

dr sebi nutritional guide

Dr. Sebi Nutritional Guide: Unlocking the Power of Natural Healing

dr sebi nutritional guide offers a unique approach to health and wellness that has captivated many seeking natural remedies and holistic healing. Rooted in the belief that the body can heal itself when given the right nutrients, Dr. Sebi's philosophy emphasizes an alkaline, plant-based diet designed to cleanse and rejuvenate. If you're curious about how this nutritional guide can transform your relationship with food and your body, you're in the right place.

Understanding Dr. Sebi's Philosophy

Dr. Sebi, born Alfredo Darrington Bowman, was a Honduran herbalist and healer who gained international attention for promoting natural remedies to combat disease. Central to his teachings is the idea that disease is a result of mucus buildup and acidity in the body. Therefore, the solution lies in consuming foods that maintain an alkaline environment, which supports cellular health and prevents the growth of harmful bacteria.

Unlike traditional diets that focus solely on calorie counts or macronutrient ratios, Dr. Sebi's nutritional guide centers on the electric charge of foods — their ability to maintain or disrupt the body's natural pH balance. This means avoiding processed foods, animal products, and hybrid or genetically modified plants, while embracing natural, electric foods found in nature.

Core Principles of the Dr. Sebi Nutritional Guide

Alkaline-Based Eating

One of the pillars of Dr. Sebi's nutritional guide is eating alkaline foods to reduce acidity in the body. The goal is to keep the body's pH level balanced, ideally slightly alkaline, to create an environment where diseases struggle to thrive.

Foods that are naturally alkaline include leafy greens, certain fruits, nuts, seeds, and grains. Dr. Sebi's list of approved foods excludes artificial additives, sugars, and dairy products, as these can contribute to acidity and mucus production.

Focus on Whole, Natural Foods

The nutritional guide encourages consuming foods in their most natural state. This means minimal processing and avoiding hybrid or genetically modified organisms (GMOs). Dr. Sebi believed that hybrid foods lack the electric charge necessary to nourish the body effectively.

Some examples of staple foods in this guide are:

- Quinoa
- Amaranth
- Teff
- Kale
- Dandelion greens
- Sea moss
- Soursop
- Berries such as blueberries and strawberries

Herbal Supplements

In addition to diet, Dr. Sebi recommended herbal supplements to assist the body's detoxification processes and support healing. These herbs are chosen for their ability to cleanse organs, boost immunity, and restore balance.

Common herbs include:

- Burdock root
- Elderberry
- Chaparral
- Irish moss
- Bladderwrack

Using these herbs in teas or tinctures complements the alkaline diet and enhances overall wellness.

Following the Dr. Sebi Nutritional Guide in Daily Life

What to Eat and What to Avoid

Adopting Dr. Sebi's nutritional guide means making conscious choices about what enters your body. Here's a simple breakdown:

- **Eat:** Fresh fruits and vegetables, especially those on Dr. Sebi's approved list; whole grains like quinoa and teff; nuts and seeds such as walnuts and hemp seeds; natural herbs and sea vegetables.
- **Avoid:** Meat, dairy, processed foods, artificial sweeteners, hybrid foods like seedless fruits, refined sugars, and alcohol.

This emphasis on plant-based, electric foods helps reduce inflammation, improve digestion, and boost

energy levels.

Meal Planning Tips

Planning meals around the Dr. Sebi nutritional guide can feel daunting at first, but with a few strategies, it becomes second nature:

1. **Start with breakfast:** Consider smoothies made with approved fruits and sea moss gel, or a bowl of cooked amaranth with berries.
2. **Lunch and dinner:** Focus on salads with kale or dandelion greens, quinoa, avocado, and a light dressing made from olive oil and herbs.
3. **Snacks:** Fresh fruit, raw nuts, or herbal teas help keep energy steady throughout the day.
4. **Hydration:** Drink plenty of water and herbal teas to flush toxins and support cleansing.

Benefits and Potential Challenges

Health Benefits of Following the Guide

Many followers of Dr. Sebi's nutritional guide report a variety of health benefits, including:

- Improved digestion and gut health
- Increased energy and mental clarity
- Weight loss and better metabolism
- Enhanced immune function
- Reduced inflammation and chronic pain

The emphasis on natural, nutrient-dense foods nourishes the body and supports detoxification, potentially alleviating symptoms of chronic illnesses.

Possible Challenges and How to Overcome Them

Transitioning to an alkaline, plant-based diet can be challenging, especially for those accustomed to a Western diet rich in processed and animal products. Some common hurdles include:

- **Cravings for sugar or meat:** These can be intense initially. Gradually replacing these with natural sweet fruits or plant-based protein sources can help.

- **Limited food options:** Depending on your location, sourcing certain approved foods or herbs might be difficult. Exploring online stores or local health food shops can expand your access.
- **Social situations:** Eating out or attending gatherings may pose challenges. Preparing your own meals or bringing approved snacks ensures you stay on track.

Patience and consistency are key. Over time, your palate adapts, and cravings diminish as your body thrives on this natural regimen.

Incorporating Dr. Sebi's Nutritional Guide into a Holistic Lifestyle

Dr. Sebi's approach isn't just about what you eat; it's about overall wellness and respecting your body's natural rhythms. Incorporating practices like regular exercise, adequate sleep, and stress management complements the nutritional guide and enhances healing.

Additionally, embracing mindfulness around food—such as eating slowly, appreciating flavors, and listening to your body's hunger cues—can deepen your connection with this lifestyle.

Herbal Remedies and Natural Cleansing

Beyond diet, natural cleansing plays a vital role. Dr. Sebi advocated for periodic detoxification using herbal mixtures designed to cleanse the liver, kidneys, and colon. While these remedies can support your health journey, it's important to consult with a healthcare professional before beginning any detox regimen, especially if you have underlying health conditions.

Community and Support

Joining communities or groups focused on Dr. Sebi's nutritional guide can provide motivation, recipe ideas, and shared experiences. Social support often makes lifestyle changes more sustainable and enjoyable.

Final Thoughts on Embracing the Dr. Sebi Nutritional Guide

Embarking on the Dr. Sebi nutritional guide is more than just a diet change—it's a holistic commitment to nourishing your body with natural, electric foods that promote healing from within. While it requires dedication and some adjustments, many find that the benefits extend beyond physical health to a renewed sense of vitality and well-being.

Whether you're looking to detoxify, manage chronic conditions, or simply embrace a cleaner, more natural way of eating, this guide offers a compelling path grounded in nature's wisdom. Taking the first step might be as simple as exploring the list of approved foods today and gradually weaving these principles into your daily routine.

Frequently Asked Questions

Who was Dr. Sebi and what is the Dr. Sebi nutritional guide?

Dr. Sebi was a Honduran herbalist and natural healer who promoted a plant-based diet free of processed foods. The Dr. Sebi nutritional guide emphasizes consuming alkaline foods to detoxify the body and promote overall health.

What are the main principles of the Dr. Sebi nutritional guide?

The main principles include eating natural, plant-based, alkaline foods; avoiding animal products, processed foods, and artificial ingredients; and focusing on herbal remedies and natural supplements to support healing.

Which foods are allowed in the Dr. Sebi nutritional guide?

Allowed foods include leafy greens, certain fruits like berries and melons, nuts such as walnuts and almonds, whole grains like quinoa, and natural herbs. The guide excludes hybridized and genetically modified foods.

What foods should be avoided according to Dr. Sebi's nutritional guide?

Foods to avoid include meat, dairy, processed foods, artificial additives, hybrid vegetables like corn and carrots, refined sugars, and anything that is acidic or non-alkaline in nature.

How does the Dr. Sebi nutritional guide propose to improve health?

By consuming alkaline, nutrient-rich foods and avoiding toxic and acidic substances, the guide aims to restore the body's natural pH balance, reduce inflammation, detoxify organs, and promote healing from various diseases.

Is the Dr. Sebi nutritional guide supported by scientific evidence?

While many people report health benefits from following Dr. Sebi's dietary recommendations, there is limited scientific research validating all of its claims. It is always advised to consult healthcare professionals before major dietary changes.

Can the Dr. Sebi nutritional guide help with weight loss?

Yes, since the guide emphasizes whole, plant-based, low-calorie foods and eliminates processed and high-fat animal products, many followers experience weight loss and improved metabolism.

Are there any supplements recommended in the Dr. Sebi nutritional guide?

Dr. Sebi recommended natural herbal supplements such as sea moss, bladderwrack, and burdock root to support detoxification and overall health, in addition to the dietary guidelines.

How can someone start following the Dr. Sebi nutritional guide?

To start, one should eliminate processed foods and animal products, focus on consuming Dr. Sebi approved alkaline foods, hydrate well, and incorporate recommended natural herbs and supplements while monitoring their body's response.

Additional Resources

Dr. Sebi Nutritional Guide: An Analytical Overview of Its Principles and Impact

dr sebi nutritional guide has garnered significant attention over recent years, heralded by proponents as a revolutionary approach to health and wellness. Rooted in the philosophies of Dr. Alfredo Darrington Bowman, popularly known as Dr. Sebi, this nutritional framework emphasizes natural, plant-based foods believed to detoxify the body and restore its alkaline balance. While the guide has passionate advocates who credit it with transformative health benefits, it also invites skepticism and debate within the broader nutritional and medical communities. This article aims to dissect the core tenets of the Dr. Sebi nutritional guide, exploring its principles, recommended foods, and the scientific scrutiny it faces.

Understanding the Dr. Sebi Nutritional Guide

At its core, the Dr. Sebi nutritional guide is predicated on the idea that many diseases stem from mucus buildup and an acidic internal environment. Dr. Sebi argued that by adhering to an alkaline plant-based diet free from artificial additives and hybridized foods, individuals could purge toxins, enhance cellular health, and ultimately prevent or reverse chronic diseases.

The guide categorizes foods into approved and non-approved lists, emphasizing whole, unprocessed, and non-hybrid plants. Unlike conventional dietary recommendations, Dr. Sebi's protocol discourages consumption of animal products, dairy, processed grains, and hybrid fruits or vegetables, which he believed disrupt the body's natural electric charge and pH balance.

Core Principles of the Nutritional Guide

Several fundamental concepts underpin the Dr. Sebi nutritional guide:

- **Alkalinity:** Maintaining the body's pH in an alkaline state (above 7) to inhibit disease development.
- **Mucus Reduction:** Avoiding mucus-forming foods to prevent clogging of tissues and organs.
- **Natural Foods:** Eating only natural, non-hybridized, and plant-based foods grown in nutrient-rich soil.
- **Detoxification:** Supporting the body's natural detox pathways through dietary choices.

This framework is distinct from many mainstream diets because it explicitly avoids hybridized produce. Dr. Sebi believed that hybrid plants lose their electrical energy, which is necessary to nourish human cells effectively.

Recommended Foods and Nutritional Insights

The Dr. Sebi nutritional guide provides a specific list often referred to as the “approved foods list.” This list consists predominantly of fruits, vegetables, grains, nuts, and herbs that conform to its principles.

Fruits and Vegetables

The guide favors fruits such as berries, mangoes, and melons, which are naturally alkaline. Vegetables like kale, dandelion greens, okra, and cucumbers are staples for their purported ability to cleanse and alkalize the body. Notably, nightshades like tomatoes, potatoes, and bell peppers are excluded due to their acidic and mucus-forming properties, a significant departure from several other plant-based diets.

Grains and Legumes

Unlike many vegan or vegetarian diets that include a variety of grains and legumes, Dr. Sebi's guide restricts these to non-hybridized options such as wild rice, quinoa, and amaranth. The exclusion of common grains like wheat, corn, and oats reflects the guide's emphasis on minimizing mucus and acidity.

Herbs and Natural Supplements

Herbs play a critical role in the Dr. Sebi nutritional guide, with a focus on natural remedies that support detoxification and overall wellness. Some prominently recommended herbs include burdock root, bladderwrack, and elderberry. These are believed to complement the dietary regimen by enhancing the body's cleansing processes.

Analyzing the Scientific Perspective

While the Dr. Sebi nutritional guide has amassed a loyal following, it is essential to examine its claims through a scientific lens. The concepts of alkalinity and mucus reduction as primary disease causes are not universally accepted in medical literature.

Alkaline Diet and Body pH

The idea that diet can significantly alter systemic blood pH is widely debated. Human physiology tightly regulates blood pH within a narrow range (7.35-7.45), and deviations can be life-threatening. While diet may influence urinary pH, its effect on blood pH is minimal. However, consuming more plant-based foods, as advocated by Dr. Sebi, aligns with general recommendations for reducing chronic disease risk.

Mucus Production and Diet

The notion that mucus buildup causes disease is not strongly supported by empirical research. Mucus production is a natural and protective bodily function. Although certain foods can increase mucus in some individuals (e.g., dairy), attributing chronic illnesses directly to dietary mucus is an oversimplification.

Hybrid vs. Non-Hybrid Foods

Dr. Sebi's emphasis on non-hybridized foods reflects concerns about genetic modification and nutrient loss. While hybridization can alter plant characteristics, there is limited evidence that it significantly diminishes nutritional value or electrical energy in a clinically relevant way. Nonetheless, choosing organic and minimally processed foods is generally beneficial.

Pros and Cons of Following the Dr. Sebi Nutritional Guide

Understanding the advantages and potential drawbacks of this nutritional approach can help

individuals make informed decisions.

Pros

- **Emphasis on Whole Foods:** The diet promotes consumption of unprocessed fruits, vegetables, and grains, which is consistent with good nutritional practices.
- **Plant-Based Focus:** Encourages intake of nutrient-dense plant foods that may reduce risk of cardiovascular diseases and certain cancers.
- **Detoxification Support:** Incorporates herbs and foods that may aid liver function and overall detox pathways.
- **Elimination of Processed Foods:** Avoids additives, preservatives, and refined sugars common in standard diets.

Cons

- **Restrictive Nature:** The exclusion of many common foods can make adherence challenging and potentially lead to nutrient deficiencies.
- **Limited Scientific Validation:** Many of the guide's foundational claims lack robust clinical evidence.
- **Potential for Misinterpretation:** The focus on alkalinity and mucus may lead some followers to overlook other important aspects of nutrition.
- **Exclusion of Animal Protein:** While plant-based diets can be healthy, some individuals may struggle to meet protein and vitamin B12 requirements without supplementation.

Integrating the Dr. Sebi Nutritional Guide Into Modern Lifestyles

For those intrigued by the Dr. Sebi nutritional guide, gradual incorporation of its principles can be a pragmatic approach. Starting with increased consumption of whole, unprocessed plant foods and reducing processed and hybridized products may enhance overall health without drastic lifestyle disruptions.

Many nutritionists advocate a balanced diet that includes diverse food groups, so combining Dr. Sebi's

alkaline foods with evidence-based nutritional strategies could offer a middle ground. Consulting healthcare professionals before undertaking significant dietary changes is advisable, especially for individuals with existing medical conditions.

The rising popularity of Dr. Sebi's nutritional philosophies underscores a broader trend toward natural, plant-centric diets and holistic wellness. Whether viewed as a complementary regimen or a standalone approach, the guide invites critical exploration of how food influences health beyond calories and macronutrients.

As the dialogue between alternative nutritional theories and scientific research continues, the Dr. Sebi nutritional guide remains a notable example of how cultural, historical, and personal health narratives shape dietary choices in contemporary society.

[Dr Sebi Nutritional Guide](#)

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dr sebi nutritional guide: Dr. Sebi Food List Kerri M Williams, 2020-12-19 The Original Approved Nutritional Guide of Dr. Sebi ***Updated 2021 Edition*** The Recommended and Approved Food List Guide Learn what foods to eat And supposedly healthy foods to avoid at all costs In time past, whenever people wanted to detox and heal on a raw vegan diet, they took all sorts of greens making it food for so long with little or nothing to show for it. 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. 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 - from the moment they flower, until they are picked. That's how you get those perfect-looking fruits. So what do we do? How can we stay clean 95 percent of the time in our increasing world of nature-detrimental nutrition? Find out in this power-packed guide! Chapter Lists: Chapter 1: The Dr. Sebi Nutritional Guide -The Sebian food groups -Key principles of Dr. Sebi diet -Dos and don'ts Chapter 2: Understanding Food Electricity -What are electric foods? -The science behind food electricity -How the human body interacts with electric foods -The alkaline acid balance -How to determine electric foods? Chapter 3: The Approved Electric Food List -Dr. Sebi-approved vegetables -Dr. Sebi-approved sea vegetables -Dr. Sebi-approved fruits -Dr. Sebi-approved spices and seasoning -Dr. Sebi-approved grains -Dr. Sebi-approved nuts and seeds -Dr. Sebi-approved sweeteners -Dr. Sebi-approved oils Chapter 4: Food Preparation and Storage -Do food preparation methods affect food electricity? -Raw vs cooked -How to maximize electric food benefits -Best food preservation methods Chapter 5: Supposedly Healthy Foods not Sebi-Approved -List of Foods not to eat -List of Plant based foods not to eat Chapter 6: Sourcing and Storage of Approved Foods -Best places to source organic fresh foods -Differentiating seedless and seeded fruits -Fresh vs frozen -Pickling and preservation -Drying and storage Chapter 7: Dead, Hybrid, and GMO Foods -Dead foods -Hybrid foods -GMO -How to identify hybrid and GMO foods -List of hybrid fruits and vegetables

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dr sebi nutritional guide: **Dr. Sebi** Aniys Hendry, 2021-02-15 Some people think they can't afford to lose weight. But in reality, these people would benefit from consuming an alkaline vegetable diet. This means omitting sweeteners, most grains, and limiting fruit intake. This fresh new diet is about focusing on eating the alkaline vegetables outlined in Dr. Sebi's Nutritional Guide. Continue reading to learn more about how these foods can help you. This book will give you the information you need to feel healthy and empowered. It's never too late or too early to start a new lifestyle with organic foods, and you can use this guide to help you begin. It may feel strange or uncomfortable to not eat the unhealthy foods you used to love, but if you care about your body and wellbeing, make the switch to organic foods today. Then you can rest easy in knowing that your body and system can capably fight off potential diseases. And yes, even water fast is helpful if you can do one. It's also useful to consume cleansing herbs while you are detoxing to get the greatest benefit out of your cleanse, if possible. In this book you will discover: Alkaline diet herbs Remedies for asthma and other diseases Benefits of Dr. Sebi's diet Foods that contribute to weight loss Recipes for weight loss And much more! Now is your moment to ask yourself: Are you going to continue to live the way you do, possibly suffering from an ailment your own doctor says they can't do anything

about or are you going to consciously change the way you eat and heal your body? The choice is yours. So what are you waiting for? Purchase Dr. Sebi's book today and begin to heal your life.

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dr sebi nutritional guide: Dr Sebi Alkaline Diet Samantha Plant, 2021-03-16 Have you already heard about Dr Sebi's alkaline diet and are you curious to know if it can really cure diseases in a natural way without taking miraculous medicines? Well, I have something important to tell you. Dr. Sebi (born Alfredo Bowman) was a Honduran herbalist, best known for his use of alkaline foods to enhance health and well-being. His method focuses on eliminating mucus from the body, which is best achieved through alkaline foods and plant-based diets. You may be wondering how Dr. Sebi's diet differs from other diets that involve the consumption of vegan or vegetarian based foods? As you know, many diets just say to eat or ban the consumption of a specific food without a rule or some kind of logic. The Dr Sebi's Protocol, on the other hand, is a real nutritional guide to achieve physical and mental well-being. It is much more than just a diet - It's a lifestyle! But you have to be careful! It will not be enough for you to do a simple Google search and follow the recipes posted on the various blogs or websites. There is a lot of misinformation on the web and, even worse, you could risk to end on scammer sites that offer you to purchase miracle drugs or medical herbs by passing them off as products recommended by Dr Sebi that treat diseases for which nowadays there is no cure. I make this clarification because I have invested years of study before being able to write this book, as well as having tried on my skin the real Dr Sebi's Protocol and benefited from it. So, there is nothing you need to worry about because I am proud to introduce you to my latest work which will teach you how to effortlessly prepare perfect meals that meticulously respect the nutritional guide on which Dr Sebi is based. In this book you are ready to discover: Which foods are recommended by Dr Sebi and which ones are absolutely forbidden. You will find a detailed nutritional guide that I have developed in my course of study. The fastest and most innovative way to prepare perfect meals approved by Dr Sebi himself. A wide variety of teas that will aid your daily health issues like: respiratory support teas, pregnancy teas, energizing teas, stomach soothing teas, teething teas, stress teas, pregnancy-safe headache tea, and much more. And much, much more! If you already tried different medicines, spent a lot of money and time with no effects, this book will surely give you the right information to regain your well-being in no time at all! Keep in mind: If nature didn't make it, don't

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dr sebi nutritional guide: Alkaline Herbal Medicine Felisha Takagi, 2021-09-06 Following an alkaline diet means choosing fruits and vegetables over higher-calorie, higher-fat choices. You will also shun prepared foods, which often have a lot of sodium. That's great news for heart health because these steps help lower blood pressure and cholesterol, which are big risk factors for heart disease. The Alkaline Diet has all of the foods that you need to heal your body. It is based on a diet of healthy plant-based foods that are good for you. These plant foods will provide many different benefits to your body, which will include - Weight loss - Decreased inflammation - Decreased pain and stiffness - Improved digestive processes - Better overall health and vitality

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if you do not make sure what you eat is more of alkaline in nature and not acidic. You must be now having thoughts like, Who eats acids in the first place? Well.... I am not talking about the concentrated acids you used in your chemistry labs while doing experiments. I am also not speaking of acids you use to clean washbasins and washroom floorings. I am sure NOBODY can even think of even touching these concentrated acids. The acids I am talking about are those that are present in our foods in far diluted amounts. Other than these, there could also be some substances in your diet that are not acidic in nature but can cause your body to produce abnormal acidic secretions. It is these acids that can be hugely dangerous for your health! And if you want to stop these acids from eroding your healthy tissues slowly and gradually, you need to neutralize them by consuming Dr. Sebi's approved smoothies. These smoothies could support the body's natural healing processes and, thus, prevent diseases. This book is hugely helpful for: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. After reading this book, and making use of the explained information, You will learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver, kidney, lungs, and blood are the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support in the natural way.

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towards a healthier, more vibrant, mucus-free life. Let the healing begin.

dr sebi nutritional guide: Dr. Sebi Alkaline Diet Neal Graham, 2021-02-20 □ 55% OFF for Bookstores! NOW at \$ 34,97 instead of \$ 44,97! □ Do you want to know everything about the Dr. Sebi diet? Your Customers Will Love This Step-by-Step Illustrated Guide! Dr. Sebi's diet is an alkaline meal plan, which is mostly a vegan diet. The diet is based on plants that restrain human-made diets and hybrid foods too. The diet also ensures that there are minimum levels of acid in the foods you consume and the mucus in one's body. He also believes that when people follow the two procedures, they create an environment, alkaline, not ideal for the survival of diseases in the human body. How to Follow the Dr. Sebi Diet Dr. Sebi's diet rules are very strict and are described on his website. According to Dr. Sebi's nutritional guide, you must follow these key rules: Rule 1: Avoid canned or seedless fruits. Rule 2: Avoid using a microwave to avert killing your food. Rule 3: Avoid wheat products and only consume the natural-growing grains listed in this guide. Rule 4. No alcohol is allowed. Rule 5. No animal products are permitted. Rule 6. Take Dr. Sebi's supplements an hour before medications. Rule 7. Drink 1 gallon (3.8 liters) of water every day. Rule 8. You must only eat foods listed in Dr. Sebi's nutritional guide which is listed in this book. The diet is based on a list of approved foods and many supplements. This book examines Dr. Sebi's alkaline diet and recipes, its ingredients and step by step preparation with picture for each recipe. This diet is made up of grains, teas, nuts, veggies, and fruits. Among the foods you can eat are wild rice, amaranth, quinoa, mushrooms, watercress, kale, dates, figs, mangos, avocados, and much more. These foods will help to nourish your body and won't end up causing an accumulation of mucus. If you plan on really starting this diet, you must make sure that you really want it. The first thing you will need to do is to make some changes to how you eat. You will probably find that this is going to require you to be your best emotional state and the right state of mind. Once you do start making the transition, the first thing you need to do is to start reading food ingredient labels on everything. This will help you to stay conscious about what you are drinking and eating. When you are first starting out, before you live completely by the nutritional guide, this awareness is going to provide you with the incentive to change things as you continue on. Later on, if you do end up straying from the diet, you will still be able to remain conscious about what you are eating. This book covers: What is the dr. Sebi alkaline diet, and is it beneficial? What is the dr. Sebi weight loss program? How to observe the dr. Sebi weight loss program Potential advantages of the dr. Sebi food regimen Downsides of the dr. Sebi food regimen Foods to devour Foods to keep away from Sample menu And much more!!! Dr. Sebi suggests that you drink a gallon of spring water every day. Springwater has a natural alkaline pH, whereas tap water can be high in chloride and many other contaminants. You will also need to learn how to cook your own meals if you don't cook already. You aren't going to find too many prepackaged foods that fit into the Dr. Sebi diet. Once you do get the hang of cooking, you will find that you can change your favorite dishes into Dr. Sebi-approved dishes. Buy it NOW and let your customers get addicted to this amazing book!

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