for inflammation and arthritic pains. In case you wonder, it is the vitamin content of lettuce that fights inflammation. The darker the lettuce, the more antioxidants it has, and the more successful it is at fighting inflammation.

- *Easy weight loss*

Being low in calories but high in fiber and water (95%), lettuce is an ideal vegetable to keep you nourished and feeling full even if you've eaten very little.

- *Promotes brain health*

Lettuce is a rich source of dietary nitrate which converts to nitric oxide in the body. Regular intake of lettuce can help slow down cognitive decline and other neurological disorders.

- *Improves heart health*

Of all the lettuce varieties, the Romain lettuce is the best source of folate that can prevent damage to the heart. Being also high in vitamin C, lettuce can strengthen arteries as well as prevent heart attack.

- *Protects against cancer*

Regular consumption of lettuce is linked to a reduced risk of some types of cancer, eg stomach, mouth, throat, esophagus.

- *Promotes digestive health*

Being a good source of fiber, lettuce improves digestion and prevents constipation.

- *Boosts immunity*

Significant amounts of vitamins A and C help boost the immune system which in turn helps you fight disease and pathogens.

- *Good for pregnancy*

Being a good source of folate, eating lettuce regularly during pregnancy, can significantly lower the risk of birth defects.

- *May fight anemia*

The folate in lettuce can help fight some types of anemia. Romaine lettuce in particular can be used as a natural remedy for vitamin B12 deficiency anemia.

Mushrooms (except Shiitake)

Mushrooms are edible fungus. They are generally very nutritious as they contain protein, vitamins, minerals, and antioxidants, although this varies between varieties.

There are about 2,000 edible varieties of mushrooms, and the most common ones are button mushrooms, brown cremini, portobello, and oyster mushrooms. Seasonal varieties include morel and chanterelle. You can add them to stir-fries, casseroles, soups, stews, eggs, and stuffing, or simply add some raw ones to a salad.

However, mushrooms are much more than food. Some varieties (especially those found in Asia) have been used in traditional medicine for a very long time.

Health benefits of mushrooms include:

– *Protects against cancer*

Varieties that are high in antioxidants successfully protect against cancer, particularly lung, prostate, and breast cancer.

– *Helps manage diabetes*

Mushrooms contain a lot of dietary fiber which is very beneficial for many conditions, including type 2 diabetes because it lowers the risk of development of this condition.

– *Improves heart health*

The high content of vitamin C, potassium, and fiber may improve your cardiovascular health. By regulating blood sugar and blood pressure, mushrooms can significantly lower the risk of cardiovascular disease.

– *Healthy pregnancy*

Folic acid is recommended in pregnancy because it boosts fetal health. Mushrooms are the natural source of this nutrient.

– *Energy boost*

The energy your body needs to function well comes from the vitamin B complex (B2, B9, B5, B3) that mushrooms are rich in. These vitamins not only energize your body, they also boost the production of red blood cells.

Nopales

Nopales is a vegetable that comes from the soft pads of prickly pear cacti. They can be added to eggs, stews, or stir-fries. This vegetable is native to Central America and is very common in their cuisine. It is available fresh or canned.

Nopales is very nutritious. It contains niacin, riboflavin, vitamins C, B6, and K, copper, iron, calcium, potassium, magnesium, manganese., and fiber.

The high nutrient content makes it an ideal natural therapy for many conditions, ranging from poor digestion to diabetes.

Health benefits of nopales include:

- *Improved digestion*

Being high in dietary fiber, eating fresh nopales is an easy way to improve your digestive health.

- *Easier weight loss*

Being high in fiber, eating nopales will make you feel full for longer even if you haven't eaten a lot. And, being low in calories, it is an excellent food choice if you're trying to lose weight.

- *Skincare*

Oxidative damage is the main cause of premature aging. As nopales is high in phytochemicals and antioxidants, it can help delay the onset of wrinkles, freckles, etc.

- *Cancer prevention*

Studies suggest that nopales can suppress tumor growth so taking nopales supplements is recommended especially in the case of cervical, ovarian, and bladder cancers.

- *Faster metabolism*

Nopales is high in vitamins and minerals that boost metabolism and act as co-enzymes that improve metabolic processes.

- *Improved bone mineral density*

The high calcium content of nopales will help improve your bone mineral density. All premenopausal women should take nopales supplements.

- *Improved sleep quality*

Being high in magnesium, nopales will help you sleep better.

- *Reduced inflammation*

The juice of this vegetable has anti-inflammatory properties that improves conditions such as arthritis, joint pain, and muscle strain.

- *Reduced risk of diabetes*

Nopales is very beneficial for patients with type 2 diabetes as it can increase blood glucose levels.

Okra

Okra originally comes from Ethiopia but is now cultivated throughout the world. Because of the widespread cultivation, it has many other names, eg – okro, gumbo (U.S.), lady's finger (England), guino-gombo (Spain), Kacang bendi (Malaysia), guibeiro (Portugal), and gombo, bendakai, bhindi (India).

Okra is usually cooked, but can also be eaten raw. Raw slices can be added to vegetable salads, or it can be used in soups, stews, stir-fries, rice dishes, etc.

Loaded with nutrients, protein, and fiber, okra is a time-tested natural remedy for many health problems.

Health benefits of okra include:

- *Helps with weight loss*

Being very high in fiber, okra makes you feel full even if you've had very little to eat. This is a great food to include in your diet if you're trying to control your calorie intake.

- *Prevents fatigue*

Okra is a good source of polyphenols and flavonoids that promote glycogen storage in the liver. The more glycogen you have stored, the longer it will take for you to tire.

- *Manages diabetes mellitus*

In Turkey, where okra is a very popular vegetable, the time-tested natural remedy for diabetes mellitus is roasted okra seeds. Both okra peel and seeds can lower blood glucose levels which is just what you need if you're trying to manage this condition.

- *Stabilizes cholesterol levels*

Finely ground okra powder easily absorbs cholesterol and inhibits the production of fat in the body.

- *Strengthens bones and prevents excessive bleeding*

Okra is particularly high in vitamin K2 that helps strengthen bones and promotes the clotting of blood.

– *Boosts immunity and improves vision*

The vitamin A in okra encourages the production of white blood cells, which are very important for your immune system. A strong immune system makes it easy to fight microorganisms and vitamin A also support your eye health.

– *Prevents gastritis*

In Asian traditional medicine, okra and okra juice are used to treat stomach complaints, such as gastritis.

– *Prevents liver disease*

Okra extract is a natural remedy for liver disease.

– *Lowers the risk of some neurodegenerative diseases*

If Alzheimer's or a similar neurodegenerative disease runs in your family, take okra as often as possible because it can significantly lower the risk of these conditions.

– *Kills breast cancer cell*

A particular type of lectin found in okra can kill breast cancer cells. The success rate is over 60%.

However, if you've never had okra before don't be surprised if you don't like it, for it is an acquired taste. It's slightly slimy, but if cooked with tomato and spices, it becomes not only palatable but very tasty. Until you get used to its flavor, cook it with other vegetables and lots of spice.

Other ways to use okra include:

– **Okra water**

Soak okra in a glass of water overnight. Some of the nutrients will leach into the water so when you drink it, you will take in at least some of them. It's even better if you slice okra before soaking it, but don't be alarmed if the taste is slightly bitter. Drink it as medicine.

- **Okra peel**

If you can't get used to okra's slimy texture, simply scrape the peel from one okra pod with a lemon zester and take half a teaspoon of the peel at a time.

- **Okra powdered seeds**

Removing seeds from the pod and making a powder is complicating so it's best to buy dried okra seed powder. Don't take more than 1 teaspoon of powdered okra seeds a day. However, if you're on diabetic medication, talk to your doctor first.

Olives

Olives are stone fruit related to cherries, peaches almonds, and pistachios. They usually come as green (immature) and black (ripe), however, some varieties remain green even when fully ripe. More than ninety percent of olives are used to make olive oil.

Olives are now cultivated throughout the world and the three most popular varieties are Spanish green olives (pickled), Greek black olives (raw), and California olives (pickled).

Olives are high in calories, carbs, fiber, and fats (monosaturated, saturated, and polyunsaturated). The fat in olives is mainly oleic acid which is known to reduce inflammation as well as the risk of heart disease. It also helps fight cancer.

3 main health benefits of olives:

- *Improved heart health*

Oleic acid and main fatty acids in olives can help regulate cholesterol levels and blood pressure, conditions that are directly linked to heart disease.

- *Improved bone health*

It is believed that the main reason osteoporosis is lower in Mediterranean countries compared to the rest of Europe is that regular consumption of olives and olive oil keeps the bones healthy and prevents bone loss.

- *Cancer prevention*

It is well-known that cancer is much less common in Mediterranean countries compared to the rest of Europe. It is generally agreed that this must be due to the high consumption of olives and olive oil. Olives reduce the risk of cancer because they are high in antioxidants and oleic acid. This is particularly the case with breast, colon, and stomach cancers.

Onions

Onions originate from South-West Asia and according to archaeological records, it has been used for over 7,000 years. Wild species of onions can still be found in Asia. Ancient Egyptians used onions as medicine and worshipped this vegetable so much, they buried their pharaohs with onions. Onions have antibacterial, antifungal, and anti-inflammatory properties. They can boost your appetite, and improve the health of those suffering from atherosclerosis, chronic asthma, or allergic bronchitis.

Onions are an essential ingredient in most cuisines and are also known as “companion” plants which means they can grow well around other vegetables and plants.

Health benefits of onions include:

- *Oral care*

In folk medicine, onions are used to prevent tooth decay. Chewing raw onions for a couple of minutes kills all the germs present in the mouth and throat.

- *Boost immunity*

Being very high in phytochemicals, regular consumption of onions can boost your immune system and help you avoid many diseases.

- *Improves heart health*

Onions are blood thinners and anticoagulants which prevents red blood cells from forming clumps.

- *Manage diabetes*

Onions are rich in chromium which helps regulate blood sugar levels.

- *Insect repellent*

Rubbing your skin with raw onion will reduce the pain of bee stings. This also helps repel insect bites and scorpion stings because insects can't stand the smell of onion.

- *Prevents cancer*

Onions are high in quercetin, a powerful antioxidant known to prevent or slow down the spread of cancer cells.

- *Relieves earaches*

Onion juice is a natural remedy for acute earache. It can also cure the ringing in the ears. All you need to do is apply onion juice to a cottonwool which you then insert in the sore ear.

- *Treats cough*

Drinking a mixture of onion juice and honey is a time-tested remedy for sore throats and cough.

- *Boosts libido*

A mixture of one spoonful of onion juice and one spoonful of ginger juice three times a day is a folk medicine for boosting libido.

- *Treat anemia*

Eating raw onions along with jaggery and water can boost the production of red blood cells and treat anemia.

- *Relieves stomach aches*

Being anti-inflammatory and antibacterial, onions can help with many gastric problems and ensure smooth bowel functioning.

Purslane Verdolalga

This green leafy plant with a slightly sour and salty taste has leaves and stalks that are edible and can be eaten raw, cooked, or pickled.

Purslane is high in fiber, vitamins (A, C, and B), many minerals (iron magnesium, manganese, potassium, calcium, and copper), and antioxidants, and is also a rich source of omega-3 fatty acids. Being so high in nutrients,

purslane can help you fight fatigue, strengthen your immune system, prevent anemia, protect your heart health, and prevent cancer.

In folk medicine, it is also used to treat bee stings, snake bites, burns, abscesses, and warts. It also rejuvenates your skin and reduces wrinkles, removes scars, and is sometimes used as a natural remedy for eczema.

Purslane can easily be grown in your garden but maximum benefits are obtained from raw, wild plants.

Health benefits of purslane include:

- *Protects cardiovascular health*

Being rich in omega-3 fatty acids, purslane should be regularly consumed by those struggling with high cholesterol levels because purslane can lower the risk of a heart attack.

- *Improves blood circulation*

Iron and copper found in this vegetable boost the production of red blood cells which are essential for good circulation. These minerals also speed up healing.

- *Improves the health of the digestive tract*

A regular consumption of purslane can prevent constipation and is particularly beneficial for those struggling with ulcers.

- *Prevents cancer*

Being high in vitamins C and A, if taken every day, purslane can help prevent lung and oral cancer.

- *Strengthens bones*

Being a rich source of calcium, magnesium, iron, and manganese, purslane can prevent bone loss and speed up the healing of fractured bones. It is a natural remedy for osteoporosis.

- *Improves vision*

Being high in vitamin A, purslane can prevent macular degeneration and cataract.

- *Supports brain development in unborn children*

Consumption of leafy green vegetables, such as purslane, can significantly reduce the risk of some brain disorders in unborn children, eg autism, attention deficit, and hyperactivity disorder.

- *Helps you lose weight*

Being low in calories and high in fiber, purslane is an ideal food to take include in a weight-management diet.

Squash

Low in calories but high in nutrients, squash is a good source of important vitamins (A, C, E, B, B3, B6, B9) and minerals (magnesium, potassium, manganese, calcium, iron, phosphorus, and copper).

Squash should be eaten as often as possible because just one cup of cooked squash provides more than 450% daily requirements of vitamin A and more than 50% of vitamin C. Squash is also rich in carotenoids which is a provitamin A that your body converts to vitamin A. This vitamin is essential for cell growth, eye health, bone health, and proper immune function. It is also vital for fetal growth.

Besides, both vitamins A and C are powerful antioxidants that protect your cells from damage caused by free radicals. Vitamin E is another antioxidant that protects against free radicals and also reduces the risk of age-related conditions, such as Alzheimer's.

Squash is also packed with B vitamins, including folate and B6, which your body needs for energy and red blood cell formation.

Health benefits of squash include:

- *Protects against cancer*

High antioxidant content, especially carotenoid and vitamin C can reduce the risk of certain types of cancer, eg lung cancer, as well as mortality due to cancer.

- *Prevents heart disease*

The yellow and orange vegetables and fruits, such as squash, are a natural protection against heart disease.

- *Prevents mental decline*

Eating antioxidant-rich foods is the best natural protection against mental decline, eg memory loss, visual attention, Alzheimer's, etc.

Suggestions on how to use squash:

- Chop, drizzle with olive oil, and sprinkle with rosemary (optional), add salt and pepper, and roast until soft
- Use squash instead of potatoes or sweet potatoes (eg in curries)
- Add raw squash (cubed or grated) to vegetable salads
- Cook and puree squash and add to bread, muffins, pies, or tarts
- Make a dairy-free soup by mixing cooked and pureed squash with coconut milk
- Add squash chunks to stews
- Make a vegetarian dish by combining beans, tomato, and squash
- Cook and puree squash and use with pasta or spaghetti
- Eat roasted squash with eggs for breakfast
- Add cooked or caramelized butternut to quiches or pies

Tomatillo

The tomatillo plant has antibacterial, anti-inflammation, analgesic, immunosuppressant, antioxidant, cytotoxic, antiviral, and anti-hyperglycemia properties.

It's high in vitamin C, alkaloids, polyphenols, and other important nutrients that can protect against disease.

To benefit from this plant, simply boil the leaves and drink the water. In traditional medicine, this is a natural remedy for flu and sore throat, whooping cough, mumps, heart disease, asthma, epilepsy, and lymph node disorder.

For abscesses, boils and ulcers, boil tomatillo leaves, mash, and apply to the affected area.

Turnip Greens

Turnip greens are a good source of vitamins (K, A, C, E), minerals (folate and calcium), and antioxidants. They belong to cruciferous vegetables. Thanks to all these nutrients, this vegetable effectively protects the body from heart disease, diabetes, cognitive decline, and cancer.

Health benefits of turnip greens include:

– *Protection against cancer*

The antioxidants in turnip greens can lower inflammation and reduce oxidative stress which prevents DNA damage and cell mutation.

– *Prevention of heart disease*

Consistent consumption of cruciferous vegetables is linked to a reduced risk of heart disease. Turnip greens can lower cholesterol levels and high blood pressure which automatically reduces the risk of heart attack and stroke.

– *Improves bone health*

One cup of cooked turnip greens provides over 600% of a daily requirement of vitamin K which plays an important role in bone density and reduction of the risk of fractures and osteoporosis.

– *Protects vision*

Turnip greens contain antioxidants that protect your eyes from many diseases, including macular degeneration.

– *Protects against diabetes*

By lowering inflammation levels, improving insulin resistance, lowering high blood pressure and cholesterol levels, and reducing damage caused by oxidative stress, turnip greens are a natural remedy for diabetes.

– *Prevents cognitive decline*

By reducing oxidative damage and protecting brain health, turnip greens indirectly prevent many brain disorders, eg Alzheimer's and dementia.

Watercress

Watercress belongs to the same family as kale, Brussels sprouts, and cabbage. It was initially considered a weed and was not cultivated until the

19th century. Watercress is a good source of vitamins A, C, and K as well as calcium and manganese. Being rich in antioxidants that protect against cell damage caused by free radicals, watercress can prevent many chronic conditions, such as diabetes, cancer, and cardiovascular disease.

Health benefits of watercress include:

- *Protects against some types of cancer*

Being high in phytochemicals, regular consumption of watercress may lower the risk of certain types of cancer, particularly colon, lung, prostate, and skin cancers.

- *Improves heart health*

All cruciferous vegetables lower the risk of heart disease. Besides, watercress contains beta carotene, zeaxanthin, and lutein which are antioxidants known to lower the risk of cardiovascular problems and high blood pressure. It also contains a certain dietary compound that improves the health of the blood vessels by reducing inflammation and decreases the stiffness and thickness of your blood cells.

- *Lowers cholesterol*

Using watercress several times a week can lower total cholesterol by 34% and “bad” cholesterol by over 50%.

Wild Arugula

Arugula is used throughout the world which explains why it has so many names. It is also known as salad rocket, garden rocket, rucola, roquette, and colewort. It is closely related to radish, kale, and cauliflower. It has a slightly peppery taste. Arugula is cultivated as a popular salad vegetable but it also exists in the wild.

This plant is loaded with vitamins (C, A, E, K, and small amounts of B vitamins), minerals (calcium, potassium, phosphorus, magnesium, and sodium), folic acid, phytochemicals, and carotenoids.

Health benefits of arugula include:

- *Improves immunity*

Being high in antioxidants, it helps your body fight disease. Besides, the copper content of arugula stimulates the production of white blood cells.

- *Boosts bone health*

Vitamin K improves your bone health and slows down the gradual degradation of neural pathways common in old age.

- *Protects against cancer*

The phytochemicals found in arugula can inhibit the development of cancer cells.

- *Improves prenatal health*

Arugula is a good source of folic acid that lowers the risk of mental defects in newborns.

- *Improves metabolism*

Arugula is very high in vitamin B which aids metabolism.

- *Improves vision*

Arugula is high in carotenoids necessary for good eye health. These compounds slow down macular degeneration.

- *Increased mineral absorption*

Unlike many other leafy vegetables, arugula does not inhibit the absorption of minerals. This means that minerals, such as copper and iron (found in this plant) are more easily absorbed by the body.

- *Weight loss*

Being low-calorie and nutrient-rich, arugula is an ideal addition to a weight-loss diet.

- **Erectile dysfunction**

Arugula is a well-known natural remedy for erectile dysfunction especially when taken in combination with Sildenafil, because arugula improves the efficiency of the drug.

Zucchini

Zucchini is a vegetable rich in vitamins (C, B6, A, E, and K), minerals (potassium, phosphorus, magnesium, calcium, zinc, iron), and fiber. Its water content is 94%. Another name for this vegetable is courgette. There are several varieties of zucchini and they vary in color, size, and taste. They can be used both raw or cooked, can be added to salads, or stuffed with vegetarian or meat-based stuffing.

Health benefits of zucchini include:

- Cancer prevention due to high antioxidant content
- Healthy cardiovascular system, thanks to beta-carotene and vitamin C
- It helps with diabetes management, thanks to vitamin B6
- Improves vision because it reduces the risk of cataracts thanks to lutein and zeaxanthin
- Helps with weight loss because it's low in calories, high in fiber, and very high in water

Dr. Sebi-Approved Sea Vegetables

Dr. Sebi recommended five types of seaweed – dulse, hijiki, nori, wakame, and arame.

Dulse

Dulse is not as well-known as other types of seaweed but it is very nutritious and contains several important minerals, eg calcium, magnesium, phosphorus, iron, and potassium. And, like all other seaweeds, it is a rich source of iodine.

Regular consumption of this vegetable may help you maintain healthy bones, good heart health, good digestion and circulation, strong immune system, and a healthy nervous system.

Hijiki

This brown or dull-green seaweed is both cultivated and collected from the wild. It grows on the coastlines of Japan, China, and Korea. It is highly nutritious and contains vitamin K, many essential minerals (calcium, iron, magnesium, iodine), and dietary fiber.

Eating hijiki regularly may help you balance your hormone levels, improve your digestive health, boost your energy levels, strengthen your bones, and maintain healthy cholesterol levels.

However, besides all these health benefits, hijiki is unusually high in inorganic arsenic, which is a toxin. So, to benefit from hijiki, eat it in moderation.

Nori

Nori is a seaweed that is particularly popular in Japan, China, and South Korea.. It is also regularly used in sushi dishes.

Hijiki is loaded with B vitamins, iodine, unsaturated fatty acids, trace minerals, important amino acids, and as anti-cancer properties. As a green powder, nori is also used for many healthy beverages, eg *Garden of Life* and *Athletic Greens*.

Wakame

Wakame is another type of edible seaweed that has been used in Asia, particularly Japan and Korea, for centuries.

It's low in calories but high in nutrients. The high iodine content makes it particularly healthy for those with a thyroid problem. Wakame also contributes to good heart health, can lower cholesterol and blood sugar levels, can help you fight cancer, and will also improve your insulin resistance.

Arame

Arame is a type of seaweed particularly popular in Japanese cuisine. It is high in calcium, iodine, iron, magnesium, and vitamin A.

Eating arame several times a week will boost your immune system, help you fight pathogens, also boost the efficacy of antibiotics and other medicines which you may be taking. Being high in chlorophyll it boosts flushing out of toxins and, because of its high antioxidant content, is recommended to patients with degenerative diseases.

Besides, it easily boosts one's energy levels so is often used to treat chronic fatigue.

Arame has also proven very efficient in fighting inflammation so is recommended to multiple sclerosis patients who should add arame to a low fat, low sodium diet.

Side effects of eating arame are unlikely but if you suffer from conditions that can be made worse by high doses of iodine, you should not take seaweed.

Arame can be used fresh, dried, or powdered. It can be added to salads, soups, or smoothies. It can also be steamed, stewed, or sauteed but is best eaten raw. It is also available as a supplement.

DR. SEBI-APPROVED FRUITS

Although fruits are generally considered less nutritious than vegetables and therefore not as important in one's diet, they also come with many health benefits, mainly due to the high vitamin content.

However, while we are told we should eat as many vegetables as possible, especially vegetable greens, when it comes to fruits, we are often reminded not to overdo it. The reason for this is that most fruits are very high in sugar and although it's healthier to eat fruits than cakes, even sugar found in fruits can have adverse effects on your health if you take too much of it.

Apples

Apples are one of the most popular fruits- for a reason. They are easy to grow and have many health benefits, mainly due to high antioxidant, pectin, and fiber content. Of course, most of the nutrients are in or just under the skin so when you skin an apple, you lower its nutrient content. However, bearing in mind that apples are treated with pesticides once a week for three months, it's safer to remove the skin.

The fiber in apple slows down digestion helping you feel full for longer. This makes apples ideal fruits for weight control programs. Besides, fiber also helps reduce the acid reflux effect, helps lower cholesterol and blood pressure levels, so indirectly protects you from atherosclerosis and stroke. Antioxidants prevent or slow down the growth of cancer cells, protect your pancreas, and lower the risk of type 2 diabetes by reducing insulin resistance and improving blood sugar and triglyceride levels. Antioxidants are also essential for prevention or slowing down the onset of Alzheimer's. It is the quercetin content in apples that protects the neurons from oxidative damage.

The high antioxidant content of apples can reduce the risk of certain types of cancer, particularly colorectal, oral cavity, esophageal, and breast cancers.

Apples are high in vitamin C so are best eaten raw, although they are also nutritious if baked. You can add them to salads, desserts, or simply use them as a snack.

Bananas

Bananas originate from Southeast Asia but are now grown throughout the world. They vary in color, size, and shape but they are all high in fiber, vitamins, and minerals, as well as antioxidants.

Eating bananas at least three times a week is a natural remedy for many ailments.

Bananas can:

- Thanks to *pectins* and *resistant starch* , bananas can stabilize your blood sugar levels after a meal and reduce appetite by slowing down digestion
- Bananas can prevent colon cancer by improving digestion
- As they are low in calories but high in nutrients and fiber, eating bananas can promote weight loss
- Bananas are high in potassium and magnesium and can improve your heart health because these nutrients lower blood pressure, which in turn lowers the risk of heart disease
- Potassium in bananas can improve kidney health by as much as 50%

Besides being an essential ingredient to smoothies, bananas can be added to breakfast cereal or eaten as a healthy snack that quickly boosts your energy levels. They are best used fresh, although they can also be used to make delicious cakes or tea breads.

Berries

All nutritionists agree that berries are the healthiest fruits there are. Although their antioxidant content varies, the varieties with the highest antioxidant content are blueberries, blackberries, raspberries, and strawberries.

Berries are recommended to all cancer patients, as well as to those who

would like to prevent cancer because of the high antioxidant content that helps reduce oxidative damage to cells which leads to cancer. Berries are particularly beneficial for cancer of the esophagus, mouth, and breast cancer, while for liver cancer, strawberries seem to provide the best protection.

The fiber in berries improves digestion and is also recommended for weight loss diets.

Anti-inflammatory properties of berries help reduce the risk of heart disease because they lower bad cholesterol and blood pressure. This also lowers the risk of many other inflammatory conditions, eg diabetes, arthritis, etc.

Eating berries at least three times a week can improve your skin condition and prevent premature aging.

Blueberries in particular are recommended to older adults because they prevent mental decline, strengthen the immune system, improve vision, and improve arthritis and gout symptoms.

You should eat berries as often as you can - fresh, frozen, or dried. You can also use them in desserts, jams, and jellies

Cantaloupe

Cantaloupe melons are loaded with vitamins and minerals, although they are 90% water. Being so high in water they successfully prevent dehydration and should be eaten during hot summer months as often as possible. However, although so high in water, they have many health benefits.

Cantaloupe health benefits include:

- Better heart health, thanks to potassium which regulates blood pressure
- The strong immune system, thanks to high doses of vitamins A and C

- Easy weight management, thanks to being high in fiber and low in calories
- Reduced risk of cancer, thanks to many antioxidants
- Improved eye health, thanks to a high content of vitamin A, cantaloupe is a natural remedy for many eye-related problems
- Healthy fetal brain development - being high in folic acid, cantaloupe should be taken by all pregnant women
- Better digestive health, thanks to a high fiber content
- Healthy skin, thanks to being a rich source of vitamins B, cantaloupe can prevent wrinkles, dark circles, etc)

Like with all other fruits, to benefit from the vitamins and minerals they contain, cantaloupe should be eaten fresh. However, besides using it in a fruit salad or a smoothie, you can also relieve toothache by boiling the cantaloupe skin in the water until it disintegrates. Drain and cool, then rinse your mouth with water.

Besides, in folk medicine, crushed cantaloupe seeds are used to get rid of intestinal parasites, indigestion, and fever.

Cherries

Cherries come in different colors, sizes, and flavors but they are all highly nutritious. They are loaded with vitamins and minerals and have powerful antioxidant and anti-inflammatory properties.

Thanks to high antioxidant content, cherries can help you fight oxidative cell damage that leads to many serious health conditions as well as premature aging.

The minerals and polyphenols found in cherries can prevent heart disease while the anti-inflammatory effects of this fruit will improve arthritis and

gout symptoms as well as the quality of your sleep because cherries are high in melatonin, a hormone that helps you wind down and fall asleep.

They are best eaten fresh but frozen or dried ones can be used during the off-season. Cherries are one of the best fruits to use in cakes, but you can also make juice, jams, and preserves.

Currants

Currants can be black, red, or white. The red ones taste great but the black ones are the most nutritious.

Currents, especially black currants, are very high in antioxidants, as well as in antibacterial, and antiviral properties. They are healthiest if eaten raw, although in the off-season you can have them frozen or dried.

The exceptionally high content of antioxidants in black currants is linked to a lower risk of cancer and diabetes and a strong heart.

Besides, being high in dietary fiber including currents in your diet will quickly improve your digestion and prevent constipation.

To rehydrate dried currents, soak them in some water, juice, or tea for a few hours. You can drink the liquid they were soaked in only if currants are organically produced.

Currants are often used for jellies, jams, and desserts.

Dates

Dates are high in antioxidants as well as essential minerals, which is why they are so important for brain health and slowing down the progression of Alzheimer's.

Dates are the fruit of the date palm tree, which grows in hot and dry regions. There are several varieties of dates and they range in color from bright red to bright yellow.

Dates can be consumed fresh or dried but outside of the areas where they are grown, only dried dates are available. These high-energy fruits are rich in nutrients and are one of the healthiest snacks you could have. And because they are very high in carbs (ie sugar), when you feel like having something sweet, you can take dates instead of biscuits or cakes.

Eating dates can help you boost your fiber intake which will improve your digestion. Besides, the fiber is good for blood sugar control because it slows digestion and prevents blood sugar levels from spiking too high.

Besides, antioxidants found in dates protect your body from free radicals and the damage they can do to your cells. Compared to other types of dried fruit, eg figs or prunes, dates have the highest antioxidant content. Regular consumption of dates can reduce inflammation which indirectly reduces the risk of cancer, Alzheimer's, diabetes, macular degeneration, and heart disease.

Dates are very important for brain health because they lower the risk of neurodegenerative disorders such as Alzheimer's.

Women who would like to avoid induced labor are encouraged to eat lots of dates during the last four weeks of pregnancy. That way they will not only go into natural labor but the labor will last for fewer hours.

Finally, being very high in sugar, dates can substitute sugar in many dishes or beverages that need to be sweet.

Figs

Figs and their leaves have many health benefits and are particularly beneficial for good digestion, healthy blood sugar levels, and heart health. Figs can be regarded as prebiotics, ie foods that feed healthy gut bacteria. They also improve your heart health by regulating blood pressure. Besides, fig-leaf tea or fig-fruit extract is a natural remedy for decreasing insulin needs by over 10%.

Recent studies suggest that figs can prevent or slow down the growth of cancer cells, particularly colon, breast, cervical, and liver cancer.

They can be eaten raw or dried but can also be used for making jams, preserves, desserts, etc.

Grapes

Grapes are high in manganese and vitamin C and are also a major source of phytonutrients, especially flavonoids such as resveratrol which is particularly high in the skins of red grapes (and red wine).

Grapes are a good source of vitamins K (which supports healthy bones and tissues) and C (which promotes healing and helps the body absorb iron), although they have many other health benefits, the main ones of which are a lowered risk of cancer and inflammation-related diseases.

Health benefits of grapes include:

– *Easy weight loss*

Grape is a low-calorie and fat-free fruit with a low glycemic index and this makes it ideal for those trying to maintain a healthy weight. Besides, one of the antioxidants of grapes, resveratrol, triggers a certain reaction that improves energy metabolism and which, indirectly, promote weight loss.

– *Anti-inflammatory properties*

Grapes are high in antioxidants that protect the tissue from inflammation and prevent many chronic inflammation-related diseases.

– *Better heart health*

By regulating blood pressure, reducing inflammation from oxidative stress, improving blood flow, and protecting your vascular system, grapes help you maintain a healthy heart.

– *Healthy skin*

Certain phytonutrients typical for dark-blue fruits (such as red grapes) successfully protect the skin from UV radiation.

– *Improved brain health*

Polyphenols in grapes help maintain vascular health and lower the risk of cognitive decline

– *Reduced risk of diabetes*

Resveratrol, one of the antioxidants, improves blood sugar regulation

– *Hydration*

Being 82% water, grapes provide hydration to all your organs and skin which not only prevents dehydration but also premature aging.

– *Reduces the risk of cancer*

The high antioxidant content of grapes is a natural protection from oxidative stress which often leads to cancer.

Limes (Key Limes)

Lime comes from Southeast Asia but is now grown throughout the world. There are several varieties but they are all loaded with vitamin C, as well as many minerals.

Antioxidants in lime protect your cells against free radicals, and indirectly from many chronic diseases.

This is mainly due to flavonoids which help prevent or slow down the development of many types of cancer, particularly, colon, throat, pancreas, breast, bone marrow, lymphoma cancers.

The high content of vitamin C in limes will boost your immune system which not only protects you from disease but helps you recover if you are sick. High doses of vitamin C also lower your risk of high blood pressure, cardiovascular disease, diabetes, arthritis and gout, urinary infections, vision, skin, etc.

Mango

Mango is often called “the king of fruit”. It's sweet, juicy, and very, very tasty. And on top of all that, it's highly nutritious.

Mango is a good source of vitamins and minerals and one mango a day will meet your daily requirements of vitamin C. Being so nutritious, it boosts your immune system while its antioxidants protect you from oxidative stress which leads to cancer.

Besides, being loaded with vitamin A, mango will improve your skin and hair condition, as well as your eye health. Regular consumption of mango can prevent macular degeneration and cataract.

Being high in fiber, it also improves digestion and prevents constipation.

And, although being very sweet, it can help you lower your blood glucose levels.

Just like a banana, mango is a common ingredient in smoothies and fruit salads. However, it can be added to other dishes, eg salsa, slaw, tacos, tuna salad, vegetable salad, etc. You can also use it instead of raisins in couscous or dishes based on wild rice or quinoa. It is also often added to cakes, ice creams, and puddings.

Orange

Loaded with vitamins C and A, iron, copper, and potassium, orange can help with urinary tract infections, arthritis, and scurvy. High in antioxidants as well as in dietary fiber, they also help reduce the risk of diabetes, cancer, obesity, and heart disease.

Health benefits of oranges include:

- One type of antioxidant found in oranges, limonoid, can help fight some types of cancer, eg mouth, skin, lung, breast, stomach, and colon cancers.
- Being very high in vitamin C, eating oranges is an easy way of boosting your immune system and making it easier for your body to fight viruses, bacteria, and other pathogens.
- Orange juice can prevent kidney stones from forming, thanks to the high levels of potassium.
- Oranges are also recommended as a natural remedy for lowering the bad cholesterol

Papaya

Papayas are also known as pawpaws. Papaya originates from Mexico but is now grown in many other countries with a warm climate.

This delicious fruit is loaded with natural goodness and can prevent many diseases mainly due to high beta-carotene content.

Being high in beta-carotene (same as apricots, cantaloupe, pumpkin, and carrots) it is highly beneficial for eye health. Regular consumption of papaya can prevent the development of macular degeneration as well as many other eye-related problems.

Beta-carotene-rich fruits also lower the risk of cancer, especially prostate cancer in young men, as well as asthma

High vitamin K content ensures good bone health while fiber helps prevent diabetes and improve digestive and heart health.

Mashed papaya can also be used topically, to promote wound healing and prevent infection. Ointments containing the papain enzyme have also been used to treat bedsores.

As a food, it is usually used fresh in fruit salads and smoothies, but can also be added to vegetable and bean salads, rice dishes, etc.

Peaches

Peaches originate from northwest China. Although they are not very rich in nutrients, they do have a lot of vitamin C, potassium, fiber, and iron. Vitamin C acts as a powerful antioxidant and can help you fight free radicals which indirectly prevents cancer development.

Besides, one of the antioxidants in peaches plays a key role in forming collagen, which is probably why peach face masks are very popular. Combined, collagen and vitamin C, can improve your skin health and delay the appearance of wrinkles and sagging skin.

Being rich in fiber, peaches are recommended for weight loss diets, digestive system problems, cardiovascular health, and cancer prevention.

Pears

Pears come in many different sizes, varieties, shapes, and colors. All the

varieties are very nutritious and provide niacin, provitamin A, and folate. Niacin and folate are vital for energy production and cellular function, while provitamin A supports skin health and wound healing.

Pears are also a good source of fiber, which promotes gut health and constipation relief,

Anti-inflammatory properties can prevent many diseases, type 2 diabetes

Pears also contain certain compounds that have anticancer properties, so a diet rich in this fruit may protect you against some types of cancer, eg lung, stomach, and bladder cancers.

Plums

Plums come in different sizes, shapes, and colors. They were first grown in China but gradually spread to Japan, Europe, and America. Today, there are more than 2,000 varieties grown throughout the world.

Plums are rich in phytochemicals and other antioxidants which can lower the inflammation that triggers heart disease. Besides, antioxidants protect the body from tissue damage which can lead to diabetes, Alzheimer's, Parkinson's, and cancer

They are a great fruit for a healthy gut and easily improve digestion and relieve constipation.

The mineral content of plums may help normalize your blood pressure, blood sugar levels, as well as boost your bone health.

Plums are also recommended as a natural treatment for mild anxiety.

Plums are best eaten raw but can also be used in cakes, jams, jellies, chutneys, compotes, etc.

Prickly pears

Prickly pear is a fruit that grows on top of the leaves of Nopales cacti.

There are about 200 different species that are spread throughout North and South America.

This fruit is high in vitamin C and B, as well as many important minerals and antioxidants.

For more information on its health benefits, see under NOPALES.

Prunes

Prunes are dried plums. They have all the benefits of plums (see under PLUMS but, being dried, have very high sugar content. Fortunately, as prunes are high in protein and fiber, the sugar they contain will not cause a large spike in blood sugar because the fiber helps slow down the release of sugar from the fruit.

Regular consumption of prunes can improve your heart health and boost your immune system. Prunes are also a well-known natural remedy for constipation. Soak the fruit in water overnight, and the following morning eat the fruit and drink the water they were soaked in for almost instant constipation relief. However, this method may not work for everyone for some people's digestive system simply does not respond to prunes. To see if this method has any effect, start with not more than 4 prunes soaked in two cups of water.

Raisins

Raisins are dried grapes. They are usually used as snacks or in baking. They can also be added to breakfast cereal, fruit salads, cakes, rice dishes, etc. Being high in soluble fiber, raisin can help improve your gut health, while high levels of iron, copper, and vitamins, prevent anemia.

The minerals found in raisins, ie iron, copper, magnesium, and potassium are all alkaline minerals that help balance acidity levels in the stomach. This means that eating raisins prevents too much acidity.

The minerals also help lower the risk of heart disease.

Soft jelly coconuts

Both mature and young coconuts are highly nutritious and come with many health benefits. They are very filling, have high fiber content, and can raise your levels of good cholesterol. This, in turn, normalizes blood sugar and lowers bad cholesterol.

Young coconuts are often used for their medicinal qualities. In traditional medicine, they are recommended for heart, liver, and kidney disorders and there are even suggestions that regular consumption can lower the viral load of HIV.

However, finding young coconuts, unless you live in the tropics, is a challenge. The best place to look for them is Asian food shops or specialized health food shops.

Raw coconut meat is high in calories, protein, fat, carbs, and fiber. It also contains manganese, a mineral that activates enzymes necessary for metabolism, wound healing, and antioxidant function.

Coconut meat can be used as a healthy and energizing snack, and young coconuts make great smoothies.

Soursop

Originating in Central America this relatively unknown fruit is rich in vitamins C and B, as well as antioxidants. Fruit, leaves, and seeds all have medicinal uses.

The high antioxidant content can help fight cancer or lower the risk of certain types of cancer, eg breast, pancreatic, prostate, and lung cancers. Soursop also has anti-inflammatory properties which is why this fruit is very beneficial to those struggling with gout and arthritic pain. Soursop can improve flexibility of joints as well as help with some respiratory problems.

Soursop comes with antibacterial and antimicrobial properties which is why it is often recommended as a natural treatment for parasites, infections, flu, skin conditions, and herpes. It can also relieve stress and calm the mind which indirectly contributes to better sleep.

Tamarind

Tamarind originates from Africa but is now grown in India, Pakistan, West Indies, and many other tropical regions.

Tamarind is a tropical fruit rich in vitamins, minerals, amino acids, as well as antioxidants. The fruit has many medicinal and culinary uses.

The pulp of the fruit is very common in South and Southeast Asian cuisine, as well as in Mexico and the Caribbean, but the seeds and leaves are also edible. Tamarind is usually used to make sauces, marinades, chutneys, drinks, and desserts.

In traditional medicine, tamarind is used to treat many conditions, from diarrhea and constipation to fever and peptic ulcers. The bark and leaves are used to promote wound healing.

Numerous studies confirm tamarind has anti-fungal, antiviral, and antibacterial effects. It also contains polyphenols which have antioxidant and anti-inflammatory properties. This is why tamarind is often used as a natural remedy for heart disease, cancer, and diabetes.

Besides, the seed extract can lower blood sugar, while the pulp extract can help with weight loss and fatty liver disease.

DR. SEBI-APPROVED HERBS, SPICES AND SEASONING

Achiote

Achiote is a spice native to the tropical regions of the Americas and is an essential ingredient of Mexican and Caribbean cuisine. It is used as a coloring agent to give a dish yellow color. It can be used as a whole seed, a ground spice, paste, or oil. It is often used to color butter, margarine, cheese, and smoked fish. It is grown throughout the world and is known by many names.

Basil

Basil has both antidepressant and antiseptic properties. It is used to prevent vomiting, soothe itching from insect bites, or relieve mental fatigue or fear. Basil tincture can help soothe bronchitis and coughs. When used as a spice, it goes particularly well with tomato-based dishes (salads, casseroles, sauces, etc). It can be used fresh, dried, or as infused oil. It has a powerful aroma so should be used sparingly.

Bay leaf

Bay leaves grow on an evergreen shrub throughout the Mediterranean region. They are very fragrant and can be used fresh or dried, whole or ground to a powder. They are usually added to slow-cooking dishes, eg stews, sauces, etc but have to be removed from the dish before serving. Bay leaf aroma is similar to that of oregano and this herb is often used in most European cuisines. Adding this leaf to a dish boosts its flavor and if used as a powder, it adds small amounts of vitamins A, C, and B6 as well as some iron, calcium, and manganese to a dish.

Cayenne

Cayenne pepper comes from South America and is a powerful stimulant. Its antiseptic and antibacterial properties are known to destroy many

pathogens. It is also often used to treat rheumatic pains as it promotes circulation (and sweating) by increasing blood flow to the area where it is applied.

Cayenne pepper can be used fresh, dried, powdered, or as infused oil. You can also infuse cayenne pepper powder as tea and sip it to warm up your cold hands and feet.

The cayenne pepper powder is often a blend of different types of chili peppers. It goes well with seafood, egg and cheese dishes, casseroles, sauces, and curries.

Cloves

Cloves are aromatic flower buds native to Indonesia and are an essential ingredient of Asian, African, Mediterranean, and Middle East cuisines. It has a powerful aroma and adds a unique flavor to curries, marinades as well as fruit salads, beverages, cakes, preserves, etc. Because of the strong aroma, it is often combined with other spices, eg allspice, vanilla, basil, star anise, or citrus peel.

It has long been used in traditional medicine to treat pain, especially toothache. It can also reduce fever and blood sugar levels. It is a popular oil in aromatherapy.

Dill

That this herb has been used since prehistoric time became clear when dill was found in the tomb of Egyptian Pharaoh Amenhotep II who died about 3,000 years ago. The herb was also often found during archeological excavations of ancient Greek cities that were populated around 700 BCE. This very aromatic herb is used to flavor different types of dishes, eg fish, soups, pickles, as well as many vegetarian dishes and salads. It's best used fresh as it loses a lot of flavor during the drying process. However, you can retain some of the flavor of dried leaves by keeping them in a deep freeze.

Another way to enjoy this delicate aroma is by using dill oil which is extracted from the dill leaves, stems, and seeds. In most of Eastern and Central Europe, dill is an essential ingredient of local cuisines and is often added to yogurt, buttermilk, or sour cream. It goes particularly well with boiled potatoes and peas.

Habanero

The habanero is very hot chili pepper. Unripe habaneros are green and their color changes as they mature. In shops, you will usually find orange or red habaneros. They are a popular ingredient of hot sauces.

Habanero chilis are native to the Amazon region. The oldest archeological finds of habanero chili are 8,500 years old and come from Peru. The name comes from the Cuban city of La Habana, known in English as Havana because habanero chilis were a major export item.

Onion powder

Onion powder is simply dried onion. It has a strong flavor and should be used sparingly. It has the same properties as raw onion (see under ONION).

Oregano

Oregano comes from the Mediterranean region and is probably the most used spice in Mediterranean cuisine. It has many uses. As a medicine, it can help relieve coughs, headaches, mental exhaustion as well as stomach aches. If applied externally, it relieves swellings, rheumatic pains, and stiff necks. Leaves can be chewed to relieve toothache and can also refresh a room after smokers have been in it (rub it on the furniture).

As a spice, it can be used fresh or dried and goes particularly well with tomato- and cheese-based dishes although it can be used with other foods too. It has a very powerful aroma, so use sparingly, especially if using dried oregano.

Powdered seaweed

This spice is dried and powdered seaweed (see under SEAWEED)

Pure sea salt

The salt comes either from underground salt deposits or the sea. Sea salt is healthier because it contains more minerals than ordinary table salt and can improve your health by preventing many health disorders, such as goiter, low energy levels, poor metabolism, poor brain development in early childhood, etc.

Sage

Sage is well-known for its antifungal, anti-oxidant, anti-inflammatory, and anti-bacterial properties. Taken as a tea, it improves digestion and stops cramps. It's also an effective natural remedy for cold and flu. As a spice, it should be used sparingly because of its bitter flavor. Fresh sage can be added to salads, while dried sage is added to cooked meals, during the last few minutes of cooking. It goes well with other Mediterranean herbs.

Tarragon

Tarragon is also known as estragon. It grows wild throughout Eurasia and North America and is cultivated both for culinary and medicinal purposes. There are different subspecies and they come with different aromas. The best variety of tarragon to use in cooking is the so-called French tarragon. There are also Russian tarragon, Wild tarragon, etc.

This herb is essential in French cuisine and goes particularly well with chicken, fish, and egg dishes. It is often added to sauces, or steeped in vinegar. Tarragon is an essential ingredient in many European or Central-Asian cuisines.

Thyme

DR. SEBI-APPROVED GRAINS

Amaranth

Amaranth is considered a vegetable, a pseudocereal, and an ornamental plant. It can be used as seed, oil, or leaf. However, being gluten-free, it is usually used as a pseudocereal. It is also a medicinal plant and in folk medicine is often used to treat ulcers, diarrhea, swelling of the mouth or throat, and high cholesterol.

There are about 75 species of amaranth, only 10 of which are native to North America. Because it is spread throughout the world and has so many species, amaranth is also known by many other names, including:

Amarante, Alegría, Amarante-Grain, Amaranthus blitum, Amarante-Grain Géante, Amaranthus caudatus, Amaranthus paniculatus, Amaranthus cruentus; Amaranthus dubius, Amaranthus hybridus, Amaranthus frumentaceus, Amaranthus hypochondriacus, Amaranthus roxburghianus, Amaranthus leucocarpus, Amaranthus spinosus, Amaranto, Amaranthus tricolor, Chua, Huatlí, Huantli, Khaddar-Chaulai, Love-Lies-Bleeding, Lady Bleeding, Lovely Bleeding, Prickly Amaranth, Pilewort, Prince's Feather, Ramdana, Rajgira, Red Cockscomb, Rhamdana, Red Spinach, Royal Grain, Tandulja, Smooth Amaranth, and Velvet Flower.

Although we only recently learned about this plant, the ancient cultures of Central and South America have used it as staple food thousands of years ago.

Amaranth is very rich in nutrients and micronutrients and has anti-inflammatory and cholesterol-lowering properties.

Some of the ways you can benefit from this plant include:

- You can sprout it, which makes it easier to digest
- You can add it to smoothies to boost the protein content
- Use it instead of pasta, rice, and couscous
- Mix it into soups or stews to add thickness
- Use instead of breakfast cereal, by stirring in fruit, nuts, spice, and non-dairy milk

Fonio

Fonio is an ancient type of grain that comes from West Africa. It has been used in Africa for over 5000 years although it became popular in the West only recently. Other names for fonio include white fonio, fundi, hungry rice, hungry millet, fundi millet, petit mil, hungry, and acha.

The main benefit of this whole grain is that it is gluten-free, is a good source of protein, has a low glycemic index and low sugar content which makes it ideal for diabetics. It also contains fiber and iron making it a very healthy alternative to wheat.

Kamut

Kamut is an ancient type of grain that is very high in vitamins, minerals, and complex carbohydrates. The grain is very large with a sweet, nutty flavor. Whole grains lower the risk of cardiovascular disease, cancer, diabetes, and many other chronic conditions.

Quinoa

Quinoa is an annual plant grown for its seed which is high in protein, dietary fiber, vitamin B, and minerals. Technically speaking, quinoa is a pseudocereal botanically related to spinach and amaranth. It is native to the Andean region of South America. Local peoples have used it for about 4,000 years although it only recently became well-known in the West. It's gluten-free making it ideal for everyone with a sensitive digestion system.

Rye

Rye is a cereal grain used for flour, bread, beer, whiskey, vodka, and animal fodder. It is a good source of protein, dietary fiber, vitamin B, and minerals, particularly manganese and phosphorus. By being high in fiber and helping you lower your blood cholesterol, whole grain rye prevents cardiovascular disease and keeps your gut healthy.

Spelt

Spelt is an ancient whole grain that is healthier and more nutritious than the hybridized types of grain we use today. Spelt is high in gluten, carbs, dietary fiber, iron, and zinc. Eating whole-grain products, including spelt, lowers your risk of strokes, heart attacks, type 2 diabetes, and some types of cancer. Spelt can also help you improve the health of your gut and maintain a healthy weight.

Tef

Tef seed is smaller than poppyseed and is native to Ethiopia where it is a staple diet. Tef is a highly nutritious type of grain that provides the body with many essential micronutrients. It contains calcium, which is essential for healthy muscles and strong bones and teeth. It is also a rich source of vitamin C, necessary for a balanced immune system. Tef is also rich in collagen that improves the health of your bones, cartilage, blood vessels, teeth, and skin.

Wild rice

Wild rice is also known as Canada rice, Indian rice, or water oats. This grain was used by North American cultures as well as those in China for thousands of years. However, wild rice is not really a type of rice but a type of cereal. The plant grows in shallow lakes and streams and to some Native American cultures, it was a sacred plant.

Wild rice is high in protein and dietary fiber. It contains no gluten and is also a good source of minerals and B vitamins,

DR. SEBI-APPROVED NUTS AND SEEDS

Brazil nuts

Brazil nuts are native to South America and the tree that produces these edible seeds is one of the largest and longest-lived trees in the Amazon basin. Brazil nuts are high in healthy fats, protein, fiber, and selenium. They are great for improving brain function.

Hempseed

Hemp seeds come from the same plant used in industry because of its durable fiber. Hemp seeds can be eaten raw, but can also be turned into hemp milk, hemp butter, hemp protein powder, and hemp tofu. Hemp seeds are considered highly nutritious and being rich in Omega-3 and Omega-6 fatty acids amino acids necessary for optimal health, are an ideal source of protein for vegans. They are a good source of vitamin E, fiber, magnesium, iron, and potassium.

Sesame seed (raw)

Sesame oil is very popular in Asia, particularly in China. Raw sesame seeds are a good source of protein, vitamins, and antioxidants. It's considered a good oil to use in case of high blood pressure, diabetes, high cholesterol, heart disease, and many other conditions.

Walnuts

Walnuts are actually not nuts - they are a stone fruit! But, they are considered one of the healthiest nuts one can eat. Walnuts are high in fiber, Omega-3 fats, and antioxidants.

This makes them an ideal snack to eat if you want to improve your gut health, blood circulation, brain health, cholesterol, and blood sugar levels, as well as protect yourself against free radicals.

Pinenuts

Pine nuts are also called pinon, pinoli, or pignoli. They are edible seeds of pines that can be used in cooking but are usually used as snacks that provide a quick energy boost. They are high in fat, calories, as well as many important micronutrients, eg manganese, phosphorus, magnesium, zinc, copper, vitamins E, K, and B.

DR. SEBI-APPROVED SWEETENERS

Date Sugar

This type of “sugar” is actually granulated dried dates. It resembles brown sugar which is made from sugarcane. Date sugar is rich in minerals and antioxidants and has all the benefits that whole dates come with.

For more information, see under DATES

100% Pure Agave Syrup

Agave syrup is also called agave nectar. It's obtained by boiling the sap of agave plant which is native to the Southern US and Latin America.

Although agave has some health benefits, agave syrup is not an ideal sugar substitute mainly because it is much higher in fructose than plain sugar which can cause adverse health effects, eg increased belly fat and fatty liver disease.

This type of syrup has been used in Mexico for hundreds of years but was only recently introduced to the West. Its main benefit is that it doesn't spike your blood sugar levels.

DR. SEBI-APPROVED OILS

Olive oil

Olive oil is produced by extracting healthy fats from olives. The Mediterranean diet is based on this oil and it's believed that this is the reason it is one of the healthiest diets we know of. According to archaeological finds, olive trees have been grown in the Mediterranean since 8000 BCE. The biggest producer of this oil is Greece. For more information on the health benefits of olives, see under OLIVES.

Hemp seed oil

Hemp seed oil is produced by pressing hemp seeds. Please note that hemp oil is not CBD oil although they are made from the same plant. For more information on the health benefits of hemp, see under HEMP SEED

Coconut oil

Coconut oil is extracted from mature coconuts. This is a traditional oil of Southeast Asia that was relatively recently introduced to the West. The oil is high in saturated fat and calories but is highly nutritious and comes with many health benefits, eg it can increase good cholesterol, control blood sugar, reduce stress, improve skin condition, etc.

Sesame oil (unrefined)

Sesame oil is extracted from sesame seeds. For more information on the health benefits of sesame, see under SESAME SEEDS

Grapeseed oil

Grapeseed oil is also known as grape oil is extracted from the seeds of grapes and is a by-product of the winemaking industry. It is very light compared to other oils and high in polyunsaturated fats so is an ideal oil for salad dressings or making infused oils with garlic, rosemary, or other aromatic herbs and spices.

Avocado oil

Avocado oil is extracted from the pulp of avocados. For information on the health benefits of this plant, see under *AVOCADO*

Food Preparation and Storage

It is no secret that healthy foods can easily be destroyed by improper handling or storage. To prevent the destruction of nutrients and maybe even increase the food's nutritive or healing potential, you should make an effort to learn how to prepare food in a way that preserves and improves its nutritive properties and makes it easily absorbed by the body.

Does Food Preparation Methods Affect Food Electricity?

Electric foods are foods that are natural and rich in enzymes which make them “live”. It makes perfect sense that only live foods can support life and improve health. Unfortunately, most of the foods that modern diets are based on cannot be considered electric, either because it's hybridized, heavily processed, laden with pesticides, or genetically modified. In other words, most of what we eat is dead. When you look at our diet from this angle, it becomes clear why, despite all the scientific and technological advancements, we are plagued with more and more incurable diseases.

This may come as a surprise to many but both food preparation and food storage affect food electricity. Although many foods are healthier eaten raw, some have a higher nutrient and antioxidant content if cooked, eg tomatoes, carrots, spinach, etc. However, overcooking or unhealthy cooking methods, eg deep-frying, can destroy even the healthiest of foods.

So, deciding to follow a healthy diet and sourcing healthy ingredients is only the beginning. To benefit from the natural goodness that electric foods are known for, you need to know how to prepare the food to make it more digestible, absorbable, and healthy. In other words, healthy cooking methods can help preserve food electricity.

Most people in developed countries can't cook. This is either because they simply don't have the time or because ready-made meals are within everyone's reach. Besides, many people are put off cooking from scratch because they think it's complicating.

Although cooking from scratch does take time, eg cleaning, washing, peeling, grating, squeezing, simmering, etc, at least you know what your meal consists of, ie you have control of what goes into your body. However, if cooking is not an option, you can always follow a raw food diet.e

All in all, preparing food in a way that will preserve its natural goodness and make it delicious, is an art. However, you don't have to be a trained cook to know how to prepare healthy and tasty meals. Actually, you'd be surprised how simple healthy cooking techniques are. In a nutshell, they revolve around steaming, food combining, and lots of fresh fruit and veggies.

Healthy cooking tips include:

- Use less oil
- Avoid deep-frying
- Stir-fry instead of frying
- Use less/rich salad dressings
- Try substituting cheese and eggs with low-fat protein, eg peas, beans, lentils, or tofu
- Use less water when cooking
- Steaming is much healthier than cooking
- Over-cooking destroys many nutrients as well as the flavor
- Avoid grilling
- Avoid microwaves
- Substitute dairy with nut milk products
- If preserving food for winter, use old-fashioned methods without chemical preservatives
- Avoid adding too many ingredients to a meal as your digestive tract may find it difficult to digest
- Cook with fresh, rather than canned or frozen ingredients whenever you can

Besides following the healthy cooking tips, you also need to develop healthy eating habits. If your life is very hectic and you are used to eating on the run, this may take some time. However, most of the healthy eating

habits are the result of good meal planning. Planning your meals for a few days ahead means you take the time to think about what you're going to and shop for ingredients accordingly. But, it's also about educating yourself about why are some eating habits unhealthy, eg eating too quickly, drinking a lot of water or juice during meals, etc.

Healthy eating habits include:

- Avoid empty calories and processed foods
- Give up dairy
- Serve smaller portions and avoid fried foods
- Try to eat as many different-colored approved fruits and veggies as possible
- Eat unpeeled fruit and veg but only if you are sure it was organically grown
- Eat slowly, chew well, and savor the food
- Don't eat or cook when feeling angry, upset, or exhausted
- Don't force yourself to eat anything you don't like (even if others tell you it's good for you)
- Eat according to season
- Eat the whole plant, not just the flesh, eg turnip leaves are healthier than the vegetable itself. The avocado pit is rich in potassium, calcium, zink, antioxidants, etc Apple seeds contain a small amount of cyanide which is known to kill cancer cells. Pear seeds are high in antioxidants and fatty acids. Watermelon seeds are high in zinc, vitamin B, and magnesium, provided you crush them – with your teeth or in a blender.
- Don't eat food that is too hot or too cold because that will upset the stomach and produce indigestion
- Have some raw food every day
- Try not to drink during a meal as water will dilute the gastric juices and cause indigestion
- Eat at fixed times and avoid eating between meals
- Try not to eat after 7:00 PM

Once you learn how to cook from scratch and you know what healthy eating habits are, you need to ensure that the healthy foods you cook with don't lose their electricity before you had a chance to use them.

5 tips on how to preserve food electricity:

1. Proper storage

Food exposed to light and heat will quickly lose its nutrients.

2. Healthy preservation methods

Of the many preservation methods available, choose those that do not include too many chemical additives or heat exposure

3. Proper food combining

Certain food combinations are very unhealthy, eg eating fruit immediately after a meal; a cheese and meat combination in an omelet, sandwich, or salad; tomato and cheese pasta sauce; banana and milk; yogurt with fruit; lemon dressing with tomato or cucumber salad, etc.

On the other hand, some food combinations increase the nutritive value of both foods, eg tomato and broccoli, lettuce drizzled with olive oil, spinach drizzled with lemon juice, walnuts and honey, etc.

4. Avoiding anti-nutrients

Anti-nutrients are compounds found in plants that exist to protect the plant from predators. For example, to stop someone from eating unripe fruit and vegetable, nature had made them rich in lectins which makes them taste very sour or bitter. That way, nature ensures that only ripe fruits, ie those that contain fully-developed seeds that can continue reproducing and sprouting when spat out or thrown away, are eaten. All fruits and veggies contain anti-nutrients, but foods particularly rich in them are grains, beans, and legumes. The reason anti-nutrients should be avoided is that they can prevent or slow down the absorption of nutrients. The common sources of anti-nutrients are lectins (common in beans and wheat), gluten (common in wheat, rye, and barley), phytic acid (found in grains, beans, nuts, and potatoes), saponins (contribute to leaky gut syndrome and once they enter the bloodstream can even trigger immune responses), and solanine (found in eggplant, peppers, and tomatoes).

Fortunately, avoiding anti-nutrients is easy:

- Substitute foods rich in anti-nutrients with other food
- Learn how to lower the content of anti-nutrients in food (eg by soaking,

sprouting, fermenting, etc)

- Eat less anti-nutrient-rich foods (not everyone is sensitive to anti-nutrients but if you are, simply find out which foods contain the most and stay away from these).

5. Avoid toxins in plants

Most foods are heavily treated with pesticides and to reduce the amount of toxic chemicals that get into your body, eat organically-grown food whenever possible, wash fruit and veg well before use, and avoid foods that are known as the “dirty dozen.” These are foods that are laden with pesticides and are only safe to eat if they are organically-grown. These include (in order of toxicity) peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, cherries, potatoes, and grapes.

Raw vs Cooked Foods

There is an on-going debate on what food is healthier – raw or cooked. The truth is both types of food have certain benefits as well as disadvantages, eg raw foods don't have their vitamins and enzymes destroyed but cooked foods are easier to digest. Besides, cooking destroys microorganisms and improves taste. Older individuals and people with sensitive digestive health are strongly recommended to eat only cooked food. In Traditional Chinese Medicine, no food is ever served raw and even fruits, as well as lettuce, are first boiled or steamed.

However, except for some vegetables (eg potatoes, pumpkin, carrots, apples, etc) that can last throughout the winter, to preserve food for winter months, you have to treat them either by heat, salt, sugar, or smoke. So, although cooking does destroy some nutrients, it is also the only way to extend food shelf life.

Besides, according to archaeological records, the human brain started growing in size from about the time fire was invented and it is believed that the availability of cooked food had something to do with it. It made digestion easier, extended the food shelf life, and also provided more nutrients (eg anti-nutrients are destroyed by cooking).

Raw foods, on the other hand, are healthy in the sense that they had their nutrients destroyed by heat or their taste altered by sugar, salt, or oil. Many people consider only raw foods as truly “live” and healing. However, some foods are nutritious both raw and cooked, although they contain different nutrients, eg apples, tomatoes, spinach, etc.

So, the solution is to eat both. Have some steamed vegetables every day (ideally those that are in season) and have a vegetable salad either as part of the main meal or for lunch. During winter, use winter vegetables or sauerkraut.

A diet based on fresh produce is almost by definition healthy. This is not just because vegetables and fruit are good sources of essential vitamins and minerals, high in fiber and low in fats. It is also because they are so versatile, that eating a varied diet becomes easy.

Best Food Preservation Methods

Foods can be preserved for short-term or long-term use, with or without electricity, with or without chemical additives, with salt, sugar, honey, alcohol, heat, or smoke. But, regardless of the preservation method used, to preserve the nutrients and extend the shelf life of preserved food, it needs to be stored in a cool, dry place.

However, there is no best food preservation method. How something will be preserved depends on the type of food (eg fish or vegetable), time of the year (eg the sun in summer and smoke in winter), and resources at your disposal.

Although food preservation prevents microorganisms from getting to the food, some preservation methods are not healthy, eg smoking. However, if that is all you have available, you may not have another option.

The most common preservation methods include:

1. Smoking

This ancient preservation method probably happened accidentally when

meat was left next to a fire. Still used to preserve meat, fish, and cheese smoking gives them a distinctive flavor.

2. Sun-drying

Probably the oldest and simplest food preservation method, sun- drying is still used to preserve grapes, figs, tomatoes, fish, etc.

3. Fermentation

Fermentation by Lactobacillus is a natural process of food preservation. These microorganisms convert sugars present in vegetables into lactic acid and preserve both the flavor and texture of food.

4. Salting/curing

This preservation method is usually used to preserve meat by first covering it in large amounts of salt and spices and leaving it to mature.

5. Pickling

Foods that are most suitable for pickling are cucumbers, beetroots, and peppers although fruits and eggs can also be pickled. The pickling process revolves around keeping the food in brine.

6. Drying

Except drying food in direct sunlight, foods can also be dried by being kept in a cool, drafty place, eg veranda or attic. Air drying is ideal for herbs as well as mushrooms.

7. Cold storage (refrigeration)

This is about keeping food very cold but above freezing. This preservation method is used for food that will be used within a week or two, eg milk, cheese, fruits, etc.

8. Freezing

Almost anything can be frozen but deep-freezing is usually used for fruits, vegetables, meat, fish, juices, etc. The food is kept below 18 degrees Centigrade or 0 degrees Fahrenheit. Low temperatures slow or prevent the growth of microorganisms.

9. Canning

Food is canned by being placed in airtight containers and heated to destroy microorganisms. Canned foods can last for years.

10. Sugaring

This method is used for fruits. Fresh fruits are cooked in a sugary syrup and then stored.

Supposedly “Healthy” FOODS Not Sebi-Approved

The Dr. Sebi alkaline diet is more than just a vegan diet. Many foods that are known to be very healthy, and that vegans consume regularly, are not approved by Dr. Sebi. The exclusion is usually based on two facts:

1. Foods are not 100% alkaline

Although a plant-based diet is usually considered alkaline, the acidity level of fruits and vegetables can vary greatly.

While most vegetables are alkaline (which is why they are considered more important in a diet than fruits), many fruits are naturally acidic (eg apples and berries), although this often depends on a variety (eg there are sour and sweet apples).

2. Foods are hybridized

When it comes to how natural certain foods are, things are a bit complicating. Agriculture is over 10,000 years old and during that time, most of the foods that were initially collected from the wild, have been hybridized – some more than others.

Everything we eat today originated in the wild and was, at some stage, cross-bred either to improve the taste (eg make it less sour), increase the size (eg wild apples are the size of walnuts), or make the skin thinner and more palatable (eg ancient types of beans were so high in fiber that although they were not poisonous, they were quite toxic).

Berries are some of the healthiest foods there are, and they can still be found growing wild in rural regions (eg strawberries, raspberries, blackberries, and blueberries) but their fruit is the size of a pea. When you compare such berries to the berries available in the shops, you realize that everything, including Dr. Sebi-approved foods, is actually hybridized.

So, how to follow Dr. Sebi diet and avoid foods Dr. Sebi did not approve

of?

Acidic vs Alkaline

Acidic foods have a pH of 4.6 or lower. Acidity in foods may be natural (eg most fruits) or added (eg pickled veggies). Acid is essential for preventing bacterial growth which is why it has to be added to vegetables you want to preserve by pickling. The more alkaline a vegetable, the more acid you have to add, and vice versa. Food acidity can be increased by the addition of lemon juice, citric acid, or vinegar. Low-acid foods (eg orange) have a pH of 4.6 to 6.9, while alkaline foods (eg leafy greens) have a pH of 7.0 or greater.

So, eating only alkaline foods would limit your food choice to such an extent that you would have to eat only leafy greens which would not only be boring but would also not be very healthy. This is why low-acid foods have to be added even to an alkaline diet. Besides, pH varies between varieties, eg tomatoes and apples can be very sweet or rather sour, etc. What complicates things even more, is that food charts are based on different criteria which is why you often find conflicting information regarding certain foods. This is also the case with acid/alkaline food charts. This disparity is largely due to how the acid load is calculated because there are more ways than one.

Some classifications are done based on calculations of acidity BEFORE the food is consumed, while others calculate the acidity AFTER the food has been consumed. This explains why some foods that are believed to be alkaline are actually acid-causing. For example, bananas are high in the alkaline mineral potassium, however, they also contain 25% sugar. This makes them very acidifying once they reach your stomach.

All this sounds very complicating but it shouldn't be. It's impossible to eat healthy if you eat strictly alkaline foods but by sticking to a plant-based diet, particularly a vegan diet, you will easily alkalize your body and get rid of mucus and toxins. An alkaline diet will also help resolve many of your health conditions.

The same applies to acidity. Most fruits are more or less acidic, including

those approved by Dr. Sebi. However, some are much more acidic than others so it is these that you should avoid. The reason fruits are acidic is because they are high in sugar. This is why many weight-loss diets recommend you keep fruit consumption to a minimum although this doesn't mean you shouldn't eat them because they are the best source of vitamins and many antioxidants. However, if you are trying to lower the acidic load in your body, don't take more than one fruit a day, eg an apple, a bunch of grapes, a plateful of berries, a few plums, etc.

It's interesting that lemons and limes have almost no sugar which is why they taste sour. However, being high in minerals, when ingested, they have an alkaline effect on the body. The same applies to fermented foods, which are normally acid-forming but once they get into your body, they become alkaline, eg soy sauce, miso, tamari, etc. However, unfermented soy products are acidic.

Still, certain foods that we think of as very healthy, should not be a part of Dr. Sebi-alkaline diet. The reasons for the exclusion vary but they usually revolve around the following:

5 reasons Dr. Sebi didn't approve many healthy foods:

1. They are very acidic

A plant-based diet becomes acidic if you take a lot of sugar, eg honey, fruits, etc.

2. They are high in sugar

Most fruits are high in sugar, especially dried fruits.

3. They can only be raised with a lot of chemical fertilizers

Some foods are laden with pesticides so much that they are only safe to eat if they are organically grown. This applies particularly to celery stalks, strawberries, and peaches.

4. They are GMO-produced

This applies to soy and corn, as well to all products that contain soy and corn derivatives (eg oil, syrup, etc). As over 90% of all soy and corn produced in the US are genetically modified, only organically grown soy and corn are safe to eat.

5. They are over hybridized

Although most of what we eat has been hybridized, it has been suggested that it would be best to avoid foods that our grandparents would not recognize.

The foods not approved by Dr. Sebi include:

1. Lemon

Although very sour, lemon becomes alkaline once ingested. However, lemons as we know them today are hybridized fruit.

2. Garlic

Hybridized.

3. Ginger

The problems may arise only due to overconsumption. Ginger may interact with certain medications so if you take a lot of ginger and are on chronic medication, talk to your doctor. Besides, taking too much ginger may cause diarrhea and heart conditions, as well as increase the risk of miscarriage. It may also significantly lower your blood pressure.

4. Beets

Beets are moderately alkaline but being high in oxalate so too much beetroot juice may increase the risk of developing kidney stones, stomach upsets, or dips in blood pressure.

5. Carrots

As a hybridized vegetable, it should not be included in Dr. Sebi diet.

6. Corn

Although it does have some health benefits, corn has been hybridized over and over again for hundreds of years. Besides, most of the corn produced in the US is genetically modified.

7. Potatoes

After years of eating a lot of potatoes or eating them often, you may develop stomach upsets, eg bloating, constipation, or pain. Like all rapidly

digesting carbohydrates, potatoes may also lead to high blood pressure or insulin resistance, ie to Type 2 diabetes.

8. Turmeric

Although very healthy and a part of many Ayurvedic therapies, not everyone responds well to this herb. In some people, turmeric may cause bleeding that will not stop, high blood sugar (ie increased thirst, increased urination, dry mouth, headache, dizziness, blurred vision, etc). If you're not used to this herb and start taking a lot of it for its cancer- and inflammation-fighting properties, and experience any of these side effects, stop immediately. However, please note that these side effects can only happen with long-term overconsumption.

9. Broccoli

Hybridized.

10. Honey

Animal based. Very acidic.

11. Soy

There is so much conflicting information on soy, that even scientists cannot agree on how healthy or not it is. Soybeans are very high in phytic acid and this may cause mineral deficiencies. Besides, some people not only eat a lot of soy and soy products but most of these products are processed foods. Besides, over 90% of all soy produced in the US is genetically modified which makes soy consumption risky. However, fermented soy products have a lower content of phytic acid and saponin and are therefore safe to eat (provided they are organically grown). Fermented soy products are also a great source of probiotics.

12. Beans

All beans except Garbanzo, are acidic veggies.

13. Spinach

Being high in oxalate, spinach may cause certain intestinal problems. If you eat too much spinach, this can interfere with your body's ability to absorb some important minerals, eg calcium, magnesium, zinc, etc. Besides, spinach is high in fiber so overconsumption often leads to bloating, stomach cramps, intestinal gas, etc. So, you shouldn't take more than one cup of cooked spinach a day.

14. Celery stalks

Celery stalks are probably the most popular vegetable for weight management diets. The main side effect of this vegetable are an allergic reaction, cystic acne, and bloating. However, the production of celery stalks requires a lot of pesticides and it is believed to have the highest content of pesticides of all the fruits and vegetables. Therefore, avoid it unless you can get organically grown ones.

15. Some Oranges

Although an excellent source of vitamin C, having too many oranges day after day may lead to osteoporosis. This happens because when you eat a lot of oranges, more calcium is released from your body that your body can create. This, in turn, weakens your bones and makes you vulnerable to osteoporosis. Besides, oranges contain a lot of sugar which is acid-producing.

16. Some Dried fruits

Highly acidic due to a very high sugar content

17. Some Apples

Moderately acidic, depending on the variety.

18. Apricot

Moderately acidic

19. Banana (Except Burro or Baby bananas)

Moderately acidic

20. Berries

Moderately acidic

21. Grapes

Moderately acidic

22. Mango

Moderately acidic

23. Peach

Moderately acidic

24. Papaya

Moderately acidic

25. Pineapple

Hybridized vs Natural Foods

When it comes to hybridized fruits and vegetables, Dr. Sebi's recommendations were very clear – you should stay away from these whenever possible. Unfortunately, it is easier said than done. Although some vegetables, eg plumcot and broccoflower are obviously a recent hybrid, almost all the fruits and veggies we eat today (including those approved of by Dr. Sebi) were at some stage hybridized (see chapter 7 for more details).

For example, apple or plum (both of which are approved by Dr. Sebi), come from wild apple and wild plum that still exist today but that are much smaller, very sour, and have thicker skin than the fruits available in shops. The same applies to garlic, onions, many types of green leafy vegetables from which, after years of cross-breeding, we managed to get kale, spinach, Swiss chard, broccoli, etc.

So, is it possible to follow a diet based on natural and alkaline foods only? Not really, unless you're prepared to start foraging for food.

Still, following an alkaline diet is the easiest and cheapest way of preventing disease or recovering from one.

Sourcing and Storage of Approved Foods

It's not enough to know what foods to include in a diet, you need to know where to source them from and how to store them.

Proper storage is very important because just like unhealthy cooking methods can make even superfoods useless, so can improper storage.

Storage is particularly important when you buy perishables in bulk, either because you are physically unable to go shopping often or because you hope to save money by buying in bulk.

Best Places to Source Organic Fresh Foods

There are many places from which you can get organic fresh foods.

Depending on where you live, this may be a local green market, supermarket, a local farm, a health food shop, or online.

Besides, depending on what sort of organic food you need, you may have to source them from different suppliers.

Food delivery has become very common however it may not be available everywhere. The bigger the town you live in, the bigger the chance of shops specializing in organic fresh foods.

On the other hand, if you live in a rural area, it may be easier to find a farmer who grows organic foods or who uses fewer chemicals and additives in food production than do commercial farms.

However, although organic agriculture, ie production of food according to environmentally, socially, and economically sustainable principles is not a new idea, there are still not many shops that sell this kind of produce. Or, they may sell some of them, ie radishes, tomatoes, and lettuce. But getting all the fresh foods you need from organic sources, especially if you're a vegetarian or a vegan and use a lot of fruit and veg, is still not easy. So, if you can't grow your own organic fruit and veg, depending on the space

available (eg the size of your garden or balcony) you can grow at least some of them. If your space is limited you can try growing veg and herbs in containers or big plastic bags (stop throwing away dog food bags).

However, when shopping for organic foods please remember that many producers as well as consumers do not really understand what organic food really is. Besides, some producers may deliberately try to sell something as organic to get a better price.

To be absolutely certain what you buy is organically produced, buy only foods labeled as organic, ie those where at least 95% of ingredients come from organically produced plants. In the eu such foods have to be approved by an organic certification body.

Differentiating Seedless and Seeded Fruits

One of the easiest ways to tell if a fruit has been hybridized or not is by finding out if it has seeds. Unfortunately, unless this fact is stated on the label, the only way to find out is by cutting the fruit open, which, of course, you can't do until you buy the fruit.

However, many people detest seeds and are prepared to pay more for seedless fruits, so this fact is usually stated on the label.

Please note that these are not genetically modified fruits, they were simply hybrids. Seedless fruits are often desirable because they are more convenient, however, a plant producing such fruits is considered sterile. Fertilization of seedless fruits is done mechanically and is labor-intensive. This type of hybridization started in the early 1950s. Initially, the seedless fruits were very small in size although now they can usually not be distinguished from ordinary fruits by their size.

Seedless fruit varieties include watermelon, tomatoes, Grapes, oranges, etc.

Fresh vs Frozen

Although it's best to use fresh fruits or vegetables, these may not always be available. This is why deep freezers are so convenient. If frozen properly, fruits and veg will retain their nutrients as well as color and flavor even after six months.

However, fresh and frozen foods differ in many ways, eg appearance, taste, color. Some may become too mushy which can be a problem if you plan to cook them. Frozen vegetables usually absorb a lot of water, they are generally softer than the fresh ones so take less time to cook. This is why you should never mix the two, ie cook either with fresh or with frozen foods.

Things to remember when cooking frozen veggies:

- Don't mix them with fresh ones
- Don't thaw frozen vegetables before cooking
- Use frozen vegetables within 10 months from freezing (or sooner)
- Frozen vegetables are simply frozen, they are not dead so like all living things they have a life expectancy. And if you tend to keep a lot of veggies in a deep freeze, you must label them so you know which ones should be used first
- Foods should be frozen in tightly-sealed containers or sealed plastic bags to prevent the loss of moisture, color, and flavor
- Buy only frozen food that had not been defrosted and frozen again. You'll know they've been thawed if they are clumped together. Defrosting and re-freezing destroy nutrients, color, texture, and flavor.
- Don't cook frozen veggies in a microwave for they will turn into a soggy, shapeless mess

Pickling and Preservation

In the Northern Hemisphere, the only time to survive cold winter months was to preserve some of the summer bounty. This is why food preservation methods developed surprisingly early, from smoking and sun-drying to canning and deep-freezing. Salting was probably one of the earliest preservation methods. Mixed with water to form a brine or used dry, salt permeated food which delayed putrefaction caused by harmful bacteria.

Vinegar had the same effect and the two were often combined.

The term "pickling" was adopted from the Dutch. It describes the process of using brine, vinegar, or any other acid liquid for preserving fresh fruits or vegetables. This process was known as "peckel", and in English, it became "pickle". To make perishable foods last even longer, sometimes for years, after pickling, they would be subjected to smoking or drying.

Fermentation is also an ancient way of food preservation. Although usually associated with German cuisine, sauerkraut originated in China. It was introduced to Europe in the Middle Ages either by the Mongols or the Tatars.

The main reason pickled vegetable is so healthy is that neither heating nor chemical preservatives are involved in the process of fermentation.

Fermentation occurs when microorganisms, ie bacteria or yeast, start digesting carbs in food. Production of not only sauerkraut, but also of beer, wine, cheese, yogurt, and many other products.

Although fresh foods are usually healthier than frozen, dried, or cooked ones, fermented cabbage is actually healthier than the raw variety.

Health benefits of fermented cabbage include:

1. It's a good source of vitamins C and K
2. It's high in minerals, eg calcium, magnesium, folate, iron, potassium, copper, and manganese
3. It's a very good source of dietary fiber which improves digestion and promotes the growth of friendly gut bacteria. This is a natural protection against many digestive tract conditions
4. Raw sauerkraut, ie uncooked and unpasteurized, contains live *Lactobacilli* and is rich in enzymes
5. Saurkraut is a natural cure for canker sores
6. Enzymes found in sauerkraut inhibit the growth of cancer cells

7. It's high in the antioxidants lutein and zeaxanthin necessary for good eye health

The only possible disadvantage of sauerkraut is that people with a sensitive digestive system may experience bloating and flatulence. If this is the case with you, eat it in small quantities.

Fruit preservation was usually done with honey, as sugar only became available in the 18th century. From then on, different sugar-based preservation methods developed.

Drying and Storage

Drying is probably the oldest preservation method. Sun-dried fruits (eg figs, grapes), vegetables (eg tomatoes, peppers, etc), fish, and meat, are still a popular preservation method in many parts of the world.

Of course, you can also dry herbs as well as other foods (eg mushrooms) in a cool, drafty space such as attic or veranda, an oven, or even in a dark, spare room.

It's important to know how long each food or herb should be dried. If not dry enough, it may go moldy. If too dry, it becomes brittle and will have lost most of its nutrients.

Although some foods are usually dried in hot sunny places, the light and heat destroy the nutrients so the drying process should not take too long. Knowing how to store dried foods is also very important. If you store them in a glass jar and they are not yet properly dry, they will go moldy. This is why it's always safer to keep them in a paper bag for a month or so until you are certain all the water had evaporated. They can then be transferred to a tightly closed glass jar, ideally a dark glass jar.

Dead, Hybrid, and GMO Foods

An alkaline diet is considered one of the healthiest diets one can follow. However, although fruits and vegetables are alkaline foods, some are more alkaline than others. This is why Dr. Sebi Alkaline Diet is different from most other alkaline diets. Dr. Sebi food list contains only foods that are 100% alkaline and that are not hybridized. For obvious reasons, the choice of foods allowed on this diet is rather limited so combining them to create balanced, varied meals takes time.

Dead Foods

The reason some foods are called “dead foods” is that they can't go bad – they've already been killed. All foods that can remain safe to eat even if kept out of a fridge or deep-freeze for weeks or months, can safely be called dead.

What these foods have in common is that they are highly processed, contain no fiber, have no nutritional value, and often have synthetic nutrients added to them. On top of that, they always contain food preservatives. Typical examples are crackers, meal replacement bars, fruit snacks, flavored beverages, margarine, etc. Sadly, these foods are very popular partly because they are tasty and convenient, and partly because of the aggressive marketing campaigns that claim they are just what you need to stay healthy. Actually, the toxins these foods contain is the LAST thing you need to put into your body that is already compromised by a polluted environment and unhealthy lifestyle. Besides, long-term consumption of dead foods can wreak havoc in your digestive tract by killing off millions of friendly bacteria that boost your immune system and provide a natural defense against pathogens.

Living on a diet low in nutrients and high in empty calories, synthetic additives, and harmful preservatives is very stressful to the body and it will, sooner or later, become plagued with inflammatory conditions, aches and pains, chronic fatigue, brain fog, poor sleep, weight gain, etc.

Unfortunately, long-term nutrient deficiency can also lead to serious health conditions, eg heart disease, diabetes, cancer, high blood pressure, high

blood sugar levels, arthritis, etc.

Simple advice – stay away from these foods.

Hybrid Foods

Cross-pollination of plants is not a 20th-century invention. It has been practiced for hundreds of years usually as an attempt to develop a new species of plant that will have traits of both plants used in cross-pollination. Please note that hybridization is very different from Genetically Modified Organisms (GMOs). Hybridized plants use the natural traits of the plants, while GMO adds certain traits to a plant that are not natural to that plant.

Plant hybridization is used to create flowers of different colors, fruit and vegetables that taste better or have thinner skin, etc. Besides, we know that hybridized varieties last much longer so many plants are hybridized simply extend their shelf life. This is particularly common with fruits and vegetables that quickly go off, eg raspberries or tomatoes. Another reason for hybridization is that hybridized foods are often more nutritious than the original plants, or are easier to digest.

Most of the fruits and vegetable available today have, at some stage, been hybridized, however new hybridized plants (fruits, vegetables, flowers, and herbs) appear all the time, eg

- Broccolini (broccoli and Chinese cabbage)
- Brokali (broccoli and kale)
- Kalettes (Brussel sprouts and kale)
- Angello (seedless pepper)
- Black galaxy tomato (blueberry and tomato)
- Pluerry (plum and cherry)
- Peacharine (peach and nectarine)
- Plumcot (plum and apricot)
- Peacotum (peach, apricot, and plum)
- Blood lime (red finger lime and Ellendale Mandarin)
- Limequat (key lime and kumquat)
- Pineberry (wild South American strawberry and the North American strawberry)

- Tayberry (blackberry and red raspberry)
- Longaberry (blackberry and red raspberry)
- Tangelo (tangerine and pomelo or grapefruit)
- Broccoflower (broccoli and cauliflower): 2 varieties Romanesco and Green Cauliflower

Genetically Modified Foods (GMO)

Genetical modification is the process of altering the genes of living things so that new organisms have, or lack, certain qualities. These new organisms are called genetically modified organisms (GMOs).

In other words, GMOs have their DNA altered in a way that could never have happened by natural reproduction.

GM foods are assessed for safety by checking if they contain toxic ingredients, what their nutritional value is, and whether they could cause allergic reactions. GMO producers claim that GM foods are made available only after it's determined they do not represent a threat to human health. Unfortunately, the situation is not as simple as that

In the EU, GM foods must be labeled, but in the USA and Canada, such foods are not labeled. GM foods come mainly as flour and oil made from soy and corn. These products would be easy to avoid but unfortunately, they are used in the production of many other foods, eg cheese is produced with GM enzymes; meat, dairy, and eggs come from animals that are fed GM animal feed, etc. None of these products are labeled.

Producers of GM foods claim that such foods come with a number of benefits, eg.

– **Health**

GM technologies can improve the nutritional value of food. The best-known example is the “golden rice” which is rice loaded with provitamin A that our bodies can convert into vitamin A. GMO producers claim this can prevent vitamin A deficiency. Other “enriched” staple foods include potato (GM potato is enriched with proteins) and cassava (GM cassava provides a day's nutrition in a single meal). Producers also claim that the production of GM foods reduces the need to have the workers exposed to harmful pesticides. Besides these foods have a much longer shelf life.

Plants can even be modified to contain protein, vaccines, and other pharmaceutical products, eg tobacco plants can be modified to produce therapeutic antibodies.

– **Economic**

GM crops are resistant to insects, disease, and climate change which makes crop management easier and provides increased yield, ie increased income for farmers. **However, the World Health Organization (WHO) suggests that "experimenting with genes can cause undesirable developmental and physiological effects and that GMOs carry significant risk for human health".**

While in the EU, GM foods are treated as “new food” and are subject to extensive evaluations by the European Food Safety, in the US, these foods have been used for human consumption for decades. Some have proven deadly and had to be withdrawn from shops but only after a number of people died as a consequence of eating them (in the 1960s a GM potato was used to make chips but after a number of deaths, had to be withdrawn). This clearly shows that in the US at least, GM foods are deemed “safe” until proven otherwise. And the companies producing these foods still claim they are thoroughly checked for any toxic ingredients and allergens.

A recently released US study confirms that GMOs should not have been allowed on the market until more research into their safety had been done. It is no longer a secret that GM foods are directly linked to the fast deteriorating physical and mental health of the US population and that they are directly linked to 22 serious diseases.

If GM foods cannot be banned, they should at least be labeled so people can make an educated decision whether to buy such foods or not. The only thing that US citizens can do at the moment to protect themselves from GMOs is to buy organic, look for non-GMO seal, and avoid crops where GMOs are common (eg soy, corn, etc).

Besides, with more and more GM crops being used worldwide, there is a very real danger that a contagious virus strain might rapidly spread to other crops. Experiments have shown that GM genes are easily transferred to weeds that grow around crops. This is potentially very dangerous as such weeds could become a “pool” of such viruses even if GM crops are no longer produced. What's particularly worrying is that once genes spread to weeds in the US (as they already have), it is only a matter of time before they spread through the rest of the world.

Side effects of GMOs include:

1. Antibiotic resistance

There is evidence that consuming GM foods may develop antibiotic resistance in the human population. GM foods can easily change the genetic make-up of our digestive system and make us resistant to antibiotics. This would put us at risk of disease that can only be treated with antibiotics.

2. Allergies

Producers of GMOs claim that GM foods are checked for allergens and are perfectly safe to use. However, the fact that over the last 30 years, which is roughly as long as GM foods have been available in the US, there's been a dramatic increase in allergies especially in young children. This cannot be a coincidence and as soy and corn are added to many foods, especially processed foods children are so fond of, there's a very real concern that their immune systems that are still not fully developed, are being seriously compromised by GMOs.

3. Toxicity

We know that genetic modifications can trigger unexpected mutations which could make foods extremely toxic. On top of that, toxins produced by some GMOs can stay in the soil for 33 weeks (8 months) which is long enough for these toxins to join the food chain of other organisms.

Besides, in the GM plants that contain insect killer genes, the toxic material is produced continuously. It is the cumulative effect of these toxins that is a major risk to human health.

4. Cancer

Although numerous independent studies have confirmed that GMOs have carcinogenic effects, producers of GMOs claim there is not sufficient evidence these foods are a threat to human health. GM plants are resistant to pests but genetic material used to create herbicide-resistant plants (eg

cotton, rape, soya, and corn), is known to cause cancer. GMO opponents believe that altering the plant DNA this way increases the chance of individuals using those plants as food, developing cancer.

Besides, growth hormones added to GM cattle feed, have carcinogenic effects. Needless to say, this is transferred to meat and all dairy products available in supermarkets, including baby foods.

5. Creation of new dangerous viruses

Viruses can get into the healthy cells and make the organism produce new copies of viruses. All genetically engineered crops contain genetic material from viruses.

The problem is that the viruses created this way could cause serious diseases for which there is no treatment. Viruses may also cross species borders.

The risk of new viruses in GM crops increases as more and more GM crops are grown.

6. Threats to the genetic richness

Although gene escape to the non-target organism, such as weeds or other crops, has been proven, Monsanto continues to claim that GM foods are perfectly safe. The threat that GMOs pose to biodiversity is very real since once these genes become part of the food chain, they may be impossible to get rid of and could, within years, affect the entire planet, altering and destroying biodiversity.

Still, despite all this, supporters of GMOs claim GM foods will help solve world hunger and that there is no sufficient evidence that GMOs are harmful to humans, animals, or the environment. The companies that benefit from GM food production oppose the labeling of these foods. As they have powerful lobbies, these foods are not labeled in the US and Canada.

At the same time, those who oppose GMOs claim that independent scientific research found that GM foods cause allergies, reproductive problems and infertility, organ damage, accelerated aging, insulin-

regulation problems, gastrointestinal, and immune problems.

There is more than enough evidence that the rise in low birth weight babies, and infertility in the US population since the mid-1990s is linked to the consumption of GM foods.

GM foods include:

- 93% of soybean produced in the US, and 77% of soybean produced globally
- Close to 90% of corn produced in the US, and 26% of corn produced worldwide (this affects products such as corn syrup, canola oil, cornmeal, cornstarch, and xanthan gum).
- 95% of sugar beet grown in the US, and 9% worldwide
- 93% of cotton grown in the US, and 49% grown globally
- 80% of Hawaiian papaya is genetically modified
- 70-90% of processed foods contain GM foods
- Livestock is fed GM foods, affecting meat, milk, and eggs

Side effects as a result of GM food consumption (in humans or animals) include:

- Increased appetite and weight gain
- Changes in the immune system
- Altered intestinal structure
- Embryos with significant DNA changes
- 3rd generation lost the ability to have babies
- The high mortality of offspring
- Slower growth
- Problems with liver and kidneys
- Smaller babies
- Offspring less fertile
- Premature deliveries
- False pregnancies
- Infertility

How to Identify Hybrid and GMO Foods

Unless labeled as GMO, these foods usually look identical to ordinary foods. The only way to stay away from them (especially if you live in the US or Canada where GM foods are not labeled) is to know which foods are genetically modified.

GMOs can be found in:

- **Foods for human consumption**

These are soybean, corn, Innate potato, cotton, sugar beet, alfalfa, Hawaiian papaya, squash, arctic apples (these apples don't brown when cut, bruised, or bitten), and Aquabounty salmon.

- **Animal feed**

These include all commercially produced meat, dairy, and eggs. Besides, cows are often injected GM growth hormones.

- **Foods that contain some GM organisms**

Products made from GM foods:

- a) Canola oil and margarine, as well as all processed foods that contain this oil. Unfortunately, this oil is added to many vegetable oils. Use olive or other healthy oils instead.
- b) GM corn is used to make corn starch, many processed foods, and corn syrup. Sweet corn and popcorn are OK. To get around this, avoid processed foods and foods containing high fructose corn syrup.
- c) It is claimed that most GM soy is used for animal feed and processed foods and that soy used for edamame, soy milk, tofu, and tempeh is non-GMO. This means that all processed foods that contain soy (and there are lots of them) as well as all meat, dairy, and eggs obtained from animals fed with animal feed that contains soy (all of it does) are off-limits. The only thing you can do is limit or avoid processed foods and buy only organic soy products.
- d) Most of the sugar beet produced in the US is genetically modified, which means that when you eat processed foods that contain sugar, you are eating a GMO product. To get around this buy only organic sugar or sugar from sugar cane. Limit all food containing sugar or buy organic processed foods.
- e) Avoid US-grown papaya.
- f) Not all varieties of squash are genetically modified, so check which ones are from the Monsanto seed catalog or buy organic squash.
- g) Salmon is the first animal to be genetically modified. All processed foods containing salmon are usually made from GM salmon. Avoid eating salmon (unless you can get hold of Alaskan salmon) as well as all processed foods containing salmon.

List of Plant-Based Hybrid Foods

Hundreds of plants have been hybridized over the last couple of hundred years, however, in the case of some of those plants, there is no scientific evidence which plants were used to create certain hybrids.

Some of the most common hybridized plants that we know which plants they were hybridized from include:

- Kiwi
- Sisal
- Great headed garlic
- Pineapple
- Peanut
- Oat
- Hemp
- Pecan
- Chestnut
- Radicchio
- Key lime
- Lemon
- Sour oranges
- Clementine
- Grapefruit
- Mandarin
- Sweet orange
- Coconut
- Coffee
- Hazelnut
- Carrot
- Yam
- Strawberry
- Barley
- Hops
- Walnut
- Macadamia

- Apple
- Peppermint
- Banana
- Tobacco
- Avocado
- Pea
- Cherry
- Plum
- Almond
- Pear
- Radish
- Raspberry
- Sugar cane
- Rye
- Millet
- Potato
- Tomato
- Eggplant
- Cacao
- Spelt
- Durum wheat
- Vanilla
- Grapes
- Maize (corn)





Chapter 2 1

Recipes

The Dr. Sebi Alkaline Recipe

The food we eat today is unfortunately based on acidic foods, e.g. meat, dairy, sugar, etc. Today's diet is typically western, it is so high in processed ingredients, GMO and hybridized foods which unbalance the alkalinity of the blood. Dr. Sebi advised to avoid all these foods and eat only natural foods made by God. Dr. Sebi healing method revolves around the idea that disease exists only in an acidic environment. Therefore, his motto was: alkalize the environment and get rid of the disease. We know that the body constantly tries to maintain a healthy balance of 7.4 pH level in the blood. We can help it achieve and maintain this balance if we eat a natural alkaline based electric diet.

Unfortunately, a typical western diet is high in very acidic foods. It is tasty, convenient, and nutrient deficient. Dr. Sebi protocol is based on the idea that the reason the western diet is unhealthy is that, being heavily processed, it lacks nutrition. That's why he insisted on foods that include over 100 minerals that support electrical activity and overall vitality of the body.

Principles of the Dr. Sebi Recipe

1. You must only eat foods listed on the Dr. Sebi Food List

Dr. Sebi insisted that you eat only the foods from his list of approved foods. Although the list is quite restrictive and many foods are left out, it contains wholly natural alkaline foods. Besides, Dr. Sebi insisted that no hybridized foods should be taken. By hybridized foods, he meant all the plants produced by artificial cross-pollination. Needless to say, most of the fruits and vegetables available today are hybridized.

Although Dr. Sebi diet seems rather restrictive, you can still create healthy, balanced, and tasty meals with the approved foods. One of the reasons so many foods have been left out from the list is that so much of what we eat today is hybridized. Dr. Sebi believed that hybridized fruits and vegetables generally are unnatural and not electric, and that their nutrient level is lower. One of the ways to know a plant that is hybridized is if it has no seeds. We now have quite a lot of seedless fruits ranging from watermelon, oranges, grapes, to tomatoes and berries. etc. Avoid these whenever you can. Dr. Sebi believed that natural foods are much healthier than those created by man.

Must-Have Kitchen Equipment

Most activities require certain tools and this also applies to cooking. Must-have kitchen equipment can be categorized according to its purpose.

1. Cutlery

These are spoons, knives, forks, ladle, spatula, tongs, slotted spoon, whisk, etc.

2. Slicing tools

Anything used for cutting, chopping, mashing or grinding falls into this category - knives, grater,

potato masher, vegetable peeler, etc.

3. Oven-safe storage containers

There's nothing as convenient as taking your meal prep containers out of the refrigerator and right into the oven. Try to store your foods in different containers if they will require different methods of reheating. For example, a container of wild rice or quinoa would go straight to a steamer while my container of roasted chicken is placed in the toaster oven.

4. A Crock-pot

A great tool for lunch or reheating prepped meals.

5. A Powerful Blender

6. A Food Processor or Juicer

7. A Toaster Oven

8. A Tea Kettle

9. Pans and Pots

10. Special extras (optional)

These can help but you can easily do without them, e.g. spiralizer, an instant pot, air fryer, a tool for zesting key limes, steamer basket, sandwich maker, immersion blender, etc.

11. Miscellaneous

These are uncategorized items found in most kitchens, e.g. can opener, corkscrew, measuring cups or spoons, pepper mill, salad spinner, colander/strainer, cutting board, pots and pans, mixing bowls, etc.

Some of these tools are essential and no kitchen should be without them, e.g. cutlery, pots and pans, etc. Others, you should get if you can but there is no need to try and get them all at the same time. You can start by getting one or a couple from each of the categories and gradually add new ones if you think you need them. However, if you can't get most of these tools don't fret, our grandmothers prepared fantastic meals although they had very few pieces of cooking equipment and often did not even have electricity. Besides, what tools you'll need in your kitchen depends not only on your budget but also on the type of meals you are likely to prepare. For example, if smoothies are part of your diet, you will need a blender, if you bake often you will need kitchen scales, etc.

Dr. Sebi Nutritional Guide

The body produces all the acid it needs, so when your urine pH levels are high, it means that your body is trying to rid itself of excess acid. This excess acid gets into your organs through acidic foods and beverages. Fortunately, your body continually tries to maintain balance and will not tolerate the surplus of acid so it gets rid of it. However, if you continually, over many months and years, consume very acidic foods, your kidneys and lungs will eventually become unable to process the surplus and you may develop acidosis. Most of the surplus of acids come from proteins. That is why Dr. Sebi never cared much about proteins and amino acids. An easy solution to this problem, if you can't avoid or reduce protein, is to simply eat more alkaline foods (i.e. fruits and vegetables). That way, alkaline foods will reduce acid levels. However, the trouble is that the modern diet contains too many

neutral foods, e.g. starches, fats, and sugar, which are unable to compensate for a surplus acid load.

Dr. Sebi food list is what your diet should focus on if you want to reap the benefits of the alkaline lifestyle. Although, many of the foods listed may not be available where you live, it's easy to prepare tasty and varied meals even with only some of the foods from this list.

Dr. Sebi Electric Food List

Below are Dr. Sebi generally approved List in the Nutritional Guideline. This list of vegetables, fruits, herbs, grains, oils and nuts and seeds is general and represents the general rule of thumb for foods to eat for healthy living. They include:

Dr. Sebi Food Electric Food List Table

Vegetables	Fruits	Spices	Grains	Sweeteners	Herbals
Olives	Cantaloupe	Oregano	Kamut	Agave Syrup from cactus	Fennel
Wakame	Bananas	Cloves	Rye	Date Sugar from dried dates	Elderberry
Zucchini	Prickly Pear	Tarragon	Quinoa		Chamomile
Wild Arugula	Peaches	Pure Sea Salt	Wild Rice		Red Raspberry
Cucumber	Soursops	Powdered	Amaranth		Tila
Mushrooms (but not Shitake)	Limes	Granulated	Spelt		Ginger
Squash	Cherries	Seaweed	Fonio		Burdock
Onions	Plums	Cayenne			
Garbanzo Beans	Berries	Habanero			
Cherry and Plum	Tamarind	Sage			
Tomato	Rasins	Sweet Basil			
Tomatillo	Papayas	Dill			
Nori	Soft Jelly Coconuts	Basil			
Turnip Greens	Currants	Achiote			
Amaranth	Apples	Savory			
Kale	Pears	Thyme			
Okra	Dates	Onion Powder			
Watercress	Figs	Bay Leaf			
Dandelion	Prunes				
Greens	Orange				
Chayote	Mango				
Arame	Grapes				
Lettuce (but not iceberg)	Melons				
Bell Pepper					
Avocado					

SALADS

Alkaline Salad Burritos



*There's no meat, there's no potato. It's the burger replacement. Eat your way to health and vitality.
Take a go at it. You'll love it*

Servin g : 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 274 Cal; 9.1 g Fats; 11.5 g Protein; 39 g Carb; 4.4 g Fiber;

Ingredients

- 2 ounces arugula
- ¼ cup cherry tomatoes
- 2 tablespoons tahini butter, homemade
- ¾ cup cooked chickpeas
- 2 Kamut flour tortillas

Extra:

- 1 tablespoon key lime juice
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Prepare the dressing and for this, take a small bowl, place tahini butter in it and then stir in lime juice until mixed.
2. Take a medium bowl, place tomatoes in it, add arugula and chickpeas, drizzle with the dressing, toss until mixed, then cover the bowl and let it rest in the refrigerator for 20 minutes.
3. When ready to eat, heat the tortillas until warm, fill them with chickpeas mixture, sprinkle with salt and cayenne pepper, and then roll to serve.

Rainbow Mango Salad



Make this whenever you need a heart-warming food, feel like you are kind of religious, or catch a cold (although we vegans don't really catch colds). Prepare this and feel like conquering the world.

Serving : 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 108 Cal; 0.5 g Fats; 1 g Protein; 28.1 g Carb; 3.3 g Fiber;

Ingredients

- 1 mango, peeled, destoned, cubed
- ¼ of onion, chopped
- ½ cup cherry tomatoes, halved
- ½ of cucumber, deseeded, sliced
- ½ of green bell pepper, deseeded, sliced

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ of key lime, juiced

Directions

1. Take a medium bowl, place the mango pieces in it, add onion, tomatoes, cucumber, and bell pepper and then drizzle with lime juice.
2. Season with salt and cayenne pepper, toss until combined, and let the salad rest in the refrigerator for a minimum of 20 minutes.
3. Serve straight away.

Satisfying Spring Salad



So maybe you don't live around the Mediterranean or Caribbean. That's okay, you can still eat this. Just do it in a corner. Just kidding. Wasn't that tasty?

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 87.3 Cal; 7 g Fats; 1.4 g Protein; 6 g Carb; 1.3 g Fiber;

Ingredients

- 4 ounces arugula
- ½ cup cherry tomatoes, halved
- ¼ cup basil leaves
- ½ key lime, juiced
- 2 tablespoons walnuts

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ tablespoon tahini butter

Directions

1. Prepare the dressing and for this, take a small bowl, place key lime juice in it, add tahini butter, salt, and cayenne pepper and then whisk until combined.
2. Take a medium bowl, place arugula, tomatoes and basil leaves in it, pour in the dressing, and then massage by using your hands.
3. Let the salad rest for 20 minutes, then taste to adjust seasoning and then serve.

The Raw Green Detox Salad



“The electric greens you sow will be the deliciousness you reap”. Yeah, no. Ok, so this salad is not just “greeny” but quite tasty, I mean very very tasty. That’s what I meant to say.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 12.5 g Fats; 1.6 g Protein; 7.8 g Carb; 1 g Fiber;

Ingredients

- ½ of cucumber, deseeded
- 4 ounces arugula
- 1/8 teaspoon salt
- 1 tablespoon key lime juice
- 1 tablespoon olive oil

Extra:

- 1/8 teaspoon cayenne pepper

Directions

1. Cut the cucumber into slices, add to a salad bowl and then add arugula in it.

2. Mix together lime juice and oil until combined, pour over the salad, and then season with salt and cayenne pepper.
3. Toss until mixed and then serve.

Dandelion and Strawberry Salad



You can never go wrong with dandelion. Super food, super nutritious. Combined with the flavors of onion and berries, you've got yourself a winner. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 7 minutes;

Nutritional Info: 204 Cal; 16.1 g Fats; 7 g Protein; 10.6 g Carb; 2.8 g Fiber;

Ingredients

- ½ of onion, peeled, sliced
- 5 strawberries, sliced
- 2 cups dandelion greens, rinsed
- 1 tablespoon key lime juice
- 1 tablespoon grapeseed oil

Extra:

- ¼ teaspoon salt

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and let it heat until warm.
2. Add onion, season with 1/8 teaspoon salt, stir until mixed, and then cook for 3 to 5 minutes until tender and golden brown.
3. Meanwhile, take a small bowl, place slices of strawberries in it, drizzle with ½ tablespoon lime juice and then toss until coated.
4. When onions have turned golden brown, stir in remaining lime juice, stir until mixed, and then cook for 1 minute.
5. Remove pan from heat, transfer onions into a large salad bowl, add strawberries along with their juices and dandelion greens and then sprinkle with remaining salt. Toss until mixed and then serve.

Spicy Wakame Salad



Don't let the wakame stems throw you off, it's healthy, but also integrated nicely. Enjoy this flavor dish on a bright sunny day. Bon appetit!

Serving: 2

Preparation time: 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 106 Cal; 7.3 g Fats; 3 g Protein; 8 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup wakame stems
- ½ tablespoon chopped red bell pepper
- ½ teaspoon onion powder
- ½ tablespoon key lime juice

Extra:

- ½ tablespoon agave syrup
- ½ tablespoon sesame seeds
- ½ tablespoon sesame oil

Directions

1. Place wakame stems in a bowl, cover with water, let them soak for 10 minutes, and then drain.
2. Meanwhile, prepare the dressing and for this, take a small bowl, add lime juice, onion, agave syrup and sesame oil in it and then whisk until blended.
3. Place drained wakame stems in a large dish, add bell pepper, pour in the dressing and then toss until coated.
4. Sprinkle sesame seeds over the salad and then serve.

Avo-Orange Salad Dish



Want a guaranteed laugh? Say the title of this meal in a very high voice. Okay, maybe that wasn't funny, but not only is this healthy, it's delicious and convenient to carry. The dressing is trapped at the bottom of the jar with the greens. Genius! I know. When you empty the jar into a bowl, it mixes nicely too. Or you can eat it right out of the jar after a few hearty shakes.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 228 Cal; 18.9 g Fats; 3.3 g Protein; 14.7 g Carb; 7 g Fiber;

Ingredients

- 1 orange, peeled, sliced
- 4 cups greens
- ½ of avocado, peeled, pitted, diced
- 2 tablespoons slivered red onion
- ½ cup cilantro

Extra:

- ¼ teaspoon salt
- ¼ cup olive oil
- 2 tablespoons lime juice

- 2 tablespoons orange juice

Directions

1. Prepare the dressing and for this, place cilantro in a food processor, pour in orange juice, lime juice, and oil, add salt and then pulse until blended.
2. Tip the dressing into a mason jar. Add remaining ingredients, toss until coated, and add to a salad bowl, or serve in jar.

Nourishing Electric Salad



Serves two people. That's all. But keep your hands off thy neighbor's mason jar salad. It's a healthy alkaline vegan salad, c'mon.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info : 129 Cal; 7 g Fats; 2 g Protein; 14 g Carb; 4 g Fiber;

Ingredients

- ½ of a medium cucumber, deseeded, chopped
- 6 leaves of lettuce, broke into pieces
- 4 mushrooms, chopped
- 6 cherry tomatoes, chopped
- 10 olives

Extra:

- ½ of lime, juiced
- 1 teaspoon olive oil
- ¼ teaspoon salt

Directions

1. Take a medium salad bowl, place all the ingredients in it and then toss until mixed.
2. Serve straight away.

Superfood Fonio Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 145 Cal; 3 g Fats; 6 g Protein; 24.5 g Carb; 5.5 g Fiber;

Ingredients

- ½ cup cooked chickpeas
- ¼ cup chopped cucumber
- ½ cup chopped red pepper
- ½ cup cherry tomatoes, halved
- ½ cup fonio

Extra:

- 1/3 teaspoon salt
- 1 tablespoon grapeseed oil
- 1/8 teaspoon cayenne pepper
- 1 key lime, juiced
- 1 cup spring water

Directions

1. Take a medium saucepan, place it over high heat, pour in water, and bring it to boil.

2. Add fonio, switch heat to the low level, cook for 1 minute, and then remove the pan from heat.
3. Cover the pan with its lid, let fonio rest for 5 minutes, fluff by using a fork and then let it cool for 15 minutes.
4. Take a salad bowl, place lime juice and oil in it and then stir in salt and cayenne pepper until combined.
5. Add remaining ingredients including fonio, toss until mixed, and then serve.

Healthy Chickpea Roast Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 208.3 Cal; 8 g Fats; 6.4 g Protein; 30 g Carb; 8 g Fiber;

Ingredients

- ½ of cucumber, deseeded, sliced
- 2 avocados, peeled, pitted, cubed
- 1 medium white onion, peeled, diced
- 2 cups cooked chickpeas
- ¼ cup chopped coriander

Extra:

- 1 teaspoon onion powder
- ½ teaspoon cayenne pepper
- 1 teaspoon of sea salt
- 2 tablespoons hemp seeds, shelled
- 1 key lime, juiced
- 1 tablespoon olive oil

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.

2. Meanwhile, take a baking sheet, place chickpeas on it, season with salt, onion powder, and pepper, drizzle with oil and then toss until combined.
3. Bake the chickpeas for 20 minutes or until golden brown and crisp and then let them cool for 10 minutes.
4. Transfer chickpeas to a bowl, add remaining ingredients and stir until combined. Serve straight away.

Amaranth Tabbouleh Salad



Now, it's time to gobble this salad! We present to you a decadent dish that will leave you spellbound.

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 214 Cal; 4.5 g Fats; 6.5 g Protein; 37 g Carb; 9 g Fiber;

Ingredients

- 1 small white onion, peeled, chopped
- 1 cup cooked amaranth
- ½ of cucumber, deseeded, chopped
- 1 cup cooked chickpeas
- ½ of medium red bell pepper, chopped

Extra:

- 1/3 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons key lime juice

Directions

1. Take a small bowl, place lime juice in it, add salt and stir until combined.

2. Place remaining ingredients in a salad bowl, drizzle with lime juice mixture, toss until mixed, and then serve.

Dr. Sebi Zucchini and Mushroom Bowl



This was one of the first vegan dishes I ever learned and I modified it and named it after my mentor, Dr. Sebi. It blew my mind because I hated Zucchini and didn't believe plants could be cooked to have hearty, meaty umami-esque flavors. You might think the same, but after this you won't. I guarantee it.

Serving: 2

Preparation time: 5 minutes; Cooking time: 8 minutes;

Nutritional Info: 168 Cal; 2 g Fats; 0.9 g Protein; 36 g Carb; 6 g Fiber;

Ingredients

- 2 zucchini, spiralized
- ½ of medium red bell pepper, sliced
- ½ cup sliced mushrooms
- ½ of medium green bell pepper, sliced
- ½ of medium white onion, peeled, sliced

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion, mushrooms and bell peppers, and then cook for 3 to 5 minutes until tender-crisp.
2. Add zucchini noodles, toss until mixed, and then cook for 2 minutes until warm.
3. Serve straight away.

DESSERTS AND SNACKS

Alkaline Peach Muffin



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 76.1 Cal; 3.3 g Fats; 0.9 g Protein; 14.3 g Carb; 0.9 g Fiber;

Ingredients

- 2/3 cup spelt flour
- ½ of peach, chopped
- 1 teaspoon mashed burro banana
- 2/3 tablespoons chopped walnuts
- 6 ½ tablespoons walnut milk, homemade

Extra:

- 1/16 teaspoon salt
- 2 2/3 tablespoon date sugar
- 2/3 tablespoon spring water, warmed
- 2/3 teaspoon key lime juice

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, peel the peach, cut it in half, remove the pit and then cut one half of peach in ½-inch pieces, reserving the other half of peach for later use.
3. Take a medium bowl, pour in the milk, and then whisk in mashed burro banana and lime juice until well combined.
4. Take a separate medium bowl, place flour in it, add salt and date sugar, stir until mixed, whisk in milk mixture until smooth, and then fold in peached until mixed.
5. Take four silicone muffin cups, grease them with oil, fill them evenly with the prepared batter and then sprinkle walnuts on top.
6. Bake the muffins for 10 to 15 minutes until the top is nicely golden brown and inserted toothpick into each muffin comes out clean.
7. When done, let muffins cool for 10 minutes and then serve.

Nutty Brown Energy Balls



This recipe took some innovation since Matzo balls require eggs, but we cracked the code, so we didn't have to crack any eggs. What's better...this recipe has tons of protein! Serves two hungry people for one meal or one hungry person for two meals. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 119 Cal; 8 g Fats; 2 g Protein; 10 g Carb; 1 g Fiber;

Ingredients

- ¼ cup blueberries
- ¼ cup dried dates
- 1 cup soft-jelly coconut, shredded
- ¼ cup walnuts
- ½ teaspoon date sugar

Extra:

- ½ tablespoon agave syrup
- 1/16 teaspoon salt

Directions

1. Place walnuts in a food processor and then pulse until the mixture resembles a fine powder.
2. Then add berries, coconut, date sugar and dates, pulse until just mixed and then slowly blend in agave syrup until the soft paste comes together.
3. Spoon the mixture into a medium bowl, chill it for a minimum of 30 minutes and then roll the mixture into balls, 1 tablespoon of mixture per ball.
4. Roll the balls into some more coconut and then serve.

Flying Raspberry Energy Balls



In Los Angeles, we like to think that no one settles down, and it's all the men's fault. Since Peter Pan, a Disney mythical character, is always flying' around, it's a fitting name. These energy balls will give you so much power and energy, you'll never want to settle down.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 123 Cal; 8 g Fats; 1 g Protein; 11 g Carb; 2 g Fiber;

Ingredients

- ½ cup raspberries
- 5 dates
- 1/16 teaspoon sea salt
- 1/3 cup walnuts
- 1 ½ cup soft-jelly coconut, shredded

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until well combined.
3. Shape the mixture into balls by using wet hands, 1 tablespoon of mixture per ball, place the balls on the tray, and let them freeze for a minimum of 30 minutes.
4. Serve straight away.

Zucchini Bread Pancakes



I know pancakes get a bad rep in the healthy community. But what really makes it bad? Ingredients of course! I bet you if all ingredients were healthy – it becomes healthy! In this recipe, the ingredients make them frigging stellar and healthy, though.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 130 Cal; 4 g Fats; 3 g Protein; 21 g Carb; 3 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ cup grated zucchini
- ¼ cup chopped walnuts
- 1 cup walnut milk, homemade

Extra:

- 1 tablespoon date sugar
- 1 tablespoon grapeseed oil

Directions

1. Take a medium bowl, place flour in it, add date sugar, and then stir until mixed.

2. Add mashed burro banana and milk in it, whisk until smooth batter comes together, and then fold in nuts and zucchini until just mixed.
3. Take a large skillet pan, place it over medium-high heat, add oil and when hot, pour the batter in it in portion and then shape each portion into a pancake.
4. Cook each pancake for 3 to 4 minutes per side and then serve.

Chickpea Nuggets



For those of you that know of Chicken Nuggets, you know it is a popular dish. But hey, this is not Chicken. We decided to take a stab at this recipe and turn it into a perfect Chicken or fish replacement dish. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 291.6 Cal; 3.9 g Fats; 19.9 g Protein; 26.8 g Carb; 3.4 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- ½ teaspoon salt
- 1 teaspoon onion powder
- 1/3 cup and 1 tablespoon bread crumbs

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place chickpeas in a food processor and then pulse until crumbled.
3. Tip the chickpeas in a bowl, add remaining ingredients in it except for 1/3 cup of breadcrumbs and then stir until a chunky mixture comes together.
4. Shape the mixture into evenly sized balls, shape each ball into the nugget, arrange on a baking sheet greased with oil and then bake for 15 minutes per side until golden brown.

5. Serve straight away.

Special Spelt Banana Bread



I don't think this needs any explaining. Make it. You're welcome.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 186 Cal; 11.3 g Fats; 1.3 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- 1/3 cup chopped walnuts
- 1 1/3 cup of burro banana
- 2/3 cup spelt flour
- 1/8 teaspoon salt
- 1/4 cup agave syrup

Extra:

- 1 1/3 tablespoons olive oil

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.

2. Meanwhile, place the burro banana in a medium bowl, mash it by using a fork and then stir in oil and agave syrup until combined.
3. Take a separate medium bowl, place flour in it, add salt and nuts, stir until mixed, and then stir in the burro banana mixture until smooth.
4. Pour the batter into a parchment-lined loaf pan and then bake for 20 minutes until firm and the top turn golden brown.
5. When done, let the bread cool for 10 minutes, then cut it into slices and serve.

Invigorating Sea Moss Pudding



This sweet pudding is sure to prep your day up, whether you plan to climb a mountain or lead a board meeting - with plenty of iron, vitamins and minerals to keep your brain and body nourished.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 97.8 Cal; 0.5 g Fats; 0.7 g Protein; 23.4 g Carb; 2.8 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 2 cups blueberries
- 6 tablespoons of sea moss gel
- ½ cup spring Water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for water.
2. Cover the blender jar with its lid, pulse until smooth, and then slowly blend in water until thickened to the desire level.
3. Serve straight away.

Delicious Avocado Tomato Toast



This was one of my favorite breakfasts growing up, and now that I no longer eat eggs, it was time to recreate the wholesome breakfast with mashed avocado instead.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 189 Cal; 11 g Fats; 3 g Protein; 20 g Carb; 5.4 g Fiber;

Ingredients

- 2 slices of spelt bread, toasted
- 1 avocado, peeled, pitted, mashed
- ½ cup cherry tomato halves
- ½ teaspoon salt
- 2 teaspoons key lime juice

Directions

1. Place avocado in a bowl, add lime juice, and then mash until smooth.
2. Spread mashed avocado evenly on top of each toast and then scatter cherry tomatoes.
3. Sprinkle salt over tomatoes and then serve.

Tasty Rye Crackers



Some people like buns, some others like cakes, but we know that crackers is not only tempting, it's taking the snack world by storm. And who says you can't eat crackers on the Dr. Sebi diet? A cracker made from alkaline ingredients. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 81.2 Cal; 1.2 g Fats; 0.8 g Protein; 16.4 g Carb; 1.7 g Fiber;

Ingredients

- 1 cup rye flour
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon dried basil

Extra:

- 2 tablespoons grapeseed oil
- 4 tablespoons spring water

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.

2. Meanwhile, place flour in a food processor, add all the seasonings and oil, and then pulse until combined.
3. Add water, pulse until the dough comes together, and then roll it into a ½-inch thick dough.
4. Use a cookie cutter of the desired shape to cut out cookie, arrange them on a large baking sheet and then bake for 10 minutes until nicely browned.
5. Serve straight away.

Healthy Date Balls



Regardless if you're black or White, you're bound to love this soothing, nutty date balls. Make it whenever you need a heart-warming snack. We didn't need to crack any eggs. Satisfies one hungry person, maybe two.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 99.1 Cal; 5.3 g Fats; 2 g Protein; 13.5 g Carb; 2 g Fiber;

Ingredients

- ¼ cup walnuts
- ½ cup dates, pitted
- ¼ cup sesame seeds
- ½ cup soft-jelly coconut, grated
- 2 tablespoons agave syrup

Extra:

- ¼ teaspoon of sea salt

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar except for sesame seeds.

2. Cover the blender jar with its lid and then pulse for 20 seconds until well combined.
3. Tip the mixture into a bowl, shape it into even size balls and then roll each ball into sesame seeds.
4. Serve straight away.

SOUPS, STEWS AND SAUCES

Zoodle Vegetable Soup



You'll love this soothing, flavorful soup that's been around since Moses roamed the desert, I think. Make it when you feel kind of religious. Stay well, eat well.

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;
Nutritional Info: 265 Cal; 2 g Fats; 4 g Protein; 57 g Carb; 13.6 g Fiber;

Ingredients

- ½ of onion, peeled, cubed
- ½ of green bell pepper, chopped
- ½ of zucchini, grated
- 4 ounces sliced mushrooms, chopped
- ½ cup cherry tomatoes

Extra:

- ¼ cup basil leaves
- 1 pack of spelt noodles, cooked
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

- ½ of key lime, juiced
- 1 tablespoon grapeseed oil
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium heat, add oil and when hot, add onion and then cook for 3 minutes or more until tender.
2. Add cherry tomatoes, bell pepper, and mushrooms, stir until mixed, and then continue cooking for 3 minutes until soft.
3. Add grated zucchini, season with salt, cayenne pepper, pour in the water, and then bring the mixture to a boil.
4. Then switch heat to the low level, add cooked noodles and then simmer the soup for 5 minutes.
5. When done, ladle soup into two bowls, top with basil leaves, drizzle with lime juice and then serve.

Cucumber and Basil Gazpacho



Serves a very hungry person or two people having a nice cute little dinner date at their cute little abode. Don't give to your cat, otherwise she will love you too much.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 15 g Fats; 4 g Protein; 15 g Carb; 6 g Fiber;

Ingredients

- 1 avocado, peeled, pitted, cold
- 1 cucumber, deseeded, unpeeled, cold
- ½ cup basil leaves, cold
- ½ of key lime, juiced
- 2 cups spring water, chilled

Extra:

- 1 ½ teaspoon sea salt

Directions

1. Place all the ingredients into the jar of a high-speed food processor or blender and then pulse until smooth.
2. Tip the soup into a medium bowl and then chill for a minimum of 1 hour.
3. Divide the soup evenly between two bowls, top with some more basil and then serve.

Spicy Soursop and Zucchini Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 45 minutes;

Nutritional Info: 224 Cal; 5 g Fats; 5.8 g Protein; 38.1 g Carb; 3.4 g Fiber;

Ingredients

- 1 cup chopped kale
- 2 Soursop leaves, rinsed, rip in half
- ½ cup summer squash cubes
- 1 cup chayote squash cubes
- ½ cup zucchini cubes

Extra:

- ½ cup wild rice
- ½ cup diced white onions
- 1 cup diced green bell peppers
- 2 teaspoons sea salt
- ½ tablespoon basil
- ¼ teaspoon cayenne pepper
- ½ tablespoon oregano
- 6 cups spring water

Directions

1. Take a medium pot, place it over medium-high heat, add soursop leaves, pour in 1 ½ cup water, and then boil for 15 minutes, covering the pan with lid.
2. When done, remove eaves from the broth, switch heat to medium level, add remaining ingredients into the pot, stir until mixed, and then cook for 30 minutes or more until done.
3. Serve straight away.

Delicious Chickpea & Mushroom Bowl



2 Zucchini made with pure love from the sun and not tortured animals. We created a simple alkaline vegan soup recipe that you can enjoy and that won't kill any chickens, cows or even fishes. Bon appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;
Nutritional Info: 242 Cal; 9 g Fats; 10 g Protein; 34 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cup cooked chickpeas
- 2 zucchinis, spiralized
- 4 small oyster mushrooms, destemmed, diced
- ¼ of white onion, peeled, chopped
- ¼ of red bell pepper, cored, chopped

Extra:

- 1/3 teaspoon sea salt; 1 teaspoon dried basil
- ¼ teaspoon cayenne pepper; 1 teaspoon dried oregano
- 1 tablespoon grapeseed oil
- 2 ½ cups vegetable broth, homemade

Directions

1. Take a medium pot, place it over medium-high heat, add oil and when hot, add red pepper, onion, and mushrooms, season with salt and cayenne pepper, and then cook for 5 minutes until tender.
2. Switch heat to medium-low level, add remaining ingredients except for zucchini noodles, stir until mixed, and then simmer the soup for 15 to 20 minutes.
3. Then add zucchini noodles into the pan, stir until mixed, and then cook for 1 minute or more until thoroughly warmed. Serve straight away.

Zoodle Chickpea Soup



The antioxidants, herbs and minerals in here are bound to make you at least do something productive with your day.

Serving: 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 184.5 Cal; 0.3 g Fats; 6.8 g Protein; 31 g Carb; 6 g Fiber;

Ingredients

- ½ cup cooked, chickpeas
- ½ of a medium white onion, peeled, diced
- ½ of a large zucchini, chopped
- 1 cup kale leaves
- 1 cup squash cubes

Extra:

- ¾ teaspoon salt
- ¾ tablespoon chopped thyme, fresh
- ¾ tablespoon tarragon, fresh
- 2 cups vegetable broth, homemade
- 1 ½ cup spring water

Directions

1. Take a saucepan, place it over medium-high heat, pour in the $\frac{1}{4}$ cup broth, add zucchini, onion, and thyme and then cook for 4 minutes.
2. Pour in remaining broth and water, bring it to a boil, switch heat to the low level, and then simmer for 10 to 15 minutes until tender.
3. Add remaining ingredients, stir until mixed, and then continue cooking for 10 minutes or more until cooked.
4. Serve straight away.

Healthy Alkaline Green Soup



Typically, average soup dish out there has lots of seafood, but we're replacing it up here, because Fish belong in the ocean, or a fish tank, but not your belly. Enjoy!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 129 Cal; 0.2 g Fats; 1.1 g Protein; 28 g Carb; 4.5 g Fiber;

Ingredients

- 2 cups leafy greens
- 1 small zucchini, sliced
- 1 small white onion, peeled, sliced
- 1 medium green bell pepper, cored, sliced
- 2 ½ cups spring water

Extra:

- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried basil

Directions

1. Take a medium pot, place it over medium heat, add all the ingredients, stir until mixed, and then cook for 5 to 10 minutes until the vegetables turn tender-crisp.
2. Remove pot from heat, puree the soup by using an immersion blender and then serve.

Kamut Squash Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 32 minutes;

Nutritional Info: 348.8 Cal; 8.8 g Fats; 11.3 g Protein; 57.2 g Carb; 7.8 g Fiber;

Ingredients

- 6 tablespoons Kamut berries
- 1 cup chopped white onion
- ½ cup chopped squash
- ½ cup cooked chickpeas
- 1 cup vegetable broth, homemade

Extra:

- ¼ teaspoon cayenne pepper
- ½ tablespoon chopped tarragon
- 1 bay leaf
- 1 teaspoon chopped thyme
- 1 tablespoon olive oil
- 1 cup spring water, boiling

Directions

1. Place Kamut in a small bowl, pour in the boiling water, and let it stand for 30 minutes.
2. Then take a medium pot, place it over medium heat, add oil and when hot, add onion, stir in thyme and tarragon and then cook for 5 minutes until tender.
3. Drain Kamut, add to the pot, add bay leaves, pour in the vegetable broth, and then bring it to boil.
4. Cover the pot with its lid, simmer for 20 to 30 minutes, then stir in cayenne pepper and cook for 5 minutes.
5. Remove bay leaf, add chickpeas, and then cook for 2 minutes.
6. Serve straight away.

VEGETABLES

Power Pesto Zoodles



Combined We replaced pasta with zucchini. I mean, why buy white pasta? When Zucchini is more delicious and nutritious?

Serving: 2

Preparation time: 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 214 Cal; 1017.10 g Fats; 4.8 g Protein; 13.2 g Carb; 6.1 g Fiber;

Ingredients

- 2 zucchini
- 1 avocado, peeled, pitted
- ½ cup cherry tomatoes
- 2 tablespoons walnuts
- ½ of key lime, juiced

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 teaspoons grapeseed oil
- 2 tablespoons olive oil

Directions

1. Prepare the zucchini noodles and for this, cut them into thin strips by using a vegetable peeler or use a spiralizer.
2. Then take a medium skillet pan, add oil in it and when hot, add zucchini noodles in it and then cook for 3 to 5 minutes until tender-crisp.
3. Meanwhile, place the remaining ingredients in a food processor and then pulse until the creamy paste comes together.
4. When zucchini noodles have sautéed, drain and place them in a large bowl and add the blended sauce in it.
5. Add 2 tablespoons of water and then toss until well combined.
6. Garnish the zoodles with grated coconut and then serve.

Mushroom Gravy



Ready for some gravy? Maybe. But this recipe will make you wonder why you weren't making soups since the dawn of the buddha, in India, aka before you were born, yeah, like 5000 years before you were born.

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 65.3 Cal; 1.6 g Fats; 3.5 g Protein; 9.6 g Carb; 1 g Fiber;

Ingredients

- $\frac{3}{4}$ tablespoon spelt flour
- $\frac{1}{4}$ of onion, peeled, diced
- 4 ounces sliced mushrooms
- $\frac{1}{2}$ cup walnut milk, homemade
- 1 tablespoon chopped walnuts

Extra:

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon dried thyme
- 1 tablespoon grapeseed oil

- ¼ cup vegetable broth, homemade

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and mushrooms, season with 1/16 teaspoon each of salt and cayenne pepper, and then cook for 4 minutes until tender.
2. Stir in spelt flour until coated, cook for 1 minute, slowly whisk in milk and vegetable broth and then season with remaining salt and cayenne pepper.
3. Switch heat to low-level, cook for 5 to 7 minutes until sauce has thickened slightly and then stir in walnuts and thyme.
4. Serve straight away with spelt flour bread.

Nori Burritos



If you want to be adventurous, just make this on a sunny day and eat it. But if you cut yourself, don't sue me.

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;
Nutritional Info: 90 Cal; 1.5 g Fats; 1.5 g Protein; 12.5 g Carb; 1 g Fiber;

Ingredients

- 1 avocado, peeled, sliced
- 1 cucumber, deseeded, cut into round slices
- 1 zucchini, sliced
- 2 teaspoons sprouted hemp seeds
- 2 nori sheets

Extra:

- 1 tablespoon tahini butter
- 2 teaspoons sesame seeds

Directions

1. Working on one nori sheet at a time, place it on a cutting board shiny-side-down and then arrange half of each avocado, cucumber and zucchini slices and tahini on it, leaving 1-inch wide space to the right.
2. Then start folding the sheet over the fillings from the edge that is closest to you, cut into thick slices, and then sprinkle with 1 teaspoon of sesame seeds.
3. Repeat with the remaining nori sheet, and then serve.

Zesty Citrus Salad



Serves two hungry people who do not eat fish. Fish have feelings too, except the ones that live in fish tanks. Those are just robots. They can enjoy this greatly.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 265 Cal; 24 g Fats; 3.8 g Protein; 11.6 g Carb; 6.4 g Fiber;

Ingredients

- 4 slices of onion
- ½ of avocado, peeled, pitted, sliced
- 4 ounces arugula
- 1 orange, zested, peeled, sliced
- 1 teaspoon agave syrup

Extra:

- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons key lime juice
- 2 tablespoons olive oil

Directions

1. Distribute avocado, oranges, onion, and arugula between two plates.
2. Mix together oil, salt, cayenne pepper, agave syrup and lime juice in a small bowl and then stir until mixed.
3. Drizzle the dressing over the salad and then serve.

Zucchini Hummus Wrap



Zucchini? Pasta? WTF. Well, you'll be proud of yourself after making this delicious dish, you real food lover. African, American and the Caribbean flavors come together to satisfy your belly.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 264.5 Cal; 5.1 g Fats; 8.5 g Protein; 34.5 g Carb; 5 g Fiber;

Ingredients

- ½ cup iceberg lettuce
- 1 zucchini, sliced
- 2 cherry tomatoes, sliced
- 2 spelt flour tortillas
- 4 tablespoons homemade hummus

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a grill pan, grease it oil and let it preheat over medium-high heat setting.
2. Meanwhile, place zucchini slices in a large bowl, sprinkle with salt and cayenne pepper, drizzle with oil and then toss until coated.
3. Arrange zucchini slices on the grill pan and then cook for 2 to 3 minutes per side until developed grill marks.
4. Assemble tortillas and for this, heat the tortilla on the grill pan until warm and develop grill marks and spread 2 tablespoons of hummus over each tortilla.
5. Distribute grilled zucchini slices over the tortillas, top with lettuce and tomato slices, and then wrap tightly.
6. Serve straight away.

Basil and Avocado Salad



Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 387 Cal; 16.6 g Fats; 9.4 g Protein; 54.3 g Carb; 8.6 g Fiber;

Ingredients

- ½ cup avocado, peeled, pitted, chopped
- ½ cup basil leaves
- ½ cup cherry tomatoes
- 2 cups cooked spelt noodles

Extra:

- 1 teaspoon agave syrup
- 1 tablespoon key lime juice
- 2 tablespoons olive oil

Directions

1. Take a large bowl, place pasta in it, add tomato, avocado, and basil in it and then stir until mixed.
2. Take a small bowl, add agave syrup and salt in it, pour in lime juice and olive oil, and then whisk until combined.

3. Pour lime juice mixture over pasta, toss until combined, and then serve.

Vegan Portobello Burgers



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Goodbye hamburger! Perfect burger dish for your alkaline vegan lifestyle. Enjoy! Serves two persons or ¼ of a hippopotamus.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 354 Cal; 32.8 g Fats; 3.7 g Protein; 14.4 g Carb; 4.4 g Fiber;

Ingredients

- 2 Portobello mushroom caps
- ½ of avocado, sliced
- 1 cup purslane
- 2 teaspoons dried basil
- 2 tablespoons olive oil

Extra:

- ¼ teaspoon salt
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Prepare the marinade and for this, take a small bowl, pour in oil, add cayenne pepper, onion powder, oregano, and basil and then stir until mixed.
3. Take a cookie sheet, line it with a foil, brush with oil, place mushroom caps on it, evenly pour the marinade over mushroom caps and then let them marinate for 10 minutes.
4. Then bake the mushroom caps for 20 minutes, flipping halfway, until tender and cooked.
5. When done, place mushroom caps on two plates, top the caps with avocado and purslane evenly and then serve.

Grilled Romaine Lettuce Salad



The name doesn't do it justice, but when you prepare it, your mouth will sentence it to lifetime in your belly. In order to hand down this sentence, you gotta get to work in that kitchen. And Right away!

Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 130 Cal; 2 g Fats; 2 g Protein; 24 g Carb; 4 g Fiber;

Ingredients

- 2 small heads of romaine lettuce, cut in half
- 1 tablespoon chopped basil
- 1 tablespoon chopped red onion
- ¼ teaspoon onion powder
- ½ tablespoon agave syrup

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon key lime juice

Directions

5. Take a large skillet pan, place it over medium heat and when warmed, arrange lettuce heads in it, cut-side down, and then cook for 4 to 5 minutes per side until golden brown on both sides.
6. When done, transfer lettuce heads to a plate and then let them cool for 5 minutes.
7. Meanwhile, prepare the dressing and for this, place remaining ingredients in a small bowl and then stir until combined.
8. Drizzle the dressing over lettuce heads and then serve.

Vegetable Fajitas



We created a simple veggie wrap recipe that you can take with you on the go. And you don't need to kill any animals for it.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 337 Cal; 3.7 g Fats; 2.6 g Protein; 73.3 g Carb; 21.3 g Fiber;

Ingredients

- 2 Portobello mushroom caps, 1/3-inch sliced
- ¾ of red bell pepper, sliced
- ½ of onion, peeled, sliced
- ½ of key lime, juiced
- 2 spelt flour tortillas

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon onion powder
- 1 tablespoon grapeseed oil

Directions

4. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and red pepper, and then cook for 2 minutes until tender-crisp.
5. Add mushrooms slices, sprinkle with all the seasoning, stir until mixed, and then cook for 5 minutes until vegetables turn soft.
6. Heat the tortilla until warm, distribute vegetables in their center, drizzle with lime juice, and then roll tightly.
7. Serve straight away.

Appetizing Baked Apple



Serves a hungry human, but probably two. Be careful, this dish can cause feelings of romance. Yea, it's like French and stuff.

Serving: 2

Preparation time: 10 minutes; Cooking time: 55 minutes;

Nutritional Info: 346 Cal; 6.4 g Fats; 1.5 g Protein; 78 g Carb; 6.2 g Fiber;

Ingredients

- 4 apples, large, cored, sliced
- 1/8 teaspoon ground cloves
- 3 tablespoons agave syrup
- 1 tablespoon chopped walnuts

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, take a large bowl, place apple slices in it, drizzle with agave syrup and then toss until evenly coated.
3. Take a small bowl, place nuts in it, add cloves, and then stir until mixed.
4. Sprinkle nuts mixture over the apple and let it rest for 5 minutes or more until apples start releasing their juices.

5. Take a medium casserole dish, arrange apple slices on it, and then bake for 15 minutes.
6. Cover the casserole dish with foil and then continue baking for 40 minutes until bubbly.
7. Let apples cool for 10 minutes and then serve.

Classic Banana Fries



Banana fries is an ancient dish that the traditional African tribes brought to America. Just kidding, but it's probably the most popular dish in parts of Africa, which is centered around just one ingredient – Burro bananas. Prepare and enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 130.5 Cal; 6.5 g Fats; 1 g Protein; 20 g Carb; 3 g Fiber;

Ingredients

- 4 baby burro bananas, peeled, cut in squares
- ¼ teaspoon salt
- ½ of a medium onion, peeled, chopped
- ½ of medium green bell pepper, cored, chopped
- 2 teaspoons grapeseed oil

Extra:

- ¼ teaspoon cayenne pepper

Directions

1. Take a medium skillet pan, place it over medium-low heat, add oil and when hot, add burro banana pieces and then cook for 3 minutes or until beginning to brown.

2. Then turn the burro banana pieces, add remaining ingredients, stir until mixed, and then continue cooking for 5 to 7 minutes until onions have caramelized.
3. Serve straight away.

Zoodles with Basil & Avocado Sauce



Can certainly cure a hangover and make your spouse like you more, if you have one. Serves two hungry people who do not eat pork. Pigs have feelings too!

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 330 Cal; 20.7 g Fats; 7.1 g Protein; 35.3 g Carb; 7.8 g Fiber;

Ingredients

- 2 zucchinis, spiralized into noodles
- 2 avocados, peeled, pitted
- ½ cup walnuts
- 2 cups basil leaves
- 24 cherry tomatoes, sliced

Extra:

- 1/3 teaspoon salt
- 4 tablespoons key lime juice
- ½ cup spring water

Directions

1. Prepare the sauce and for this, place all the ingredients except for zucchini noodles and tomatoes in a food processor and then pulse until smooth.
2. Take a large bowl, place zucchini noodles in it, add tomato slices, pour in the prepared sauce and then toss until coated.
3. Serve straight away.

Butternut Squash and Apple Burger



If you know what Squash are, you probably know how the word ‘Squash’ is pronounced. It ends with a ‘shhh’ sound, which, in our humble opinion literally means to keep calm while you prepare and enjoy this.

Serving: 2

Preparation time: 10 minutes; Cooking time: 1 hour;

Nutritional Info: 250 Cal; 4 g Fats; 6 g Protein; 51 g Carb; 5 g Fiber;

Ingredients

- $\frac{3}{4}$ cup diced butternut squash
- $\frac{1}{2}$ cup diced apples
- 1 cup cooked wild rice
- $\frac{1}{4}$ cup chopped shallots
- $\frac{1}{2}$ tablespoon thyme

Extra:

- $\frac{1}{4}$ teaspoon sea salt, divided
- 1 tablespoon pumpkin seeds, unsalted
- 1 tablespoon grapeseed oil
- 2 spelt burgers, halved, toasted

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, take a cookie sheet, line it with parchment sheet, spread squash pieces on it and then sprinkle with 1/8 teaspoon salt.
3. Bake the squash for 15 minutes, then add shallots and apple, sprinkle with remaining salt, and then bake for 20 to 30 minutes until cooked.
4. When done, let the vegetable mixture cool for 15 minutes, transfer it into a food processor, add thyme and then pulse until a chunky mixture comes together.
5. Add pumpkin seeds and cooked wild rice, pulse until combined, and then tip the mixture in a bowl.
6. Taste the mixture to adjust and then shape it into two patties.
7. Take a skillet pan, place it over medium heat, add oil and when hot, place patties in it and then cook for 5 to 7 minutes per side until browned.
8. Sandwich patties in burger buns and then serve.

Kale and “Awevocado” Dish



Maybe we should replace the starting A in Avocado with “Awe”, as in, awesomeness. So, we iterated. Enter the ‘Awevocado’ and it comes as a salad. Or maybe we really should call it ‘Awevocosomeness’, but that might be pushing it. Now cook!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 143 Cal; 10.5 g Fats; 3 g Protein; 12.4 g Carb; 4.8 g Fiber;

Ingredients

- 1 bundle of kale, cut into thin strips
- 1 small white onion, peeled, chopped
- 12 cherry tomatoes, chopped
- 1 tablespoon salt
- 1 avocado, peeled, pitted, sliced

Directions

1. Take a large bowl, place kale strips in it, sprinkle with salt, and then massage for 2 minutes.
2. Cover the bowl with a plastic wrap or its lid, let it rest for a minimum of 30 minutes, and then stir in onion and tomatoes until well combined.
3. Let the salad sit for 5 minutes, add avocado slices, and then serve.

Zucchini 'Bacon' Dish



The word "Bacon" in the title of this dish might be making fun of meat eaters, because they would otherwise have to pay more with buying all the meat this dish usually requires. But no, we pay less, and live more.

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 184 Cal; 2 g Fats; 12 g Protein; 26 g Carb; 2 g Fiber;

Ingredients

- 2 zucchini, cut into strips
- 1 tablespoon onion powder
- 1 tablespoon of sea salt
- ½ teaspoon cayenne powder

Extra:

- ¼ cup date sugar
- 2 tablespoons agave syrup
- 1 teaspoon liquid smoke
- ¼ cup spring water
- 1 tablespoon grapeseed oil

Directions

1. Take a medium saucepan, place it over medium heat, add all the ingredients except for zucchini and oil and then cook until sugar has dissolved.
2. Then place zucchini strips in a large bowl, pour in the mixture from the saucepan, toss until coated, and then let it marinate for a minimum of 1 hour.
3. When ready to cook, switch on the oven, set it to 400 degrees F, and let it preheat.
4. Take a baking sheet, line it with parchment sheet, grease with oil, arrange marinated zucchini strips on it, and then bake for 10 minutes.
5. Then flip the zucchini, continue cooking for 4 minutes and then let cool completely.
6. Serve straight away.

Vegan Veggie Fritters



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 281.5 Cal; 15.2 g Fats; 13.8 g Protein; 26.2 g Carb; 5 g Fiber;

Ingredients

- 1 cup chickpea flour
- 200g mushrooms, chopped
- 1 medium green bell pepper, cored, chopped
- 1 tablespoon onion powder
- 2 medium white onions, peeled, chopped

Extra:

- 1 teaspoon of sea salt
- 1 tablespoon oregano
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- 1 tablespoon basil leaves, chopped
- 1/2 cup spring water

Directions

1. Take a large bowl, place all the vegetables in it, add all the seasonings, basil and oregano, stir until mixed, and then let the mixture rest for 5 minutes.
2. Add chickpea flour, stir until mixed and then stir in water until well combined and smooth.
3. Take a large skillet pan, place it over medium heat, add oil and when hot, ladle vegetable mixture in it in portions, press down each portion, and then cook for 3 to 4 minutes per side until cooked and golden brown.
4. Serve straight away.

Chickpea and Mushroom Curry



Feeds two people and potentially a dog or 5 parrots. Enjoy

Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 194.7 Cal; 8.5 g Fats; 5.8 g Protein; 25.7 g Carb; 5.4 g Fiber;

Ingredients

- 1 cup cooked chickpea
- 1 small white onion, peeled, diced
- ½ of medium green bell pepper, cored, chopped
- 1 cup diced mushrooms
- 8 cherry tomatoes, chopped

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion, tomatoes, and bell pepper and then cook for 2 minutes.
2. Add chickpeas and mushrooms, season with and cayenne pepper, stir until combined, and switch heat to medium-low level and then simmer for 10 minutes until cooked, covering the pan with its lid.
3. Serve straight away.

Vegetable Low Mein



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 330 Cal; 11 g Fats; 10 g Protein; 48 g Carb; 4 g Fiber;

Ingredients

- 2 cups cooked spelt noodles
- ½ of medium green bell pepper, cored, sliced
- ½ of medium red bell pepper, cored, sliced
- 1 medium white onion, cored, sliced
- ½ cup sliced mushrooms

Extra:

- 2/3 teaspoon salt
- ¼ teaspoon onion powder
- 1/3 teaspoon cayenne pepper
- 1 key lime juiced
- 1 tablespoon sesame oil

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when hot, add all the vegetables and cook for 3 to 5 minutes until tender-crisp.
2. Add all the spices, drizzle with lime juice, stir until mixed, and then cook for 1 minute.
3. Add noodles, toss until well mixed and then cook for 2 to 3 minutes until hot.
4. Serve straight away.

Spiced Okra Curry



This variation of the famous African Okra soup will leave you speechless because it's so freaking tasty, and you shouldn't even talk, I mean talk while you eat anyways. Ssshhh. And enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 137 Cal; 8.4 g Fats; 4 g Protein; 15 g Carb; 5.6 g Fiber;

Ingredients

- 1 ½ cup okra
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline
- 6 tablespoons soft-jelly coconut milk

Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.
3. Add okra, stir until mixed, and then cook for 10 to 15 minutes over medium-low heat setting until cooked.
4. Serve straight away.

Baked Portobello Mushrooms



Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 72 Cal; 2 g Fats; 6 g Protein; 10 g Carb; 2 g Fiber;

Ingredients

- 2 caps of Portobello mushrooms, destemmed
- 2/3 teaspoon minced onion
- 2/3 teaspoon minced sage
- 2/3 teaspoon thyme
- 2/3 tablespoon key lime juice

Extra:

- 2 tablespoons alkaline soy sauce

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Take a baking dish and then arrange mushroom caps in it, cut side up.
3. Take a small bowl, place remaining ingredients in it, stir until mixed, brush the mixture over inside and outside mushrooms, and then let them marinate for 15 minutes.
4. Bake the mushrooms for 30 minutes, flipping halfway, and then serve.

Kale and Sprouts Salad



All Avocado are created equal and they may be kinda boring, until you put stuff and garnish dishes with them. Prepare this and get ready to blow up your taste buds in a good way.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 179.2 Cal; 14.1 g Fats; 3.7 g Protein; 13.5 g Carb; 6.1 g Fiber;

Ingredients

- 2 cups kale leaves
- 1 cup sprouts
- 1 cup cherry tomato
- ½ of avocado, peeled, pitted, diced
- 1 key lime, juiced

Extra:

- 1 teaspoon agave syrup
- ½ tablespoon olive oil
- 1/8 teaspoon cayenne pepper

Directions

1. Take a small bowl, place lime juice in it, add oil and agave syrup and then stir until mixed.
2. Take a salad bowl, place remaining ingredients in it, drizzle with the lime juice mixture and then toss until mixed.
3. Serve straight away.

Chard and Lime Pasta



No eggs or animal parts in this recipe here, but plenty of minerals, oils and fiber! Serves two people that miss Dr. Sebi.

Serving: 2

Preparation time: 5 minutes; Cooking time: 5 minutes;

Nutritional Info: 224 Cal; 7 g Fats; 7 g Protein; 33 g Carb; 2 g Fiber;

Ingredients

- 1 head of Swiss chard, cut into ½-inch pieces
- 1 cup spelt pasta, cooked
- 2 green onions, sliced
- ¼ cup cilantro
- 1 key lime, juiced, zested

Extra:

- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon olive oil

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when hot, add chard pieces and then cook for 4 minutes or more until wilted.
2. Remove pan from heat, transfer chards to a large bowl, add remaining ingredients and then toss until combined.
3. Serve straight away.

Creamy Squash Soup



If you didn't Pad Thai when you used to eat Thai food, you didn't really eat Thai food. 'Thai' it out with this dairy-free soup with plenty of fiber and oils.

Serving: 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 183 Cal; 14.4 g Fats; 1.9 g Protein; 13.4 g Carb; 2.7 g Fiber;

Ingredients

- ½ of medium white onion, peeled, cubed
- 2 cups cubed squash
- ¼ cup basil leaves
- ½ cup soft-jelly coconut cream

Extra:

- 1/8 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- 1 cup vegetable broth, homemade

Directions

1. Take a medium saucepan, place it over medium heat, add oil and when hot, add onion, and then cook for 5 minutes or until softened.
2. Add squash, cook for 10 minutes until golden and begin to soften, pour in the vegetable broth, season with salt and pepper and then bring the soup to boil.
3. Switch heat to medium level and then simmer the soup for 10 minutes until squash turns very soft.
4. Remove pan from heat, puree it by using a stick blender until smooth, and then garnish with basil.
5. Serve straight away.

Creamy Mushroom Soup



Cream of Broccoli doesn't sound as cool as Cream of Mushroom. Plus, mushroom has a ton of nutrients, so it needs some love.

Serving: 2

Preparation time: 5 minutes; Cooking time: 20 minutes;

Nutritional Info: 100 Cal; 2 g Fats; 2 g Protein; 18 g Carb; 2 g Fiber;

Ingredients

- 2 cups baby Bella mushrooms, diced
- ½ cup diced red onions
- 1 cup vegetable broth
- 1 ½ cups soft-jelly coconut milk

Extra:

- ½ teaspoon of sea salt
- ¼ teaspoon cayenne pepper
- 2 teaspoons grapeseed oil

Directions

1. Take a medium saucepan, place it over medium-high heat, add oil and when hot, add onion, mushrooms, season with salt and pepper, and then cook for 3 to 4 minutes until vegetables turn tender.
2. Then add soy sauce, pour in milk and broth, stir until mixed and bring it to a boil.
3. Switch heat to medium-low level and then simmer the soup for 15 minutes until thickened to the desired level.
4. Serve straight away.

Onion Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 35 minutes;

Nutritional Info: 76 Cal; 2.1 g Fats; 2.3 g Protein; 13.1 g Carb; 2.5 g Fiber;

Ingredients

- 2 large white onions, peeled, sliced
- ½ cup cubed squash
- 1 sprig of thyme
- 1 tablespoon grapeseed oil
- 2 cups spring water

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a medium pot, place it over medium heat, add oil and when hot, add onion and cook for 10 minutes.
2. Add thyme sprig, switch heat to the low level and then cook onions for 15 to 20 minutes until soft, covering the pan with its lid.
3. Add remaining ingredients, stir until mixed and simmer for 5 minutes.

4. Ladle soup into bowls and then serve.

Roasted Squash and Apples



Serving: 2

Preparation time: 10 minutes; Cooking time: 35 minutes;

Nutritional Info: 126.4 Cal; 4.9 g Fats; 1.1 g Protein; 22.2 g Carb; 5.1 g Fiber;

Ingredients

- 1 ½ pounds butternut squash, peeled, deseeded, cut into chunks
- 2 apples, cored, cut into ½-inch pieces
- 2 tablespoons agave syrup
- 1/2 teaspoon sea salt

Extra:

- 2 tablespoons grapeseed oil

Directions

1. Switch on the oven, then set it to 375 degrees F and let it preheat.
2. Meanwhile, take a baking sheet and then spread squash pieces on it.
3. Take a small bowl, pour in oil, stir in salt and allspice until mixed, and then drizzle over squash pieces.
4. Cover the pan with foil and then bake for 20 minutes.
5. Meanwhile, place apple pieces in a medium bowl, drizzle with agave syrup, and then toss until coated.

6. When squash has baked, unwrap the baking sheet, spoon into the bowl containing apple and then stir until mixed.
7. Spread apple-squash mixture evenly on the baking sheet and then continue baking for 15 minutes.
8. Serve straight away.

Mushroom Steak



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 302 Cal; 18 g Fats; 2 g Protein; 27 g Carb; 3 g Fiber;

Ingredients

- 2 portabella mushroom caps, 1/8-inch thick sliced
- ½ cup sliced green bell peppers
- ½ cup sliced white onions
- ½ cup sliced red bell peppers
- ¼ cup alkaline sauce

Extra:

- ½ teaspoon of sea salt
- ½ tablespoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ tablespoon grapeseed oil
- 2 spelt flatbread, toasted

Directions

1. Take a medium bowl, place sauce in it, add all the seasoning, and then whisk until combined.
2. Add mushroom slices, toss until coated, and then let them marinate for a minimum of 30 minutes, tossing halfway.
3. Then take a pan, place it over medium-high heat, add oil and when hot, add onion and pepper and cook for 3 to 5 minutes until tender-crisp.
4. Add mushroom slices, stir until mixed and continue cooking for 5 minutes.
5. Distribute vegetables evenly between flatbread, roll them, and then serve.

Chayote Mushroom Stew



We took two delicious traditionally meat-laden stews of France and turned them into a savory meat-free vegan iteration with plenty of protein and flavor. Now you know this dish is just as classy as it sounds.

Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;

Nutritional Info: 173 Cal; 9 g Fats; 2 g Protein; 20 g Carb; 2 g Fiber;

Ingredients

- 2/3 cup chayote squash cubes
- 1 cups sliced mushrooms
- 1/3 cup diced white onions
- ½ cup chickpea flour
- 1/3 cup vegetable broth, homemade

Extra:

- 1/3 tablespoon onion powder
- 2/3 teaspoon sea salt
- 2/3 teaspoon dried basil
- 1/3 teaspoon crushed red pepper
- 2 cups spring water
- ½ tablespoon grapeseed oil
- 1/3 cup hemp milk, homemade

Directions

1. Take a medium pot, place it over medium-high heat, add oil and when hot, add onion and mushroom, and then cook for 5 minutes.
2. Switch heat to medium level, pour in 1 cup water, milk, and broth, add chayote and all the seasoning, stir until mixed, and then bring it to a simmer, covering the pan with lid.
3. Pour remaining water into a food processor, add chickpea flour, pulse until blended, add to the pot and then stir until mixed.
4. Switch heat to the low level, simmer for 30 minutes, and then serve.

Veggie Lettuce Wraps

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 155 Cal; 10.5 g Fats; 4.8 g Protein; 13.2 g Carb; 3.5 g Fiber;

Ingredients

- ½ cup cherry tomatoes, halved
- 1 avocado, peeled, pitted, sliced
- ½ cup sprouts
- ½ of medium white onion, peeled, sliced
- 2 large lettuce leaves

Extra:

- 2 tablespoons key lime juice
- ½ tablespoon raisins
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Take a small bowl, add lime juice, add salt and pepper and then stir until mixed.
2. Take a medium bowl, place all the vegetables in it except for lettuce, drizzle with the lime juice mixture and then toss until mixed.
3. Place a lettuce leaves on a plate, top with half of the vegetable mixture, and then roll it tightly.
4. Repeat with the other lettuce wrap and then serve.

Vegan Rib Roast

Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 108 Cal; 0.6 g Fats; 6 g Protein; 18 g Carb; 3 g Fiber;

Ingredients

- 2 caps of Portobello mushrooms, ½ -inch thick sliced
- 1 teaspoon of sea salt
- ½ cup Alkaline Barbecue Sauce
- 1 teaspoon onion powder
- ¼ cup spring water

Extra:

- ½ teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Place mushroom slices in a container with a lid, add BBQ sauce, all the seasoning, and water, cover with a lid, and then shake until coated.
2. Place the container into the refrigerator and then let it marinate for a minimum of 6 hours, shaking every 2 hours.
3. When ready to cook, take a griddle pan, place it over medium-high heat, brush with oil and let it preheat.
4. Thread three slices of mushrooms in a skewer, then arrange these skewers on the pan and then cook for 15 minutes, flipping every 3 minutes.
5. Serve straight away.

Zucchini Linguine



I've always wondered if Zucchini should be spelled with a "C" or a double "C". Then I found Google, and it helped me, a lot. If you'd like to eat some veggie noodles, you might want to try this dish.

Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 284 Cal; 23.6 g Fats; 5.7 g Protein; 18.8 g Carb; 9.7 g Fiber;

Ingredients

- 2 zucchini, spiralized
- ½ cup sliced mushrooms
- ½ teaspoon dried thyme
- ½ cup alkaline Avocado sauce
- ¼ cup chopped cilantro

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- ½ teaspoon dried oregano

Directions

1. Take a skillet pan, place it over medium heat, add oil and when hot, add mushrooms and cilantro and then cook for 3 to 5 minutes until tender.

2. Add avocado sauce, season with salt, pepper, oregano, and thyme, stir until mixed and cook for 1 to 2 minutes until warmed.
3. Place zucchini noodles in a large bowl, drizzle with some oil, and then toss until well coated.
4. Add avocado mixture, toss until combined, and then serve.

Butternut Pumpkin Soup



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 133.3 Cal; 4.8 g Fats; 2.1 g Protein; 23.6 g Carb; 1.3 g Fiber;

Ingredients

- 2 medium butternut squash, peeled, deseeded, chopped
- 1 medium white onion, peeled, chopped
- 2 cups soft-jelly coconut milk

Extra:

- 2/3 teaspoon sea salt
- 1 cup spring water

Directions

1. Take a large saucepan, place it over medium-high heat, pour in water, and then bring it to a boil.
2. Stir in salt, and add vegetables and then cook for 5 to 10 minutes until vegetables turn tender.
3. Remove pan from heat, add milk and then puree by using an immersion blender until smooth.
4. Serve straight away.

Spiced Mushroom Bowl



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 186 Cal; 3.4 g Fats; 2.1 g Protein; 36.7 g Carb; 3.5 g Fiber;

Ingredients

- 1 ½ cup sliced mushrooms
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline
- 6 tablespoons soft-jelly coconut milk

Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.

3. Add mushrooms, stir until mixed, and then cook for 10 to 15 minutes over medium-low heat setting until cooked.
4. Serve straight away.

Chickpea and Kale Curry



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 522 Cal; 38 g Fats; 15 g Protein; 26 g Carb; 8 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- 2/3 teaspoon salt
- 1 cup Kale leaves
- 2/3 cup soft-jelly coconut cream
- 2 tablespoons grapeseed oil

Extra:

- 1/3 teaspoon cayenne pepper

Directions

1. Switch on the oven, then set it to 425 degrees F and let it preheat.
2. Then take a medium baking sheet, spread chickpeas on it, drizzle with 1 tablespoon oil, sprinkle with all the seasonings and then bake for 15 minutes until roasted.
3. Then take a frying pan, place it over medium heat, add remaining oil and when hot, add kale and cook for 5 minutes.
4. Add roasted chickpeas, pour in the cream, stir until mixed and then simmer for 4 minutes, squashing chickpeas slightly.
5. Serve straight away.

GRAINS AND MAIN DISHES

Mushroom Risotto



Serving: 2

Preparation time: 5 minutes; Cooking time: 1 hour and 25 minutes;

Nutritional Info: 133 Cal; 1.3 g Fats; 4.5 g Protein; 25.2 g Carb; 2.4 g Fiber;

Ingredients

- 4 ounces sliced mushrooms
- ¼ of an onion, chopped
- 1 cup wild rice
- 1 tablespoon grapeseed oil
- 2 cups vegetable broth, homemade

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a medium pot, place it over medium heat add oil and when hot, add onion and mushroom and then cook for 4 to 5 minutes until mushrooms have turned golden brown and the liquid in the pan have evaporated.
2. Add rice, stir until mixed, cook for 1 minute, and then stir in salt and cayenne pepper.

3. Pour in the broth, switch heat to the low level and then cook the rice for 1 hour and 20 minutes until rice is tender.
4. Serve straight away.

Delicious Quinoa Bowl



Serving: 2

Preparation time: 5 minutes; Cooking time: 3 minutes;

Nutritional Info: 141 Cal; 6.2 g Fats; 6.5 g Protein; 32 g Carb; 4.1 g Fiber;

Ingredients

- 1/3 cup quinoa, cooked
- 1/4 cup cherry tomatoes, quartered
- 1/2 of green bell pepper, chopped
- 1/3 cup basil leaves
- 1 tablespoon grapeseed oil

Extra:

- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Take a pan, place it over medium heat, add oil and when hot, add cherry tomatoes and bell pepper and cook for 2 to 3 minutes until tender-crisp.
2. Take a medium bowl, place cooked quinoa in it, add tomatoes and bell pepper mixture, and then add basil leaves.
3. Season with salt and cayenne pepper, stir until mixed, and then serve.

Spelt and Raisin Cookies



Serving: 2

Preparation time: 10 minutes; Cooking time: 18 minutes;

Nutritional Info: 149.2 Cal; 4 g Fats; 3 g Protein; 55.3 g Carb; 2.2 g Fiber;

Ingredients

- 1 cup spelt flour
- 1/3 cup raisins
- ½ cup dates, pitted
- 3 ½ tablespoons, applesauce homemade or pureed apples
- 2/3 tablespoon spring water

Extra:

- 1/16 teaspoon sea salt
- 2 tablespoons agave syrup
- 1 ¾ tablespoon grapeseed oil

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, place flour in a food processor, add dates and salt in it, and then pulse until well blended.
3. Transfer flour mixture into a medium bowl, add remaining ingredients, and then stir until well mixed.
4. Divide the mixture into parts, each part about 2 tablespoons of the mixture, and then shape each part into a ball.

5. Place the cookie ball on a cookie sheet lined with parchment sheet, flatten it slightly by using a fork and then bake for 18 minutes until done.
6. Let cookies cool for 10 minutes and then serve.

Chickpea and Quinoa Burgers



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 315.4 Cal; 9.4 g Fats; 10.1 g Protein; 47.7 g Carb; 5.8 g Fiber;

Ingredients

- 2 tablespoons chopped onion
- $\frac{3}{4}$ cup chickpeas
- $\frac{1}{4}$ cup cooked quinoa
- 1 tablespoon spring water
- 1 tablespoon grapeseed oil

Extra:

- $\frac{1}{3}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne pepper

Directions

1. Switch on the oven, then set it to 375 degrees F and let it preheat.
2. Meanwhile, place onion, chickpeas, quinoa into a food processor and then pulse little chunky mixture comes together.
3. Add water, salt, and cayenne pepper and then pulse until the dough comes together.
4. Then tip the mixture into a medium bowl, cover it with its lid and then let it rest in the refrigerator for 15 minutes.

5. Shape the mixture into two patties, place them on a baking sheet lined with parchment paper and then bake for 20 minutes, turning halfway.
6. Then switch on the broiler and continue cooking for 2 minutes per side until golden brown.
7. You can serve the patties with spelt flour burgers and tahini butter.

Tef Grain Burger



Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 122 Cal; 4.1 g Fats; 4.2 g Protein; 16.6 g Carb; 2.6 g Fiber;

Ingredients

- $\frac{3}{4}$ cup cooked tef grains
- $\frac{3}{4}$ cup chickpea flour
- 2 tablespoons diced onion
- 2 tablespoons diced red bell pepper
- $\frac{1}{2}$ teaspoon dill

Extra:

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon basil
- 1 tablespoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and bell pepper and cook for 3 minutes until tender.
2. Transfer vegetables into the large bowl, add remaining ingredients, stir until mixed, and then shape the mixture into patties.

3. Place patties into the pan and then cook for 3 minutes per side until crisp and golden brown on all sides.
4. Serve straight away.

Kamut Porridge



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 183 Cal; 2 g Fats; 10 g Protein; 30 g Carb; 4 g Fiber;

Ingredients

- ½ cup Kamut
- ¼ teaspoon salt
- 2 tablespoons agave syrup
- ½ tablespoon coconut oil
- 2 cups walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender, add Kamut in its jar, and then pulse until cracked.
2. Take a medium saucepan, add Kamut in it along with salt, pour in the milk and then stir until combined.
3. Place the pan over high heat, bring the mixture to boil, then switch heat to medium-low level and simmer for 5 to 10 minutes until thickened to the desired level.
4. Then remove the pan from heat, stir agave syrup and oil into the porridge and then distribute evenly between two bowls.
5. Garnish the porridge with Dr. Sebi Diet's approved fruits and then serve.

Green Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 144 Cal; 0.6 g Fats; 6 g Protein; 31.6 g Carb; 5.4 g Fiber;

Ingredients

- ½ cup chickpea flour
- ¼ cup blueberries
- 1 burro banana, peeled
- ½ cup amaranth greens
- ½ cup spring water

Extra:

- ½ teaspoon of sea salt
- 1 tablespoon agave syrup
- 1 tablespoon walnut butter
- 1 tablespoon grapeseed oil

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid, pulse for 40 to 60 seconds until smooth, tip the mixture in a bowl and let it rest for 10 minutes.
3. When ready to cook, take a large frying pan, place it over medium-high heat, add oil and then let it heat.

4. Scoop prepared batter into the hot pan into six portions, shape each portion like a pancake and then cook for 2 to 3 minutes per side until edges have cooked and firm.
5. Serve straight away.

Chickpea Loaf



Serving: 2

Preparation time: 10 minutes; Cooking time: 45 minutes;

Nutritional Info: 268.7 Cal; 6.2 g Fats; 10.3 g Protein; 46 g Carb; 9.4 g Fiber;

Ingredients

- ¼ cup spelt flour
- 1 ½ cups chickpeas, cooked
- ¾ cup diced onions
- ¼ cup minced basil
- ½ cup sliced white mushrooms

Extra:

- 1 red bell pepper, cored, diced
- 1 tablespoon grapeseed oil
- 1 tablespoon and ¼ teaspoon granulated onion, homemade
- 1/8 teaspoon dried thyme
- ½ teaspoon sea salt and more as needed
- 1/3 teaspoon dried sage
- ¼ teaspoon cayenne pepper and more as needed
- ¼ teaspoon dried oregano

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.
2. Meanwhile, take a large skillet pan, place it over medium-high heat, add oil in it and when hot, add onion, pepper, and mushroom and then cook for 3 minutes or until begin to tender.
3. Add minced basil into the pan, stir until mixed, remove the pan from heat, add all the seasonings and then stir until mixed.
4. Place chickpeas in a food processor, pulse until coarsely chopped, and then transfer into a medium bowl.
5. Add cooked vegetable mixture along with remaining ingredients, stir until well mixed and then spoon into a greased loaf pan.
6. Bake the loaf for 30 to 40 minutes until firm and cooked, cool it slightly, cut into slices and then serve.

Alkaline Fried Rice



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 140 Cal; 7 g Fats; 4 g Protein; 15 g Carb; 1.1 g Fiber;

Ingredients

- ½ cup sliced mushrooms
- 1 cup cooked wild rice
- ½ cup sliced red bell pepper
- ¼ of a medium onion, peeled, cubed
- ½ cup sliced zucchini

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until browned.
2. Add remaining vegetables, stir until mixed, and then cook for 5 minutes until almost soft.
3. Add rice, stir until combined and cook for 3 minutes until golden brown.
4. Serve straight away.

Kamut Porridge with Dates



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 0.3 g Protein; 30.2 g Carb; 2 g Fiber;

Ingredients

- 1 cup dates, pitted, chopped
- 1 cup rolled Kamut flakes
- 1/8 teaspoon salt
- 2 cups spring water

Directions

4. Place Kamut flakes in a small saucepan, pour in the water, and let soak for overnight.
5. Then stir in salt, place the pan over medium-high heat and bring the mixture to a slow boil.
6. Switch heat to medium-low level and then continue cooking for 10 minutes or more until all the liquid has absorbed.
7. Remove pan from heat, add dates into the porridge and then stir until mixed.
8. Divide porridge between two bowls, drizzle with agave syrup if needed, and then serve.

Kamut Pasta



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 143.7 Cal; 1.8 g Fats; 4.5 g Protein; 29.1 g Carb; 4.8 g Fiber;

Ingredients

- ½ cup sliced zucchini
- 2 cups cooked spelt pasta
- ¼ cup diced onions
- ½ cup diced green bell peppers
- ¼ cup cherry tomatoes, cut in half

Extra:

- 2 tablespoons olives
- ½ cup alkaline sauce, homemade

Directions

1. Take a large bowl, place all the ingredients in it and then toss until well coated.
2. Serve straight away.

Quinoa and Wild Rice



Serving: 2

Preparation time: 10 minutes; Cooking time: 18 minutes;

Nutritional Info: 132 Cal; 3.5 g Fats; 4.5 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- ½ cup wild rice, boiled
- 2 tablespoons dried cherries
- ½ cup tricolor quinoa, uncooked
- ½ key lime, zested
- ¼ cup cherry tomato dressing, homemade

Extra:

- ½ teaspoon salt, divided
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground cardamom
- ½ tablespoon olive oil
- ½ cup spring water

Directions

1. Cook the quinoa, and for this, take a medium saucepan, place it over medium heat, add oil and when hot, add quinoa and cook for 3 minutes until softened.
2. Pour in the water, add lime zest and all the seasonings and spices, stir until mixed, and then bring the mixture to a boil.

3. Then switch heat to medium-low level and simmer quinoa for 10 to 12 minutes until tender.
4. When done, let the quinoa cool for 10 minutes, fluff it with a fork and transfer into a medium bowl.
5. Add rice and tomato dressing, stir until well mixed, add cherries and then toss until mixed.
6. Serve straight away.

Pasta with Chickpea Sauce



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 197 Cal; 6.1 g Fats; 6 g Protein; 30.5 g Carb; 5 g Fiber;

Ingredients

- ½ cup cooked chickpeas
- 2 cups cooked spelt pasta, hot
- ½ cup chopped onion
- 2 tablespoons chopped basil

Extra:

- 1 ½ tablespoon olive oil
- 1/3 cup spring water
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a medium skillet pan, place it over medium heat, add oil and when hot, add onion, and cook for 5 to 8 minutes until golden brown.
2. Spoon the onion mixture into a food processor, add chickpeas, salt, cayenne pepper, and water and then pulse until smooth.

3. Place pasta into a large bowl, add blended chickpea sauce, toss until mixed, and then garnish with basil.
4. Serve straight away.

Mashed Potatoes



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 52 Cal; 2.6 g Fats; 1.4 g Protein; 6 g Carb; 1.2 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- 2 teaspoons onion powder
- 2 teaspoons sea salt
- ¼ cup diced green onion
- 1 cup walnut milk, homemade

Directions

1. Place chickpeas in a food processor, pour in the milk, and then pulse for 1 to 2 minutes until blended.
2. Tip the chickpea mixture into a medium saucepan, place it over medium heat, add green onions and then stir until mixed.
3. Cook the chickpeas for 25 to 30 minutes until cooked, stirring constantly, and then serve.

Mushroom Wild Rice Stir-fry



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 234 Cal; 13 g Fats; 6 g Protein; 22 g Carb; 6 g Fiber;

Ingredients

- ½ of medium white onion, peeled, diced
- 10 button mushrooms, sliced
- 1 cup Kale leaves
- 2 cups cooked wild rice

Extra:

- 1 tablespoon grapeseed oil
- 2/3 teaspoon salt
- ¼ teaspoon cayenne pepper

Directions

1. Take a large skillet pan, place it over medium heat, add oil and when hot, add onion, and then cook for 4 minutes until tender.
2. Add mushrooms, stir until mixed and cook for 4 minutes until mushrooms have almost tender.
3. Add wild rice and Kale into the pan, season with salt and cayenne pepper, stir until mixed, and then cook for 5 minutes until leaves wilts.
4. Serve straight away.

Blueberry Spelt Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 8 minutes;

Nutritional Info: 156 Cal; 3.6 g Fats; 8.4 g Protein; 22.8 g Carb; 3.3 g Fiber;

Ingredients

- 1 cup spelt flour
- ¼ cup blueberries
- ¼ cup agave syrup
- 1/8 teaspoon sea moss
- ½ cup soft-jelly coconut milk

Extra:

- ¼ cup spring water
- 2 tablespoons grapeseed oil

Directions

1. Take a large bowl, place flour in it, add agave syrup, 1 tablespoon oil and sea moss, and then stir until mixed.
2. Whisk in milk and water until smooth batter comes together and then fold in berries.
3. Take a large skillet pan, place it over medium heat, add remaining oil and when hot, ladle batter in it, shape into a pancake and then cook for 2 to 3 minutes per side until golden brown and cooked.

4. Serve straight away.

Falafel



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 182 Cal; 10 g Fats; 6 g Protein; 18 g Carb; 4 g Fiber;

Ingredients

- 2 cups cooked chickpeas
- ½ cup chopped white onion
- ½ cup chickpea flour
- ¼ cup green onions, chopped
- 1 teaspoon chopped basil

Extra:

- 1 teaspoon chopped oregano
- 1 tsp onion powder
- ½ tsp of sea salt
- ½ teaspoon cayenne pepper
- 1/3 cup water from cooked chickpeas
- 1 tablespoon lime juice
- 1 tablespoon tahini
- 1 tablespoon grapeseed oil

Directions

1. Add chickpeas into a food processor, add remaining ingredients except for oil and then pulse until well blended.
2. Tip the mixture into a bowl and then shape into even size patties.
3. Take a large skillet pan, place it over medium heat, add oil and when hot, place prepared falafel patties in it and then cook for 4 to 5 minutes per side until golden brown and cooked.
4. Serve straight away.

Sloppy Joe



Serving: 2

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 166.5 Cal; 2.5 g Fats; 7 g Protein; 32.5 g Carb; 6 g Fiber;

Ingredients

- ¼ cup chopped white onion
- 1 cup cooked Kamut
- ¼ cup chopped green bell pepper
- ½ cup cooked chickpeas
- ¾ cup Barbecue Sauce, Alkaline

Extra:

- ½ teaspoon of sea salt
- 1/8 teaspoon cayenne powder
- ½ teaspoon onion powder
- ½ tablespoon grapeseed oil

Directions

1. Place chickpeas and Kamut in a food processor and then pulse until combined.

2. Then take a large skillet pan, place it over medium-high heat, add oil and when hot, add onion and peppers into the pan, stir in all the seasonings and then cook for 5 minutes until tender.
3. Add blended chickpea mixture, add remaining ingredients, stir until mixed, and then simmer it for 5 minutes.
4. Serve straight away.

Sausage Links



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 187.1 Cal; 7.4 g Fats; 7.3 g Protein; 24.2 g Carb; 6.3 g Fiber;

Ingredients

- 1 cup cooked chickpeas
- 2 cherry tomatoes
- ½ cup sliced mushrooms
- ¼ cup chopped white onion
- ¼ cup chickpea flour

Extra:

- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon of sea salt
- ½ teaspoon cayenne powder
- ½ teaspoon dill
- 1 tablespoon grapeseed oil

Directions

1. Place all the ingredients in a food processor except for chickpeas and then pulse until combined.

2. Add chickpeas, blend again until well combined, and then spoon the mixture into a piping bag.
3. Take a large skillet pan, place it over medium-high heat, add oil and then hot, squeeze chickpea mixture to make sausage links, and then cook for 3 to 4 minutes per side until nicely brown and cooked.
4. Serve straight away.

Amaranth Vegetable Patties



Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;
Nutritional Info: 152 Cal; 3 g Fats; 7 g Protein; 29 g Carb; 6 g Fiber;

Ingredients

- ½ of medium white onion, peeled, minced
- ½ cup amaranth, cooked
- 1 medium zucchini, grated
- ¼ cup chopped basil
- 1 ½ cups Kale, chopped

Extra:

- ¼ cup chopped dill
- 2 tablespoons spelt flour
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1 ½ tablespoon tahini
- 1 tablespoon key lime juice

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.

2. Meanwhile, take a skillet pan, place it over medium heat, add oil and when hot, add onion and cook for 5 minutes until tender.
3. Add zucchini, cook for 3 to 5 minutes until soft, then add Kale and cook for 5 minutes until wilted.
4. Spoon the mixture into a bowl, add remaining ingredients, stir until mixed, and then shape the mixture into evenly sized patties.
5. Arrange patties onto a baking sheet and then bake for 15 minutes per side until golden brown and cooked.
6. Serve straight away.

Brussel Sprouts and Quinoa Salad



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 12 g Fats; 5 g Protein; 18 g Carb; 3 g Fiber;

Ingredients

- ¼ cup quinoa, cooked
- ½ pound Brussel sprouts, halved, diced, roasted
- 2 tablespoons dried cranberries
- 1 medium white onion, peeled, sliced caramelized

Extra:

- 1/3 teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ of orange, juiced
- ½ teaspoon orange zest
- 1 tablespoon key lime juice

Directions

1. Take a small bowl, pour orange juice and lime juice in it, add orange zest and then stir until mixed.

2. Take a salad bowl, place remaining ingredients in it, drizzle with the orange juice mixture and then toss until mixed.
3. Serve straight away.

Spelt Bread



Serving: 2

Preparation time: 10 minutes; Cooking time: 40 minutes;

Nutritional Info: 215 Cal; 5 g Fats; 3 g Protein; 39 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cups and 2 tablespoons spelt flour
- ¼ cup quick-cooking rolled oats
- 2 tablespoons sesame seeds
- ½ teaspoon of sea salt
- 1 cup walnut milk, homemade, warmed

Extra:

- 1 tablespoon agave syrup
- 1 tablespoon olive oil

Directions

1. Switch on the oven, then set it to 350 degrees F, and let it preheat.
2. Meanwhile, take a medium bowl, place flour in it, add oats, salt, and sesame seeds and then stir until mixed.
3. Take a separate bowl, pour in milk, whisk in oil and agave syrup until combined, and then whisk in flour mixture until smooth.
4. Pour the batter into a loaf lined with parchment paper, sprinkle some more oats on top, pressing them into the batter, and then bake for 30 to 40 minutes until firm.

5. When done, let the bread cool completely on the wire rack, then cut it into slices and serve.

Amaranth Porridge



Serving: 2

Preparation time: 5 minutes; Cooking time: 30 minutes;

Nutritional Info: 373 Cal; 9 g Fats; 14 g Protein; 64 g Carb; 14 g Fiber;

Ingredients

- 1 cup amaranth, soaked
- 2 tablespoons chopped walnuts
- 1 cup soft-jelly coconut milk
- 1 cup spring water

Extra:

- 1/16 teaspoon salt
- 2 tablespoons agave syrup

Directions

1. Drain soaked amaranth, place them in a medium pot, pour in milk and water.
2. Place the pot over medium-high heat, bring the mixture to boil, then switch heat to medium level and cook for 25 minutes or more until amaranth has cooked.
3. Stir in salt and agave syrup, remove the pan from heat and distribute between two bowls.
4. Top amaranth with nuts and then serve.

Teff Sausage



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 88.3 Cal; 2.3 g Fats; 4.6 g Protein; 12.7 g Carb; 1.6 g Fiber;

Ingredients

- 2 tablespoons diced onions
- $\frac{3}{4}$ cup cooked teff grain
- 2 tablespoons diced red bell pepper
- $\frac{1}{4}$ cup chickpea flour
- 1 teaspoon basil

Extra:

- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon of sea salt
- $\frac{1}{4}$ teaspoon crushed red pepper
- 1 tablespoon grapeseed oil

Directions

1. Take a medium skillet pan, place it over medium-high heat, add oil and when hot, add onion and peppers, and then cook for 2 to 3 minutes until tender.
2. Stir in chickpea flour, transfer the mixture into a medium bowl, add remaining ingredients, stir until well mixed, and then shape the mixture into evenly sized patties.
3. Return skillet pan over medium heat and when hot, place patties on it and then cook for 3 minutes per side until crisp and cooked.
4. Serve straight away.

Amaranth with Walnuts



Serving: 2

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 175 Cal; 0 g Fats; 1.3 g Protein; 42 g Carb; 4 g Fiber;

Ingredients

- 1 cup amaranth
- 2 cups of spring water
- ¼ teaspoon salt
- 2 tablespoons chopped walnuts
- 2 tablespoons agave syrup

Directions

1. Take a medium saucepan, place it over medium-high heat, add amaranth, pour in water, and then bring it to a boil.
2. Then switch heat to medium level, cook it for 25 minutes until all the liquid has been absorbed, and then stir in salt.
3. Remove pan from heat, let amaranth rest for 10 minutes, and divide evenly between two bowls and then top with nuts and agave syrup.
4. Serve straight away.

Spelt Pancakes



Serving: 2

Preparation time: 10 minutes; Cooking time: 6 minutes;

Nutritional Info: 103.4 Cal; 1.6 g Fats; 7 g Protein; 23.1 g Carb; 3.5 g Fiber;

Ingredients

- ½ cup spelt flour
- ¼ cup mashed burro banana
- ¼ cup and 2 tablespoons walnut milk, homemade
- ½ teaspoon date sugar
- 1 ½ teaspoons key lime juice

Extra:

- 1 tablespoon grapeseed oil
- 1 ½ teaspoon walnut butter, homemade

Directions

1. Take a medium bowl, pour in milk, stir in lime juice, let it rest for 5 minutes and then whisk in butter and mashed burro banana until combined.

2. Take a separate medium bowl, place flour in it, stir in sugar and then whisk in milk mixture until smooth.
3. Take a large skillet pan, place it over medium-high heat, add oil, and when hot, ladle the batter in it in four portions, shape each portion into a pancake and then cook for 2 to 3 minutes per side until golden brown and cooked.
4. Serve straight away.

Chickpea Flour Quiche



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 182 Cal; 6 g Fats; 8 g Protein; 25.3 g Carb; 7.2 g Fiber;

Ingredients

For the Batter:

- 1 ½ tablespoon olive oil
- 1 ¼ cup chickpea flour
- 1 1/2cup spring water
- 1 teaspoon of sea salt

For the Filling:

- ½ cup chopped and cooked vegetables
- ½ teaspoon dried basil
- ½ teaspoon dried oregano

Directions

1. Switch on the oven, then set it to 500 degrees F and let it preheat.
2. Meanwhile, prepare the batter and for this, take a medium bowl, place all of its ingredients and then whisk until smooth batter comes together.
3. Add vegetables and herbs into the batter and then stir until combined.

4. Take six silicone muffin cups, grease them with oil, fill evenly with the prepared batter and then cook for 10 to 15 minutes until firm and turn golden brown.
5. Serve straight away.

Revitalizing Chickpea Dish



Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 259 Cal; 13.7 g Fats; 6.1 g Protein; 27.7 g Carb; 5.2 g Fiber;

Ingredients

- ¼ cup diced red onion
- 2 cups cooked chickpeas
- 1/8 cup diced green bell pepper
- ¼ teaspoon of sea salt
- 2 teaspoons onion powder

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2/3 cup alkaline hemp seed mayo
- 1 teaspoon dill
- ½ nori sheet, cut into small pieces

Directions

1. Take a large bowl, place chickpeas in it, and then mash them by using a fork.
2. Add remaining ingredients, stir until well mixed and then chill the salad for a minimum of 30 minutes.
3. Serve straight away.

Burro banana Nut Muffin



Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 204.1 Cal; 8.5 g Fats; 3.3 g Protein; 30 g Carb; 1.4 g Fiber;

Ingredients

- 1 burro banana, peeled, mashed
- $\frac{3}{4}$ cup spelt flour
- $\frac{1}{2}$ burro banana, peeled, cut into chunks
- 6 tablespoons date sugar
- 6 tablespoons walnut milk, homemade

Extra:

- $\frac{1}{4}$ teaspoon of sea salt
- $\frac{1}{2}$ tablespoon key lime juice
- 2 tablespoons grapeseed oil
- $\frac{1}{4}$ cup chopped walnuts

Directions

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Meanwhile, take a medium bowl, place all the dry ingredients in it and then stir until mixed.
3. Then a separate bowl, place the mashed burro banana in it, add all the wet ingredients, whisk until combined, and then whisk in flour mixture until smooth.

4. Fold in nuts and burro banana pieces and then spoon the mixture evenly into four muffin cups.
5. Bake the muffins for 15 to 20 minutes until firm and cooked and then serve.

Crunchy Alkaline Breakfast Bars



Serving: 2

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 108.6 Cal; 3 g Fats; 1.6 g Protein; 19.4 g Carb; 1.6 g Fiber;

Ingredients

- ½ cup spelt flour
- 2 baby burro bananas
- 1 cup quinoa flakes
- 1/16 teaspoon sea salt
- 1 tablespoon agave nectar

Extra:

- ¼ cup grapeseed oil
- ½ cup alkaline blackberry jam

Directions

1. Switch on the oven, then set it to 350 degrees F and let it preheat.

2. Meanwhile, place peeled burro bananas in a medium bowl and then mash by using a fork.
3. Add agave nectar and oil, stir until well combined, and then stir in salt, flour, and quinoa flakes until a sticky dough comes together.
4. Take a square dish, line it with parchment sheet, spread two-third of the prepared dough in its bottom, layer with blackberry jam, and then top with remaining dough.
5. Bake for 10 minutes and then let the dough cool for 15 minutes.
6. Cut the dough into four bars and then serve.

Spiced Amaranth Patties



Serving: 2

Preparation time: 10 minutes; Cooking time: 12 minutes;

Nutritional Info: 148 Cal; 2 g Fats; 10 g Protein; 24 g Carb; 8 g Fiber;

Ingredients

- ½ cup amaranth, cooked
- ½ of medium white onion, peeled, chopped
- ¼ cup grated zucchini
- ¼ cup chopped red bell pepper

Extra:

- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon coriander powder
- ¼ teaspoon key lime zest
- 2 tablespoons grapeseed oil

Directions

1. Take a small frying pan, place it over medium heat, add 1 tablespoon oil and when hot, add onion and then cook for 5 minutes until tender.
2. Add zucchini and red pepper, stir until mixed and cook for 3 minutes.
3. Add remaining ingredients except for oil and amaranth, stir until mixed, then remove the pan from heat and cool for 10 minutes.

4. Take a medium bowl, place cooked amaranth in it, add vegetable mixture, stir until combined, and then shape the mixture into evenly sized patties.
5. Take a large skillet pan, place it over medium heat, add remaining oil and when hot, place patties in it and then cook for 3 minutes per side until golden brown.
6. Serve straight away.

Spiced Chickpeas



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 187.9 Cal; 7.7 g Fats; 6.4 g Protein; 26.2 g Carb; 6.6 g Fiber;

Ingredients

- 1 ½ cup cooked chickpeas
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade

Extra:

- 6 teaspoons spice mix
- ¼ teaspoon salt
- ½ tablespoon grapeseed oil
- ¼ teaspoon cayenne pepper
- ¾ cup tomato sauce, alkaline
- 6 tablespoons soft-jelly coconut milk

Directions

1. Take a large skillet pan, place it over medium heat, add oil and warm, add onion, and then cook for 5 minutes until golden brown.
2. Add spice mix, add remaining ingredients into the pan except for okra, stir until mixed, and then bring the mixture to a simmer.

3. Add chickpeas, stir until mixed, and then cook for 5 minutes over medium-low heat setting until thoroughly warmed.
4. Serve straight away.

Spelt Biscuits



Serving: 2

Preparation time: 10 minutes; Cooking time: 15 minutes;
Nutritional Info: 240 Cal; 4 g Fats; 10 g Protein; 56 g Carb; 16 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ teaspoon salt
- ½ tablespoon baking powder
- 3 tablespoons walnut butter, homemade
- 6 tablespoons walnut milk, homemade

Directions

1. Switch on the oven, then set it to 450 degrees F and let it preheat.
2. Meanwhile, place flour in a food processor, add salt, baking powder, and butter and then pulse until mixture resembles crumbs.
3. Tip the mixture in a bowl, stir in milk until dough comes together, and then roll it into 1-inch thick dough.
4. Use a cutter to cut out biscuits, arrange them on a baking sheet and then bake for 12 to 15 minutes until golden brown.
5. Serve straight away.

Herbed Wild Rice



Serving: 2

Preparation time: 5 minutes; Cooking time: 45 minutes;

Nutritional Info: 165 Cal; 0.6 g Fats; 6.5 g Protein; 35 g Carb; 3 g Fiber;

Ingredients

- 1 cup wild rice
- ½ tsp dried basil
- ½ tsp dried thyme
- ½ tsp dried oregano
- 3 cups vegetable broth, homemade

Extra:

- ½ teaspoon salt

Directions

1. Take a medium saucepan, place it over medium-high heat, add rice, pour in water and bring it to a boil covering the pan with lid.
2. Then turn heat to the low level and simmer the rice for 40 minutes until tender.
3. Drain excess liquid from rice, add herbs, stir until mixed, and then serve.

Quinoa Porridge with Amaranth



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 204 Cal; 4 g Fats; 8 g Protein; 33 g Carb; 3 g Fiber;

Ingredients

- ½ cup amaranth, cooked
- 2 tablespoons agave syrup
- ½ cup black quinoa, cooked
- ½ cup soft-jelly coconut milk
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium heat, add cooked quinoa and amaranth, pour in the water, stir until mixed, and then bring it a boil.
2. Switch heat to the low level and then simmer for 10 to 25 minutes until grains have absorbed all the liquid.
3. Pour in the milk, add agave syrup, stir until mixed, and then simmer for another 5 minutes until thoroughly cooked and slightly thickened.
4. Serve straight away.

Amaranth Polenta



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 172 Cal; 7.3 g Fats; 4.5 g Protein; 18.5 g Carb; 1.8 g Fiber;

Ingredients

- $\frac{3}{4}$ cup amaranth
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon salt
- 6 tablespoons walnut milk, homemade
- 1 $\frac{1}{2}$ cups vegetable broth, homemade

Extra:

- $\frac{1}{8}$ teaspoon cayenne pepper

Directions

1. Take a medium pot, place it over medium heat, pour in the broth, stir in salt and then bring it to a boil.
2. Then switch heat to medium-low level, whisk in amaranth and then cook for 10 to 20 minutes until slightly thick mixture comes together.
3. Add remaining ingredients, stir until mixed and continue cooking for 5 minutes.
4. Serve polenta with chickpeas.

Savory Walnut Meat



Serving: 2

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 240 Cal; 23.7 g Fats; 5.7 g Protein; 5.6 g Carb; 2.7 g Fiber;

Ingredients

- 8 ounces walnuts, soaked overnight
- ¼ cup sliced green bell peppers
- ½ cup sliced white onions
- ¼ cup sliced red bell peppers
- ¼ cup sliced orange bell peppers

Extra:

- 1 tablespoon onion powder
- ½ teaspoon of sea salt
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried basil
- 2 tablespoons grapeseed oil
- 2 tablespoons spring water

Directions

1. Drain the walnuts, place them in a food processor, and then pulse until crumbled.
2. Take a skillet pan, place it over medium-high heat, add oil and when hot, add onions and all the peppers, stir in all the seasoning and then cook for 10 minutes until tender.
3. Add walnuts, stir in water and then cook for 3 to 5 minutes until hot.
4. Serve meat with cooked spelt pasta.

Amaranth Bowl with Butternut Squash



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;
Nutritional Info: 325 Cal; 12 g Fats; 9.2 g Protein; 50 g Carb; 8.1 g Fiber;

Ingredients

- 10 ounces cooked butter squash chunks
- 1 apple, peeled, cored, sliced
- 8 ounces collard greens
- 1 teaspoon garam masala
- 1 ½ cup cooked amaranth

Extra:

- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 teaspoon and 1 tablespoon grapeseed oil

Directions

1. Take a pan, place it over medium heat, add 1 teaspoon oil and when hot, add squash piece, sprinkle with garam masala and $\frac{1}{4}$ teaspoon salt, stir until mixed and then cook for 5 minutes until hot.
2. Transfer squash mixture to a bowl, return skillet over medium heat, add remaining oil and when hot, add collard green, season with remaining salt, and then cook for 5 minutes until hot.
3. Divide amaranth between two bowls, top with apple, collards, and squash mixture and then serve.

Alkaline Hot Dogs



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 120 Cal; 2 g Fats; 16 g Protein; 8 g Carb; 2 g Fiber;

Ingredients

- 1 cup cooked chickpeas
- 1/3 cup diced green bell pepper,
- 1 cup spelt flour
- 1/3 cup diced white onion,
- 1 teaspoon coriander

Extra:

- ¼ cup diced shallots,
- 1 tablespoon onion powder
- 2 teaspoons sea salt
- ½ teaspoon dill
- 1 tablespoon grapeseed oil
- ½ cup liquid from chickpeas

Directions

1. Take a pan, place it over medium heat, add oil and when hot, add chickpeas and all the vegetables and then cook for 5 minutes.

2. Transfer the chickpeas and vegetables in a food processor, add remaining ingredients and pulse until well combined.
3. Shape the mixture into hot dog shape rolls, and then wrap each hot dog in a parchment paper.
4. Boil some water in a pot, place a steamer on it, arrange wrapped hot dogs on it and then steam for 30 minutes.
5. When done, uncover the hot dogs and then fry for 10 minutes over medium heat until browned on all sides.
6. Serve hot dogs in spelt buns.

SMOOTHIES, JUICES AND PARFAITS

Breakfast Herbal Smoothie



This creamy drink will not only wake you up, it will boost your confidence in how easy it is to make a healthy take-with-you smoothie that's not only healthy, its alkaline, plant based and raw.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 75.5 Cal; 2.1 g Fats; 0.9 g Protein; 13.2 g Carb; 1.8 g Fiber;

Ingredients

- 2 cups Dr. Sebi's Herbal Tea
- 1 burro banana, peeled
- 1 tablespoon walnut
- 1 tablespoon agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Triple Berry Banana Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 1.5 g Fats; 5 g Protein; 26 g Carb; 4 g Fiber;

Ingredients

- ½ cup strawberries
- 2 tablespoons agave syrup
- ½ cup raspberries
- 1 burro banana, peeled
- ½ cup blueberries
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blueberry Smoothie



Studies have shown that quinoa and the other alkaline stuff that's in here is not just healthy but needed to supercharge your electric body. So, I decided to help bang this together quickly, and I mean quickly...and ensure you maintain your greatness, regardless of what you did to your body in years past on junk diet. You're welcome.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 194 Cal; 5 g Fats; 5 g Protein; 34 g Carb; 2 g Fiber;

Ingredients

- ½ cup blueberries
- 1 burro banana, peeled
- ¼ cup cooked quinoa
- 2 tablespoon date sugar
- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Raspberry, Peach and Walnuts Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 0.3 g Fats; 12 g Protein; 18.7 g Carb; 2.5 g Fiber;

Ingredients

- ½ of peach
- ½ cup raspberries
- 1 ½ tablespoons walnuts
- 2 tablespoons agave syrup
- ½ tablespoon Bromide Plus Powder
- 2 cups spring water

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve. \

Smoothie with Strawberries and Coconut



A long time ago, in a diet not so far away, there lived just simple and basic eaters. They didn't eat creative fun amazing vegan alkaline meals, and then, everything changed in a flash when this drink was bestowed upon them. Smiles. Here's the recipe:

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 168 Cal; 2.5 g Fats; 2 g Protein; 38 g Carb; 4.5 g Fiber;

Ingredients

- 1 ½ cup Dr. Sebi's Herbal Tea
- ¼ cup soft-jelly coconut, shredded
- ½ cup strawberries
- 2 tablespoons agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Nutty Date Papaya Smoothie



Sometimes sweeteners are bad, and some are good. But when they're sweet and nutty AND healthy - let's be real - they're the best. So, herein comes the nutty date smoothie.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 152 Cal; 3.6 g Fats; 2.4 g Protein; 33 g Carb; 5 g Fiber;

Ingredients

- 1 papaya, deseeded
- 3 dates, pitted
- 1 burro banana, peeled
- ¼ of key lime, juiced
- 1 tablespoon Bromide Plus Powder

Extra:

- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cucumber and Coconut Smoothie



I call this the “Double C”. If you watch closely, you’ll probably see the double ingredient packed into this recipe. Can you spot even more? Tell me if so. Speaking of packing, let’s pack this Jar with these flavors from you-know-where so you can relive the beauty and aroma of this Caribbean and African delight.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138 Cal; 5 g Fats; 3 g Protein; 22 g Carb; 3 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ of cucumber, deseeded
- ½ teaspoon Bromide Plus Powder
- ½ cup soft-jelly coconut water
- ½ cup Dr. Sebi’s Herbal Tea

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Tamarind and Cucumber Breakfast Drink



For those of you that know Tamarind, you know it has an edgy-tarty flavor. With that, we decided to take a stab at it with Cucumber and arugula, and spice it up with cayenne. Yes! Rather than stabbing a chicken. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 0.5 g Fats; 2 g Protein; 30.5 g Carb; 6.5 g Fiber;

Ingredients

- 2 cups Dr. Sebi's Herbal Tea
- 1 tablespoon tamarind pulp
- 1 cucumber, deseeded
- 2 ounces arugula
- 1 key lime, juiced

Extra:

- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

3. Divide the drink between two glasses and then serve.

Hearty Berry Smoothie



We get it, you aren't a crabby person. Given you are what you eat, we decided to eliminate the crap and trade it for a goodness of berries and other awesomeness! Indeed, happy and healthy people deserve to eat crap-free meals.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 180 Cal; 8 g Fats; 4 g Protein; 25 g Carb; 5 g Fiber;

Ingredients

- ¼ cup strawberries
- ¼ cup blueberries
- ¼ cup blackberries
- ¼ cup raspberries
- 2 tablespoons walnuts

Extra:

- 1 tablespoon of Bromide Plus Powder
- 2/3 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Dandelion Green Smoothie



If you think about those alkaline recipes from Dr. Sebi where you have the salads with the herbs, the greens and the nuts - what do you end up doing with them more often than not? Of course, you mix it all together! We decided to embrace that inevitability, but in a somewhat different way. We thought that mixing herbs, walnuts and some good veggies and blending them would make a really good, healthy, hearty and alkaline smoothie. Turns out we were right on the money.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 317 Cal; 11 g Fats; 10 g Protein; 42 g Carb; 7 g Fiber;

Ingredients

- 1 cup dandelion greens
- ½ of cucumber, deseeded
- 1 apple, cored, deseeded
- 1 burro banana, peeled
- ½ tablespoon walnuts

Extra:

- ½ teaspoon Bromide Plus Powder
- 1 cup soft-jelly coconut milk

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cantaloupe Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 114.7 Cal; 0.6 g Fats; 1.8 g Protein; 27.8 g Carb; 1 g Fiber;

Ingredients

- 1 cantaloupe, peeled, deseeded, sliced
- ½ cup Dr. Sebi Herbal Tea
- ½ of burro banana, peeled
- ½ cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon Refresher



Combining the flavors of Africa, America and the Caribbean, and the Alkaline Vegan Gods, we present a decadent entree that will leave you spellbound.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 55 Cal; 1.3 g Fats; 0.9 g Protein; 9.9 g Carb; 7 g Fiber;

Ingredients

- 1 watermelon, peeled, deseeded, cubed
- 1 tablespoon date sugar
- ½ of key lime, juiced, zest
- 2 cups soft-jelly coconut water

Directions

1. Place watermelon pieces in a high-speed food processor or blender, add lime zest and juice, add date sugar and then pulse until smooth.
2. Take two tall glasses, fill them with watermelon mixture until two-third full, and then pour in coconut water.
3. Stir until mixed and then serve.

Smoothie Bowl



We added some healthy berries and creamed it up with walnut butter. Such deliciousness feeds two people who just woke up from dreamland.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 338 Cal; 9.6 g Fats; 8.6 g Protein; 64.3 g Carb; 12.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- 1 ½ cup mixed berries
- 1 mango, peeled, destoned, chopped
- 2 tablespoons walnut milk, homemade
- 1 tablespoon walnut butter, homemade

Extra:

- 2 tablespoons agave syrup

Directions

1. Plug in a high-speed food processor or blender, add burro banana and berries, and then pulse at low speed until small pieces of fruits remain in the jar.
2. Add milk, butter, and agave syrup, pulse until combined, and then divide the mixture evenly between two bowls.
3. Top evenly with mango slices and some more berries and then serve.

Refreshing Smoothie with Nuts



All smoothies do not have to taste astringent or bland. Create goodness with nuts, figs and berries. Serves two people that are hungry, or one that can take this twice in a day.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 234 Cal; 2 g Fats; 6.1 g Protein; 53.1 g Carb; 5.8 g Fiber;

Ingredients

- ½ of burro banana, peeled
- ½ cup figs
- 2 strawberries
- ¼ cup Brazil nuts
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watercress Detox Smoothie



We replaced broccoli with watercress that you would otherwise have found in non-Dr. Sebi alkaline recipes. And added the bromide plus powder for complete goodness. Serves two people that know how to enjoy watercress and all the other stuff in this dish.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 146 Cal; 10.5 g Fats; 7 g Protein; 7.5 g Carb; 2.5 g Fiber;

Ingredients

- ½ cup watercress
- ½ of avocado, peeled, pitted
- 1 key lime, juiced
- 1 cup soft-jelly coconut milk, homemade
- 1 teaspoon Bromide Plus Powder

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Mango and Orange Smoothie



This delicious delight is reminiscent of the ambience of sunlight. But who wouldn't want this? Not me. Okay. Before I ruffle up too many feathers, let's just get down with this in a moment.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 163 Cal; 3.4 g Fats; 1 g Protein; 32 g Carb; 6 g Fiber;

Ingredients

- ½ of a large mango, peeled, destoned, cubed
- 1 key lime, juiced
- 1 orange, peeled
- 1 tablespoon agave syrup
- 1 tablespoon grapeseed oil

Extra:

- 1 cup herbal tea

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Smoothie with Apple and Blueberries



Head into the kitchen and prepare this deliciousness so we can all agree that the proof of the pudding is in the eating. Then you can go on to enjoy your beautiful life.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 215 Cal; 1.1 g Fats; 2.3 g Protein; 48 g Carb; 8.3 g Fiber;

Ingredients

- 1 cup blueberries
- 1 apple, cored
- 1 cup turnip greens
- $\frac{1}{4}$ cup Brazil nuts
- $\frac{1}{2}$ tablespoon agave syrup

Extra:

- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Nutty Sea Moss Smoothie



The goodness of sea moss, dates and walnut milk all in one dish. One Sebian is allowed to enjoy this, unless there is a lovely cat behind who peeps and wants to enjoy too. You're welcome.

Serving: 2

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 100.5 Cal; 0.1 g Fats; 1.7 g Protein; 22.5 g Carb; 3.5 g Fiber;

Ingredients

- 33 g sea moss, rinsed
- 1 tablespoon coconut nectar
- 2 cups spring water, warmed
- 1 cup walnut milk, unsweetened

Extra:

- 1/4 cup dates

Directions

1. Place rinsed seaweed in a medium bowl, pour in the water and let it soak for a minimum of 4 hours until thickened slightly.
2. Drain the soaked sea moss, transfer into a food processor, pulse until the smooth paste comes together, and then refrigerate until required.

3. When ready to drink, transfer 8 tablespoons of sea moss paste into a food processor, add remaining ingredients and then pulse until smooth.
4. Divide the drink evenly between two glasses and then serve.

Zucchini and Avocado Smoothie



Suited for anyone in need of healthy electric herbal intake and a detox. But then again, almost all the smoothies in this book is a detox. Whatever.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 165 Cal; 6.8 g Fats; 8.5 g Protein; 17.3 g Carb; 5.5 g Fiber;

Ingredients

- 3 tablespoons hemp seeds
- 1/3 cup diced zucchini
- 1 cup dandelion greens
- ¼ of a large avocado, peeled, pitted
- 1 ¼ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blueberry-Pie Smoothie



The blueberries give you some vitality, the amaranth, some minerals and the dates are natural sugar.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 302 Cal; 3 g Fats; 11 g Protein; 60 g Carb; 7 g Fiber;

Ingredients

- ¼ cup cooked amaranth
- 1 cup blueberries
- 1 teaspoon Bromide Plus Powder
- 1 burro banana, peeled
- 1 tablespoon walnut butter, homemade

Extra:

- 2 tablespoons date sugar
- 2 cups soft-jelly coconut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cucumber and Basil Cleansing Drink



It's not soda, it's not wine, it's a Cleansing detox drink. Combining the flavors of Cucumber, Basil and coconut water, you'll be spell-bound not to agree that this isn't just like any other detox smoothie. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 56.1 Cal; 0.5 g Fats; 0.9 g Protein; 12 g Carb; 2 g Fiber;

Ingredients

- 4 cucumbers, deseeded
- 1 bunch of basil leaves
- 2 key limes, juiced
- ½ teaspoon Bromide Plus Powder
- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana, Pear and Coconut Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 90 Cal; 0 g Fats; 1 g Protein; 24 g Carb; 3 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups chopped kale
- 1 pear, diced
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon and Raspberries Smoothie



I mean, it's lean and it's ready to enter your mouth whenever you want it to. Be prepared to have this goodness right in your belly for a better, healthier colon.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 1 g Fats; 3.4 g Protein; 26 g Carb; 7 g Fiber;

Ingredients

- 1 cup watermelon chunks
- ½ cup raspberries
- 1 key lime, juiced
- ¼ cup cucumber, deseeded, diced
- ½ cup soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Papaya and Quinoa Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 224.6 Cal; 7.7 g Fats; 7 g Protein; 33.7 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups papaya cubes
- 2 tablespoons date sugar
- 1 cup cooked quinoa or amaranth
- 2 teaspoons Bromide Plus Powder
- 2 cups hemp milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Avocado and Cucumber Smoothie



It might be Friday, but even if it's not, you still should gulp this healthy hearty green drink. Drinking a margarita or soda or vodka is out the door, and never to come back. Yes, we won't take you to jail if you do, but you get your body all locked up – if you know what I mean.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 103 Cal; 4.5 g Fats; 1.6 g Protein; 16.2 g Carb; 2.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- ¼ of an avocado
- ¼ of a cucumber
- 1 tablespoon agave syrup
- ½ cup herbal tea

Extra:

- 1 tablespoon chopped walnuts
- 1 cup soft-jelly coconut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Orange and Banana Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 138.5 Cal; 0.6 g Fats; 1.5 g Protein; 35.1 g Carb; 4.7 g Fiber;

Ingredients

- ½ of a burro banana, peeled
- 3 oranges, peeled
- 1 ½ tablespoons Date sugar
- ½ teaspoon Bromide Plus Powder
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Lettuce, Banana and Berries Smoothie



Does this even need an explanation? Are you not excited to have this right now? By the way, it tastes better than it looks, I promise!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147 Cal; 0.8 g Fats; 3.3 g Protein; 36 g Carb; 4 g Fiber;

Ingredients

- ½ of a burro banana
- ¼ cup blueberries
- 1 cup Romaine lettuce
- 2 tablespoons key lime juice
- ½ cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple, Quinoa and Fig Smoothie



Nutrition facts: I can't believe there's no meat, no dairy, yet so much protein in here. Makes 2 glasses that feed one person. Also feeds one dog.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 153 Cal; 1 g Fats; 3 g Protein; 28 g Carb; 3 g Fiber;

Ingredients

- ½ cup cooked quinoa
- ½ of a large red apple, cored
- 1 cup amaranth greens
- 1 fig
- 1 teaspoon Bromide Plus Powder

Extra:

- 1 tablespoon raisins
- 1 tablespoon date sugar
- 1 cup hemp seed milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Strawberry Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 137 Cal; 5 g Fats; 1 g Protein; 22 g Carb; 2 g Fiber;

Ingredients

- 1 cup strawberries
- ½ cup Brazil nuts, soaked
- 1 tablespoon agave syrup
- 1/3 cup Irish Moss gel
- 1 ½ cups spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Sweet Sunrise Smoothie



This yellow delight will take care of on hungry person or two who are not very hungry or just love each other and want to share.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 0 g Fats; 0 g Protein; 30 g Carb; 3 g Fiber;

Ingredients

- 1 cup mango chunks
- 1 cup raspberries
- ½ of a burro banana
- 1 orange, peeled
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156 Cal; 1.8 g Fats; 9.4 g Protein; 32.8 g Carb; 10.2 g Fiber;

Ingredients

- 1 apple, cored, diced
- 2 cups kale
- 1 cup cucumber chunks
- 2 cups of coconut water

Extra:

- 1 key lime, juiced
- 1 tablespoon of sea moss gel

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

3 ingredient Banana Herbal Drink



This burro banana blast can certainly cure a hangover and make your spouse like you more, if you have one.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 177 Cal; 1 g Fats; 2 g Protein; 40 g Carb; 4 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 1 cup herbal tea
- 1 tablespoon agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon, Cantaloupe and Mango smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 132 Cal; 1 g Fats; 3.5 g Protein; 30.1 g Carb; 3.2 g Fiber;

Ingredients

- ½ of a large mango, peeled
- ½ of burro banana, peeled
- ½ cup cantaloupe, peeled
- ½ cup amaranth greens
- ½ cup watermelon chunks

Extra:

- 1 cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

BlackBerry & Banana Smoothie



“It doesn’t matter if you’re black or white”, the superstar sang, and he literally lived that way, too. I wanted the blackberries and walnut milk in this smoothie to feel at ease with each other’s color differences. Working together, they create the ultimate taste bud Thriller. Enjoy

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 147.7 Cal; 0.7 g Fats; 5 g Protein; 34 g Carb; 4.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup blackberries
- 2 dates, pitted
- 1 cup mango chunks
- ¼ cup walnut milk, unsweetened

Extra:

- ¾ cup of coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Smoothie with Raspberries



Ever been to Africa or the Caribbean? Maybe Not. Ever had Caribbean food? I sure hope so. Regardless, we made a fun take with this sea moss drink – in replacement of the popular mojito or Piña Colada. Bon Appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 151 Cal; 1.2 g Fats; 3 g Protein; 37 g Carb; 8 g Fiber;

Ingredients

- 1 cup raspberries
- 1 cup kale leaves
- 1 tablespoon sea moss
- 2 tablespoons key lime juice
- 1 cup soft-jelly coconut milk

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Veggie-Ful Smoothie



Ever played Mario Kart? Ever notice how Luigi always caught up to Mario? It's because he's vegan. Stop killing chicken eggs, Mario! Luigi also wears green, and greens are in this recipe. Okay, so this is delicious and will start your day faster than eating a rainbow power star boosts by any Nintendo® character on a race track.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 145 Cal; 6 g Fats; 1 g Protein; 25 g Carb; 6 g Fiber;

Ingredients

- 1 pear, cored, deseeded
- ½ cup watercress
- ¼ of avocado, peeled
- ½ cup Romaine lettuce
- ½ of cucumber, peeled, deseeded

Extra:

- 1 tablespoon date sugar
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple Pie Smoothie



Feeds two hungry people or one person for two meals! Also feeds a cookie monster who has switched from cookies to smoothies.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 170 Cal; 8 g Fats; 2 g Protein; 26 g Carb; 8 g Fiber;

Ingredients

- ½ of a large apple, deseeded
- ¼ cup walnuts
- 2 figs
- 1 teaspoon Bromide Plus Powder

Extra:

- 1 tablespoon date sugar

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Orange and Lettuce Smoothie



We created a simple smoothie recipe that you can take with you on the go that won't kill any chickens, cows or even hipsters. Bon appetit!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 140 Cal; 0.9 g Fats; 1.3 g Protein; 31.8 g Carb; 3 g Fiber;

Ingredients

- 2 oranges, peeled, sliced
- 1 cup shredded lettuce, rinsed
- 2 apples, cored, sliced
- 1 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Green Tea and Lettuce Detox Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 134 Cal; 4.5 g Fats; 4.6 g Protein; 20 g Carb; 3.7 g Fiber;

Ingredients

- ½ of burro banana
- ¼ cup blueberries, fresh
- 1 cup Romaine lettuce
- 3 tablespoons key lime juice

Extra:

- ½ cup soft jelly coconut water
-

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Chamomile Delight Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142 Cal; 5 g Fats; 3.5 g Protein; 25 g Carb; 8.5 g Fiber;

Ingredients

- 2 burro bananas, peeled
- ½ cup chamomile tea
- 1 tablespoon date sugar
- ½ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Honey Dew and Arugula Smoothie



Suited for 2 nice people or 4 Siamese cats with steady hands.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 189.5 Cal; 2.5 g Fats; 1.5 g Protein; 42.6 g Carb; 6.6 g Fiber;

Ingredients

- 1 large bunch of callaloo
- 1 cup cucumber, deseeded
- 1 large bunch of arugula
- ¼ cup honeydew pieces
- 1 pear, diced

Extra:

- 6 dates, pitted
- 1 tablespoon of sea moss gel
- ¼ cup key lime juice
- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Watermelon and Strawberries Drink



You'll see that despite being basic and classic, it's pretty delicious. So, give it a try before laying down some judgement on this basic smoothie. Besides, it's reddish but contains no blood from any animal, so why are you judging it anyways?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;
Nutritional Info: 110 Cal; 0 g Fats; 0 g Protein; 28 g Carb; 6 g Fiber;

Ingredients

- 1 cup strawberries

- 1 cup watermelon, chunks
- 1 tsp date sugar
- 1 cup soft jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Sweet Green Drink



Don't worry there aren't any Aloe vera included in this recipe. It's all green and clean. Feeds two people who love their bodies and also love pigeons

Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 112 Cal; 0.1 g Fats; 0.3 g Protein; 27 g Carb; 5 g Fiber;

Ingredients

- 1 cup greens
- 1 cucumber, peeled, deseeded
- 1 key lime, peeled
- 2 dates, pitted

Extra:

- 2 cups of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana Sea Moss Smoothie



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 115 Cal; 0.5 g Fats; 2 g Protein; 28 g Carb; 2 g Fiber;

Ingredients

- 1 cup kale
- ½ apple, cored, sliced
- 1 teaspoon sea moss
- ½ of a burro banana

Extra:

- 1 teaspoon Bromide Plus Powder

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Banana and Walnut Smoothie



I call this the “Cream milky nutty delight. Absolutely my go to favorite any day any time. Serves two Sebians who know they need to eat only real food. Can I get a glass-yeah?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 199 Cal; 5 g Fats; 6 g Protein; 34.7 g Carb; 3.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- 4 dates, pitted, chopped
- 1 cup walnut milk, homemade
- 6 tablespoons walnut
- 1 cup of soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Lime and Kale Smoothie



Sometimes life handles you gentle, sometimes it is so tough. Regardless, this smoothie shows you just how delicious and healthy life is when you combine them both – the Sebian way.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 188 Cal; 1 g Fats; 4.4 g Protein; 50 g Carb; 14 g Fiber;

Ingredients

- 1 apple, peeled, cored, chopped
- 2 cups kale leaves
- 1 teaspoon key lime juice
- 1 1/4 cups orange juice

Extra:

- 1/16 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Soothing Arugula & Apple Smoothie



A sweet tangy taste, this green burst keeps my morning motivated and ready to take a go at the rest of the day. Two people may enjoy this fine drink.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 180 Cal; 0 g Fats; 0 g Protein; 45 g Carb; 8 g Fiber;

Ingredients

- 2 cups arugula
- 1 burro banana, peeled
- 2 apples, cored
- 2 cups of soft-jelly coconut water

Extra:

- 4 tablespoons key lime juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Breakfast Boost with Apple and Berries



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 136.5 Cal; 2.9 g Fats; 7.1 g Protein; 23.4 g Carb; 8.1 g Fiber;

Ingredients

- 2 cups greens
- 1 cup mixed berries
- 1 apple, cored, diced
- 1 cup hemp milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Aru-Avocado Detox Smoothie



They say the number 7 is a lucky number. Today is your lucky day, because you get to make a simple salad with only 7 ingredients. There might be no one as lucky as you, and as healthy as you. Plenty of good oils, nutrients and vitamins in here.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 192 Cal; 9.4 g Fats; 6 g Protein; 22 g Carb; 4 g Fiber;

Ingredients

- 2 cups arugula
- ¼ cup cranberries
- ½ of avocado, peeled, pitted
- 1 apple, cored
- 1 kiwifruit

Extra:

- 1 tablespoon key lime juice
- ½ cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Revitalizer Kale Smoothie



They say messages are made of paper and come in bottles. We take a different approach and believe that messages come in mason jars and are made out of the electric foods of Africa, the Caribbean and Americas. Oh, and they taste so good.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 145 Cal; 0.5 g Fats; 2 g Protein; 36.5 g Carb; 4.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups chopped kale
- 1 mango, peeled, destoned, diced
- 1 cup of coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Cleansing Apple and Avocado Smoothie



You know I so so love Avocados. They are one of the richest foods I know. Get this bad boy and some apples and berries all blended up. How about that? Ok, maybe we've been eating too much vegan food. Onward!

Serves two persons or one person for two meals. That's all. No more. Maybe also a pet.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 215 Cal; 7.2 g Fats; 2.8 g Protein; 39.3 g Carb; 5.3 g Fiber;

Ingredients

- 1 cup of soft-jelly coconut water
- 1 cup strawberries
- 1 apple, cored, diced
- ½ of avocado, peeled, pitted
- 1 cup Kale

Extra:

- 1 tablespoon key lime juice
- 1/8 teaspoon cayenne pepper

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Kale Green Smoothie



In some religions, Mac N Cheese is considered holy. If you believe so, then get ready to learn and taste something new. We have defied egg and dairy gravity with this dish. Buckle up.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 117 Cal; 0.8 g Fats; 2.5 g Protein; 26.4 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups kale leaves
- 1 cup mango cubes
- 2 key limes, juiced
- 1 cup peaches

Extra:

- 1 ½ cups spring water
- 1 tablespoon agave syrup

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

The Green Detox Smoothie



Serves any two hungry people, regardless of their American citizenship status or feelings about the president.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 154 Cal; 0.2 g Fats; 0 g Protein; 37.7 g Carb; 6.8 g Fiber;

Ingredients

- 1 cup Kale leaves
- 1 orange, peeled
- 2 cups kale leaves
- 1 burro banana, peeled
- 2/3 cup spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Dandelion Revitalizing Smoothie



Serves 2 people who have exercised today or anyone who wants extra who wants leftovers.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 142.5 Cal; 5.1 g Fats; 5.3 g Protein; 26.8 g Carb; 9.6 g Fiber;

Ingredients

- ¼ cup blueberries
- ½ of a large bunch of dandelion greens
- 2 baby burro bananas, peeled
- ½ cup watercress

Extra:

- 3 dates, pitted
- 1 tablespoon Bromide Plus powder
- 1 cup of soft-jelly coconut water
- 2 tablespoons lime juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Power Burst Banana Green Smoothie



Yeah, Carey loves Kale. How do you think she became such a strong sailor? All that iron. Guess that's how Iron man got so strong too. Want to be like them? Maybe not. Maybe you just want a delicious healthy electric smoothie. Coming right up!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 271.1 Cal; 4.3 g Fats; 1.5 g Protein; 56.6 g Carb; 10.1 g Fiber;

Ingredients

- 1 burro banana, peeled
- 2 cups kale leaves
- 1 tablespoon walnut butter, homemade
- 2 cups soft-jelly coconut water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Mango and Arugula Smoothie



If you hate plant-based smoothies, then drink this - you'll suddenly love not only vegans, but the earth, and maybe even the animals.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 220 Cal; 18 g Fats; 3 g Protein; 25 g Carb; 7 g Fiber;

Ingredients

- 1 cup mango chunks
- 2 cups arugula
- ¼ cup soft-jelly coconut, shreds
- ½ of a medium avocado, peeled, pitted
- ¾ cup of soft-jelly coconut water

Extra:

- ½ of key lime, zested, juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.

2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Blue-Green Detox Smoothie



Yes, we had the Kale and Mango drink, and after trying it, Letisha finally came around to becoming a vegan! She was so inspired, she's decided to contribute a recipe of her own, but with her own red flair. Are you prepared for this delightful retort, to start your day for the next race on your path to success?

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 220 Cal; 7 g Fats; 8 g Protein; 30 g Carb; 4.5 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup blueberries
- 2 cups kale leaves
- 1 tablespoon agave syrup

Extra:

- 1 cup walnut milk, unsweetened

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Peachy Hemp Seed Smoothie



We love this recipe – and again, it is rich in fiber and Iron. And kind of easier to make too. YAS.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 250.4 Cal; 12 g Fats; 5.4 g Protein; 35 g Carb; 4 g Fiber;

Ingredients

- 2 burro bananas, peeled
- 2 tablespoons walnut butter, homemade
- 1 cup peach slices
- 1 tablespoon hemp seeds
- 2 cups spring water

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple and Avocado Smoothie



Ever been on a cruise? I haven't, but this is the closest I could make of it, and now your mouth can come to it – at least during the wee hours of the morning when you're supposed to be eating breakfast! Serves two people who want to go on a romantic cruise together. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 216.4 Cal; 7.5 g Fats; 2.9 g Protein; 39.3 g Carb; 7.7 g Fiber;

Ingredients

- 2 apples, peeled, cored, diced
- 4 cups Kale leaves
- 1 avocado, peeled, pitted
- 1 burro banana, peeled
- 2 teaspoons agave syrup

Extra:

- 1 cup walnut milk, unsweetened

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

3. Divide the drink between two glasses and then serve.

Key Lime Tea



Serving: 2

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 2.4 Cal; 0 g Fats; 0 g Protein; 0.5 g Carb; 0 g Fiber;

Ingredients

- 1 sprig of dill weed
- 1/16 teaspoon cayenne pepper
- 1 tablespoon key lime juice
- 2 cups spring water

Directions

1. Take a medium saucepan, place it over medium-high heat, pour in water, and then bring it to a boil.
2. Boil for 5 minutes, and then strain the tea into a bowl.
3. Add lime juice stir until mixed and then stir in cayenne pepper.
4. Divide tea between two mugs and then serve.

Kale and Apple Smoothie



Perfectly suits a go-go hipster listening to beats while sipping smoothie. Can also feed an old lady's cat, but never mind.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 121 Cal; 3.4 g Fats; 4.2 g Protein; 22 g Carb; 6 g Fiber;

Ingredients

- 2 cups kale leaves
- 2 tablespoons agave syrup
- 2 small apples, peeled, cored, diced
- 2 tablespoons key lime juice
- 1 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

The 3 ingredient Green Smoothie



We have replaced soy and dairy with greens and fruits in this dish. Buckle up and Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 160 Cal; 0.3 g Fats; 1.7 g Protein; 39.7 g Carb; 7.7 g Fiber;

Ingredients

- 2 burro bananas, peeled
- ½ cup lettuce
- 1 cup spring water
- 2 cups orange juice, fresh

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Amazing Sea Moss Green Drink



If you don't eat sea moss, you haven't really tried Dr. Sebi's Diet. Gel it up with this special dairy free sea moss recipe with plenty of minerals and fiber.

Serving: 2

Preparation time: 5 minutes; Cooking time: 00 minutes;

Nutritional Info: 120 Cal; 0.1 g Fats; 3.4 g Protein; 26 g Carb; 3.4 g Fiber;

Ingredients

- 4 tablespoons of sea moss gel
- 4 cups mixed greens
- 2 burro banana, peeled

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Ki-Ki Mango & Banana Smoothie



They say that to look good, you need to eat healthy. Well, friends I've got the answer, in fact I am so confident about this smoothie, I named it after my Cat. You'll see.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 157 Cal; 2 g Fats; 3 g Protein; 35.5 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups mango pieces
- 2 burro bananas, peeled
- 2 oranges, peeled
- 2 teaspoons agave syrup
- 1/3 cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Apple Juice Mix



Not many people like raw kale in their smoothies, but this will change your view because you're really going to love it like no other. Enjoy!

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 152 Cal; 8.2 g Fats; 2.7 g Protein; 16.7 g Carb; 7.7 g Fiber;

Ingredients

- 2 cups kale leaves
- ½ of avocado, peeled, pitted, diced
- 1 apple, peeled, cored, diced
- 1 ½ cups apple juice

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

Alkaline Vegan Pink Smoothie



Regardless if you're black or White, you're bound to love this soothing, flavorful smoothie that's been around for a long time. Perfect for finding your fountain of youth.

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 222.7 Cal; 2.2 g Fats; 4.6 g Protein; 50.3 g Carb; 7.3 g Fiber;

Ingredients

- 1 burro banana, peeled
- ½ cup raspberries
- 1 mango, peeled, destoned, diced
- ½ cup walnut milk, homemade

Directions

1. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
2. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
3. Divide the drink between two glasses and then serve.

SEA MOSS RECIPES

Sea Moss Gel Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 pack organic Irish sea moss
- 1/2 Cup Spring Water

Directions

1. Take a pack of sea moss and cut into chunks.
2. Wash and soak in spring water for 6 hours.
3. Drain from water.
4. Plug in a high-speed food processor or blender and add the drained sea moss and water in its jar.
5. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.

6. Divide the gel between mason jars to be stored in the refrigerator, or serve immediately.

Banana Mango Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ mango, peeled
- 1 mason jar sea moss gel
- 1 tablespoon green coconut water
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Creamy Sea Moss Milk Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve. \

Sea Moss Berry Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup blueberries
- ½ cup raspberries
- ½ mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.

2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Sunshine Sea Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ mango, medium, peeled and chopped
- ½ mason jar sea moss gel
- ½ cup walnut milk (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Alkaline Sea Moss Candy



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup raspberries
- ½ cup blackberries
- 1 avocado, destoned and peeled
- ½ jar sea moss gel
- ½ cup hemp milk
- 2 tablespoon date sugar (or as needed)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Pour mixture into popsicle molds.
5. Freeze candy for 3 hours and serve.

Blueberry Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup blueberries
- 1 mason jar sea moss gel
- ½ cup hemp milk, (optional)
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Fruity Sea Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1/3 pack dried fruit of choice
- 1 burro banana, peeled
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Avocado Creamy Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 Avocado, destoned and peeled
- ½ cup raspberries
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade
- Handful dates

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Banana Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Berry Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup strawberries
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Nutty Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- ½ cup green coconut water
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Apple Sea Moss Delight



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 Apple, chopped
- ½ banana, peeled
- 1 mason jar sea moss gel
- ½ cup walnut milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Nutty Irish Moss Milkshake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup walnuts
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade
- 2 tablespoons date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Peachy Moss Drink Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 peach, peeled
- ½ cup raspberries
- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Banana Date Moss Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 cup dates
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Creamy Strawberry Jar



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- 1 cup strawberries
- ½ mason jar sea moss gel
- 1 cup hemp milk, homemade
- 1 tablespoon date sugar

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Banana Date Sea Moss Shake



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 burro banana, peeled
- ½ cup dates
- 1 mason jar sea moss gel
- ½ cup hemp milk, homemade

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Simple Sea Moss Recipe



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 mason jar sea moss gel
- 1 tablespoon date sugar
- ½ cup spring water

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Berry Mix Moss Milk



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 cup berry mix
- ½ mason jar sea moss gel
- ½ cup hemp milk (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

Sea Moss Coconut Drink



Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- ½ cup raspberries
- 1 mason jar sea moss gel
- ½ cup green coconut water
- 1 tablespoon date sugar (optional)

Directions

1. Take out a jar of prepared sea moss gel.
2. Plug in a high-speed food processor or blender and add all the ingredients in its jar.
3. Cover the blender jar with its lid and then pulse for 40 to 60 seconds until smooth.
4. Divide the drink between two glasses and then serve.

HERBAL TEA RECIPES

Liver-Kidney Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon dandelion root powder
- 1 teaspoon burdock root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Refreshing Kidney Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Prodigiosa powder
- 1 teaspoon burdock root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Mucus Liver Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon dandelion root powder
- 1 teaspoon Prodigiosa powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Colon-Gallbladder Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Cascara powder
- 1 teaspoon Rhubarb root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Colon-Gallbladder Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Cascara powder
- 1 teaspoon Cahparral
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Respiratory Mucus Cleansing tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Guaco herb
- 1 teaspoon Mullein
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

Respiratory and Mucus Syrup (Elderberry Syrup)



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon Elderberry fruit
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

198. Immune Boosting Tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- 1 teaspoon linden powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

199. Bromide Plus Cleansing Drink



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- 1 teaspoon bromide plus powder
- 1 teaspoon dandelion root powder
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

200. Chamomile tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- Handful chamomile flowers
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

201. Bromide Plus Revitalizing Tea



Serving: 1

Preparation time: 5 minutes; Cooking time: 0 minutes;

Ingredients

- 1 teaspoon bromide plus powder
- Handful chamomile flowers
- 1 cup spring water

Directions

1. Place flowers and water into a kettle.
2. Boil for 5 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and add bromide powder.
4. serve

202. Respiratory Power Boost



Serving: 1

Preparation time: 5 minutes; Cooking time: 10 minutes;

Ingredients

- 1 teaspoon Guaco herb
- 1 teaspoon Mullein
- 1 cup spring water

Directions

1. Place all ingredients in a tea kettle
2. Boil for 10 minutes, remove from heat, cover and leave for an additional 10 minutes.
3. Drain and serve

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Eat to Heal for Under \$30 Per Week. Quick & Easy Make-Ahead Meals to Eat all Week. With

Shopping Lists & 8 Week Meal Plan

While a \$30 meal plan per week sounds way better than a \$350 supplement deal per week, I bet it doesn't sound as good against a \$999 hospital bill.

Are you a mom, college student or just a beginner looking to go plant based on Dr. Sebi dietary lifestyle and can't seem to find a balance between expenses and what's really necessary? Do you find the hassle of expensive food produce labelled organic a problem? If this sounds like you, then you're welcome.

How about a meal plan, well curated to provide the best of alkaline nourishment just for under \$2 per meal? What about getting back on track to truly living the dream life without breaking the bank for your vegan rack?!

I know it sounds pretty dynamic and kinda cheesy, doesn't it? But think about it! Is it really possible to go on organic alkaline diet lifestyle on a budget yet without skipping meals? Well, we'll find out.

In this guide, we'll lead you to discover;

- A Progressive 8 Week Meal Prep Plan
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- How to repurpose left Overs
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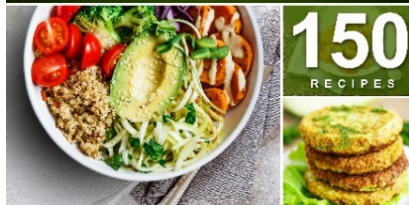
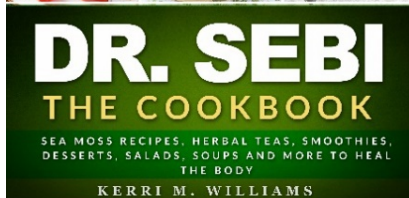
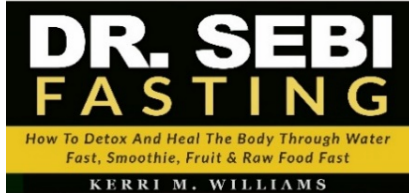
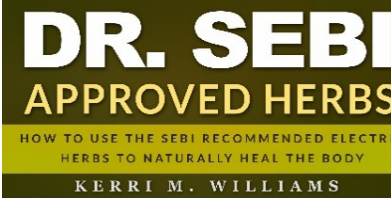
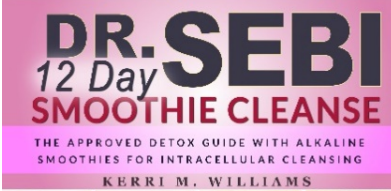
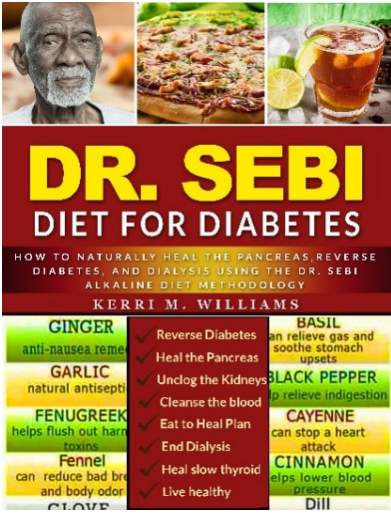
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Fennel can reduce bad breath and body odor	✓ Lift Depression ✓ Live Healthy	CINNAMON helps lower blood pressure
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