
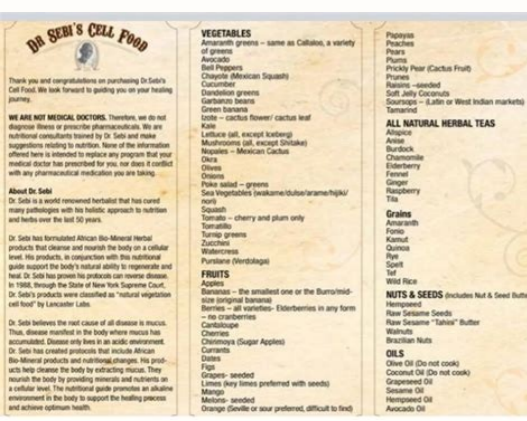


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Dr. Sebi Alkaline Food List

- Vegetables**
 - Asparagus (same as Callaloo, a variety of spinach)
 - Artichoke
 - Bell Peppers
 - Chayote (Mexican Squash)
 - Cucumber
 - Dandelion greens
 - Garbanzo beans (chick peas)
 - Isote (cactus flower/cactus leaf)
 - Kale
 - Lettuce (all, except iceberg)
 - Mushrooms (all, except Shiitake)
 - Mustard greens (broccoli)
 - Nopales - Mexican Cactus
 - Onion
 - Cilantro
 - Onions
 - Pasta salad (greens)
 - Sea Vegetables (wakame/dulse/arameth/klipfish)
 - Squash
 - Tomato (cherry and plum only)
 - Tomatillo
 - Tump greens
 - Zucchini
 - Watercress - (addict)
 - Purshane (Verbena)
- Fruits**
 - Apples
 - Bananas (the smallest one or the Burro-sized (original banana))
 - Berries - all varieties - Elderberries in any form - no cranberries
 - Cantaloupe
 - Cherries
 - Chirimoya (sugar apples)
 - Currents
 - Dates
 - Figs
 - Grapes (seeded)
 - Limes (they limes preferred with seeds)
 - Mango
 - Melons - seeded
 - Orange (Seville or sour preferred, difficult to find)
- Spices**
 - Poppyas
 - Peaches
 - Pears
 - Plums
 - Picky Pear (Cactus Fruit)
 - Prunes
 - Raisins (seeded)
 - Soft Jelly Coconuts
 - Sourrop - (Latin or West Indian markets)
 - Tamasid - (addict)
- Nuts & Seeds**
 - (includes nut & seed butters)
 - Hemp Seed
 - Raw Sesame Seeds
 - Raw Sesame "Butter" Butter
 - Walnuts
 - Brazil Nuts
- Oils**
 - Olive Oil (Do not cook)
 - Coconut Oil (Do not cook)
 - Grapeseed Oil
 - Sesame Oil
 - Hempseed Oil
 - Avocado Oil
- Spices - Seasonings**
 - MILD FLAVORS
 - Basil
 - Bay leaf
 - Cilantro
 - Dill
 - Origanum
 - Parsley
 - Savory
 - Sweet Basil
 - Tarragon
 - Thyme
- FUNDENT & SPICY FLAVORS**
 - Achille
 - Cayenne - African Bird Pepper
 - Coriander (Cilantro)
 - Onion Powder
 - Habanero
 - Sage
- Sweet Flavors**
 - 100% Pure Agave Syrup - (from cactus)
 - Date Sugar - (from dried dates)
- Salty Flavors**
 - Pure Sea Salt
 - Panofered Granulated Seaweed (iodine/iodine has a "sea taste")
- Grains**
 - Amaranth
 - Fofo
 - Kamut
 - Quinoa
 - Rye
 - Spelt
 - Tef
 - Wild Rice
- Natural Herbal Teas**
 - Alspice
 - Anise
 - Burdock
 - Chamomile
 - Elderberry
 - Fennel
 - Ginger
 - Raspberry
 - Tea

DR SEBI'S CELL FOOD

Thank you and congratulations on purchasing Dr. Sebi's Cell Food. We look forward to getting you on your healing journey.

WE ARE NOT MEDICAL DOCTORS. Therefore, we do not diagnose illness or prescribe pharmaceuticals. We are nutritional consultants trained by Dr. Sebi and make suggestions relating to nutrition. None of the information offered here is intended to replace any program that your medical doctor has prescribed for you, nor does it conflict with any pharmaceutical medication you are taking.

About Dr. Sebi
Dr. Sebi is a world renowned herbalist that has cured many pathologies with his holistic approach to nutrition and herbs over the last 50 years.
Dr. Sebi has formulated African Bio-Mineral Herbal products that cleanse and nourish the body on a cellular level. His products, in conjunction with this nutritional guide support the body's natural ability to regenerate and heal. Dr. Sebi has proven his products can reverse disease in 1988 through the State of New York Supreme Court. Dr. Sebi's products were considered as "natural vegetation cell food" by Lancaster Labs.

Dr. Sebi believes the root cause of all disease is mucus. Thus, disease manifested in the body where mucus has accumulated. Disease only lives in an acidic environment. Dr. Sebi has created protocols that include African Bio-Mineral products and nutritional changes. His protocols help cleanse the body by extracting mucus. They nourish the body by providing minerals and nutrients on a cellular level. The nutritional guide provides an alkaline environment in the body to support the healing process and achieve optimum health.

VEGETABLES
Asparagus - same as Callaloo, a variety of greens
Artichoke
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Isote - cactus flower/ cactus leaf
Kale
Lettuce (all, except iceberg)
Mushrooms (all, except Shiitake)
Mustard greens (broccoli)
Nopales - Mexican Cactus
Onion
Cilantro
Onions
Pasta salad - greens
Sea Vegetables (wakame/dulse/arameth/klipfish)
Squash
Tomato - cherry and plum only
Tomatillo
Tump greens
Zucchini
Watercress
Purshane (Verbena)

FRUITS
Apples
Bananas - the smallest one or the Burro-sized (original banana)
Berries - all varieties - Elderberries in any form - no cranberries
Cantaloupe
Cherries
Chirimoya (Sugar Apples)
Currents
Dates
Figs
Grapes - seeded
Limes (they limes preferred with seeds)
Mango
Melons - seeded
Orange (Seville or sour preferred, difficult to find)

SPICES
Poppyas
Peaches
Pears
Plums
Picky Pear (Cactus Fruit)
Prunes
Raisins (seeded)
Soft Jelly Coconuts
Sourrop - (Latin or West Indian markets)
Tamasid - (addict)

NUTS & SEEDS
(includes nut & seed butters)
Hemp Seed
Raw Sesame Seeds
Raw Sesame "Butter" Butter
Walnuts
Brazil Nuts

OILS
Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hempseed Oil
Avocado Oil

SPICES - SEASONINGS
MILD FLAVORS
Basil
Bay leaf
Cilantro
Dill
Origanum
Parsley
Savory
Sweet Basil
Tarragon
Thyme

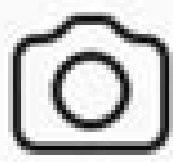
FUNDENT & SPICY FLAVORS
Achille
Cayenne - African Bird Pepper
Coriander (Cilantro)
Onion Powder
Habanero
Sage

SWEET FLAVORS
100% Pure Agave Syrup - (from cactus)
Date Sugar - (from dried dates)

SALTY FLAVORS
Pure Sea Salt
Panofered Granulated Seaweed (iodine/iodine has a "sea taste")

GRAINS
Amaranth
Fofo
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

NATURAL HERBAL TEAS
Alspice
Anise
Burdock
Chamomile
Elderberry
Fennel
Ginger
Raspberry
Tea



Instagram



Dr. Sebi Alkaline Food List

Vegetables

- Amaranth greens (same as Callaloo, a variety of spinach)
- Avocado
- Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Dandelion greens
- Garbanzo beans (chick peas)
- Izote (cactus flower/ cactus leaf)
- Kale
- Lettuce (all, except iceberg)
- Mushrooms (all, except Shitake)
- Mustard greens (removed)
- Nopales – Mexican Cactus
- Okra
- Olives
- Onions
- Poke salad (greens)
- Sea Vegetables (wakame/dulse/ arame/hijiki/nori)
- Squash
- Tomato (cherry and plum only)
- Tomatillo
- Turnip greens
- Zucchini
- Watercress – (added)
- Purslane (Verdolaga)

Papayas

- Papayas
- Peaches
- Pears
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins (seeded)
- Soft Jelly Coconuts
- Soursops – (Latin or West Indian markets)
- Tamarind – (added)

Nuts & Seeds

- (Includes nut & seed butters)
- Hemp Seed
- Raw Sesame Seeds
- Raw Sesame "Tahini" Butter
- Walnuts
- Brazil Nuts

Oils

- Olive Oil (Do not cook)
- Coconut Oil (Do not cook)
- Grapeseed Oil
- Sesame Oil
- Hempseed Oil
- Avocado Oil

Spices – Seasonings

MILD FLAVORS

- Basil
- Bay leaf
- Cloves
- Dill
- Oregano
- Parsley
- Savory
- Sweet Basil
- Tarragon
- Thyme

PUNGENT & SPICY FLAVORS

- Achiote
- Cayenne – African Bird Pepper
- Coriander (Cilantro)
- Onion Powder
- Habanero
- Sage

Sweet Flavors

- 100% Puro Agave Syrup – (from cactus)
- Date Sugar – (from dried dates)

Salty Flavors

- Pure Sea Salt
- Powdered Granulated Seaweed (kelp/dulse/nori has a "sea taste")

Grains

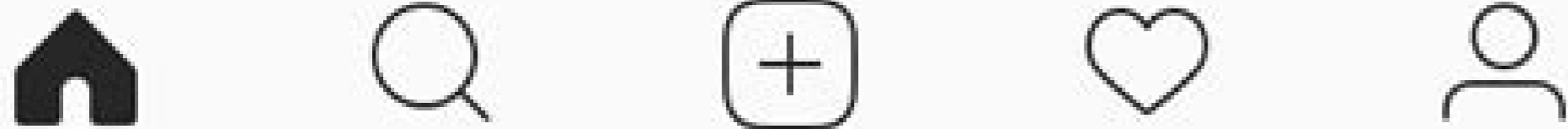
- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Teff
- Wild Rice

Natural Herbal Teas

- Allspice
- Anise
- Burdock
- Chamomile
- Elderberry
- Fennel
- Ginger
- Raspberry
- Tila



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Doctor sebi alkaline diet. List of alkaline foods dr sebi. Doctor sebi alkaline food list.

The more rapidly you'll be able to generate an eBook the more rapidly you can start selling it, and you will go on selling it for many years providing the material is updated. Scroll up, hit the "Buy" button and start your journey to a healthy lifestyle! Originally, Dr. Sebi claimed that this diet could cure conditions like AIDS, sickle cell anemia, leukemia, and lupus. The diet relies on a short list of approved foods alongside many supplements. This, in turn, prevents the formation of mucus and makes it difficult for infection-causing organisms to survive. You can download Dr. Sebi Alkaline Food List PDF by clicking on the following download Dr. Sebi Alkaline Food List PDF Download Link It is my second book! I have prepared for YOU a fresh portion of delicious food! 77 NEW and Easy Doctor Sebi-Inspired Recipes! BUY this NEW book, find 77 NEW and easy RECIPES with PICTURES and Step-by-Step instructions, receive the shopping list of approved Doctor Sebi products in your email in PDF for FREE! Most recipes are NEW and they don't repeat from my last book! You can be sure that you will get even more variety in everyday food. This unique diet is called the Doctor Sebi Diet. It is an alkaline plant-based diet that consists of an approved Doctor Sebi alkaline food list and a list of Doctor Sebi supplements. Note: Dr. Sebi has (added) and (removed) items for the food list and is noted. This diet is composed of greens, fruits, vegetables, and other plants that are intended to create alkaline conditions within the body. Vegetables: Amaranth, Amaranth greens – same as Callaloo, a variety of spinach, Wild Arugula (added), Avocado, Asparagus – (removed), Bell Peppers, Chayote (Mexican Squash), Cucumber, Dandelion greens, Dandelion greens, Garbanzo beans (chick peas), Green Banana – (removed), Izote – cactus flower/ cactus leaf- grows naturally in California, Jicama – (removed), Kale, Lettuce (all, except Iceberg), Mushrooms (all, except Shitake), Mustard greens (removed), Nopales – Mexican Cactus, Okra (added back after being removed), Olives (and olive oil), Onions, Parsley (removed), Purslane (Verdolaga) – (added), Poke salad- greens (removed), Sea Vegetables (wakame/dulse/aramé/hijiki/nori), Squash, Spinach – (removed), String beans – (removed), Tomato - cherry and plum only, Tomatillo, Turnip greens, Watercress – (added), Zucchini, Fruits (No canned fruits or seedless fruits), Apples, Bananas – the smallest one or the Burro/mid-size (original banana), Berries – all varieties- Elderberries in any form – no cranberries), Cantaloupe, Cherries, Currants, Dates, Figs, Grapes (seeded), Limes (key limes preferred with seeds), Mango, Melons -seeded, Orange (Seville or sour preferred, difficult to find)

Raw Sesame "Tahini" Butter, Walnuts, Oils (New Section added by Dr. Sebi) Minimize the use of oils. eBooks Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases are massive writing initiatives that writers like to get their writing tooth into. They are very easy to structure due to the fact there isn't any paper web site difficulties to worry about, and they're swift to publish which leaves additional time for composing. Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases But if you want to make lots of money being an eBook writer then you certainly need to have in order to generate fast. His diet and proprietary costly supplements purport to restore your body's natural alkaline state and detoxify your diseased body. Even fiction guides might get out-dated occasionally! Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases So you have to make eBooks Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases fast if you need to earn your dwelling by do Dr. Sebi Alkaline Food List PDF Download for free using the direct download link given at the bottom of this article. He argued that diseases cannot exist in an alkaline environment and begin to occur when your body becomes too acidic. Press left from the "paperback" button: Black and White version - is this one! You will find all kinds of useful information: What is the Doctor Sebi Alkaline Diet? Is it safe or not? What are the main rules and food principles? Which products are in the Doctor Sebi food list? Why are hybrid products so dangerous? Which supplements are necessary to take Green Food Plus, Sea Moss, Viento, and others? What are the benefits and downsides of the Doctor Sebi diet? Does the diet of Doctor Sebi help with diabetes or herpes? Does the Doctor Sebi diet cleanse the liver? How can you lose weight by sticking to it? Besides a complete nutritional guide, you will receive 77 NEW and EASY Doctor Sebi recipes for a wide variety of dishes: soups, salads, main dishes, desserts, smoothies, sauces, snacks, and bread based on the Doctor Sebi products list. After you finish my second book about the Doctor Sebi Diet, you will know even more Dr. Sebi-inspired recipes! It means that you can surprise yourself, your family, and friends even more with new delicious desserts and dishes, sauces and salads, snacks and smoothies. Well, that's great, isn't it? If you are still in doubt, check out some reviews on Doctor Sebi cookbook below. The Doctor Sebi Diet is not the easiest diet. Rule 3. Take Dr. Sebi's supplements an hour before medications. However, after a 1993 lawsuit, he was ordered to cease such claims. It's said to rejuvenate your cells by eliminating toxic waste, which is purportedly accomplished by alkalinizing your blood. Rule 7. Avoid using a microwave to prevent killing your food. In today's scenario, health is the most important thing in our life because we all have gone through the covid - 19 pandemic. Rule 4. No animal products are permitted. Rule 2. Drink 1 gallon (3.8 liters) of water every day. Rule 5. No alcohol is allowed. COPY LINK TO DOWNLOAD ***** (Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases Prolific writers love crafting eBooks Dr. Sebi Cure for Diabetes: Discover How to Cure Diabetes & Control Blood Sugar Level with Dr. Sebi's Alkaline Diet, Nutritional Guide, Food List, & Herbs Know Basic Concept for Cure All Your Diseases for various good reasons. However, it helps many people feel better without taking pills. Please note: This book is available in 2 Paperback formats - Black and White and Full-color. Full-color edition - Simply press "See all formats and versions" above the price. You will experience cell rejuvenation and the elimination of toxic substances from your blood and body. He claimed that pneumonia is caused by a buildup of mucus in the lungs, while diabetes is triggered by excess mucus in the pancreas. Dr. Sebi Alkaline Food List PDF Details PDF Name Dr. Sebi Alkaline Food List PDF No. of Pages 17 PDF Size 1.10 MB Language English Category Health & Fitness Source pdfdrive.co.in Download Link Available Downloads 17 Dear readers, here we are offering Dr. Sebi Alkaline Food List PDF to all of you. Sebi alkaline diet is a plant-based diet developed by the late Dr. Sebi. The diet consists of a specific list of approved vegetables, fruits, grains, nuts, seeds, oils, and herbs. Rule 8. Avoid canned or seedless fruits. As animal products aren't permitted, the Dr. Sebi diet is considered a vegan diet. Rule 6. Avoid wheat products and only consume the "natural-growing grains" listed in the guide. According to Dr. Sebi, the disease is a result of mucus buildup in any area of your body. According to Honduras herbalist Doctor Sebi, this diet raises the alkalinity of your body. They will definitely dispel all your doubts! Don't click away. Olive Oil (Do not cook) Coconut Oil (Do not cook) Grapeseed Oil (added) Sesame Oil (added) Hempseed Oil (added) Avocado Oil (added) Spices – Seasonings Achiote Allspice (removed) Basil Bay Leaf Cayenne/African Bird Pepper Cilantro (removed) Cloves Coriander (removed) Cummin (removed) Dill Habanero (added) Marjoram (removed) Onion Powder Oregano Parsley (removed) Powdered Granulated Seaweed (Kelp/Dulse/Nori - has "sea taste") Pure Sea Salt Sage Savory (added) Sweet Basil (added) Tarragon Thyme Sugars 100% Pure Agave Syrup – (from cactus) Date "Sugar" – (from dried dates) 100% Pure Maple Syrup – Grade B recommended – (removed) Maple "Sugar" (from dried maple syrup) – (removed) Alkaline Grains Amaranth Black Rice – (removed) Fonio – (added) Kamut Quinoa Rye Spelt Teff Wild Rice Nutritional Guide | All Natural Herbal Teas Alvaca (removed) Anise (removed) Burdock (added) Chamomile Elderberry Fennel Ginger Lemon grass (removed) Red Raspberry Cuachalalate (added after Dr. Sebi's death) Flor de Manita (added after Dr. Sebi's death) Gordo Lobo (added after Dr. Sebi's death) Muicle (added after Dr. Sebi's death) What are the 8 rules of Dr. Sebi's diet? The rules of Dr. Sebi's diet are very strict and outlined below: Rule 1. You must only eat foods listed in the nutritional guide.

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