

DR. SEBI BIBLE



12 BOOKS IN 1

The Most Comprehensive Guide to Living a
Disease-Free Life, Master Dr. Sebi's Alkaline Diet,
Healing Herbs, and Cures for any Disease to
Naturally Boost Your Health

Angela Stewart

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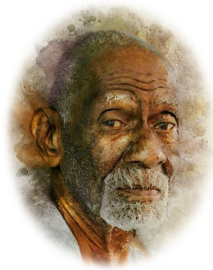
DR. SEBI FEMALE COOKBOOK

A. Stewart

12

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*12 Books in 1. The Most Comprehensive Guide to Living a Disease-Free Life.
Master Dr. Sebi's Alkaline Diet, Healing Herbs, and Cures for any Disease to
Naturally Boost Your Health*



Angela Stewart

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To walk you through the journey of learning DR. SEBI treatments and cures, in collaboration with Lisa Graves and Julie Paul, I have created two guides on Foraging and Medical Herbalism that will help you get the most out of this book.



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BOOK 1

DR. SEBI DIET

Introduction

It can be challenging to separate fact from fiction regarding dieting. There is a lot of conflicting information, and it isn't easy to find the truth in everything.

A diet including many fruits and vegetables is essential for many reasons. The body is effectively detoxified by reducing harmful acidity levels. As Dr. Sebi recommends, one way to achieve this is to eat many alkaline-forming foods.

This diet plan claims to support organ cleansing, gut health, and low blood sugar. But there is no evidence to support these claims.

Perhaps you are wondering, "Who the heck is Dr. Sebi?"

Dr. Sebi is a herbalist and the author of *The Ultimate Diet Discovery*. He promotes a green diet in all his books, but he also claims that counting calories are unnecessary for weight loss, making it easy to lose weight without worrying about calories or exercise.

We investigated Dr. Sebi's diet and found that it provides a healthier alternative to current, nutritionally-poor American diets. However, some aspects of the diet seem concerning to us before you decide to implement this diet in your life.

The Dr. Sebi diet is a vegan diet with guidelines for promoting health and happiness.

Dr. Sebi believed that illnesses could only exist in an acidic environment. So, eating "alkaline foods" (foods devoid of processed ingredients) can bring the body back to a more natural state of balance.

Following Dr. Sebi's diet is essential for your health and can hugely affect your weight loss. It encourages the consumption of healthy food and drinking lots of water and discourages unhealthy (and calorie-filled) substances like alcohol.

This diet results in steady weight loss, lower the risks of developing numerous diseases and reduces the risk of kidney stones. Obesity increases the risk of developing type 2 diabetes by 350%. By severely restricting carbs, limiting sugar intake, and being physically active regularly, you can reduce the risk of diabetes.

Regardless of age, people increasingly turn away from vegetables and fruits in favor of processed foods. People are not always aware of the food they eat and its effect on their bodies. This becomes especially dangerous when an individual seeks to lose weight but still eats poorly.

Eating a healthy and nutritious diet is the key to improving your health. The diet this article talks about will not only help you treat your disease but can also prevent you from suffering from it in the future.

The people who can benefit the most from this diet are people with obesity who are looking for a way to eat healthier and lose weight. A diet low in sodium, cholesterol, and calories is a good option for people with heart disease and diabetes. Before adopting such a diet, people should seek the guidance of a healthcare practitioner.

Read on to find out more about Dr. Sebi's diet and all the benefits you stand to enjoy while on it!

Remember, your diet is your lifestyle. Make the right choice!

Chapter 1: What is Dr. Sebi Diet?

This is a mucus-reducing alkaline diet comprised of plant-based foods such as vegetables, fruits, grains, nuts, seeds, oils, and herbs. These foods are believed to protect cells against cell damage and help prevent disease development.

A buildup of mucus causes the disease. The most common areas where it happens are the lungs and pancreas. Dr. Sebi claimed that different types of mucus cause different illnesses in the body, such as bronchitis, pneumonia, and pancreatic duct diabetes.

Dr. Sebi argued that diseases can't exist in a healthy body and occur when your body becomes too acidic. His diet and supplements promote a process of restoring an alkaline environment to the body and detoxifying diseased bodies.

He designed this diet for anyone who wishes to cure or prevent disease naturally.

For your body to heal, you must follow the diet consistently for the rest of your life. While those who insist on this claim state that the diet has healed them, there are no scientific studies to support it.

They have no specific nutritional guidelines, but it is low in protein, so you'll need to make sure your diet includes meat, beans, lentils, and soy if you want solid muscles & joints.

Dr. Sebi's diet is all about avoiding animal products, steering clear of processed food, and taking dietary supplements. They primarily focus on preserving a sustainable relationship with our food sources and maintaining the health of our bodies by avoiding greedily processed foods that are detrimental to our health.

Can the Dr. Sebi diet help you lose weight?

The theory behind Dr. Sebi's diet is that it will help you lose weight by encouraging a cleaner diet with less processed and heavy food. The diet isn't official for weight loss, but if you want to reduce your daily caloric intake, this might be the perfect fit.

An unprocessed plant-based diet is proven to be healthier for you. It has a lower chance of obesity and heart disease than the Western diet.

According to one study, the average participant who followed the plant-based diet lost 26.6 pounds in 6 months, while those not following the diet lost 3.5 pounds in the same amount of time.

Nuts are an excellent source of health-oriented fats to help you lose weight. They contain good nutrients that aid in reducing the potential of chronic diseases and contributing to longevity. Avocados and oils contain substances that increase metabolism while lowering the potential for cholesterol buildup due to their ability to reduce digestion time.

However, many people find that they can't stick to low-calorie diets for long. They typically regain weight when they resume a normal eating pattern.

People trying this diet will need to maintain a certain healthy lifestyle.

So, is the diet beneficial?

The Dr. Sebi diet is centered around plant-based foods.

Plant compounds are in high amounts in a diet rich in vegetables and fruit. Diets rich in these foods have reduced inflammation, oxidative stress, and protection against heart disease.

People who eat a lot of vegetables and fruit have a much lower cancer and heart disease incidence. They also usually do not eat enough fresh produce, which is unfortunate because vegetables are an excellent source of nutrients.

Another benefit of the Dr. Sebi diet is that it promotes whole grains and plant oils as standard dietary supplements, which provide health benefits such as a lower risk of heart disease.

A significant downside of Dr. Sebi's diet is that it restricts large food groups. For example, the diet only allows certain types of fruit. People will often find it challenging to adhere to a strict diet. The negativity can be caused by the diet's lack of variety or the negative connotations attached to foods, not the food guide. With no calories from supplements, people turn to unhealthy sources of calories to maintain a calorie intake.

Secondly, the foods listed in Dr. Sebi's nutrition guide can be a good source of nutrients, but protein is an essential nutrient that isn't included.

Brazil nuts, sesame seeds, and walnuts are not good sources of protein but are the ones permitted in the diet. It would be best to eat huge portions of these foods to meet your daily protein needs. It is best to consult with your healthcare professional before any dietary changes.

While more nutrients are present in this diet, they're low in critical nutrients that people need to be on a plant-based diet. The Dr. Sebi diet website discloses that some supplements use proprietary ingredients. Whether or not a consumer will meet their daily nutrient needs is unclear from such an ingredient list.

Thirdly, there is little scientific evidence to show how the diet will work. The diet asserts that its foods and supplements control acid production in your body. However, even though the human body has natural mechanisms for regulating blood pH levels, it still makes the body slightly alkaline.

Excess production of acids through the breakdown of fats or protein from your diet can be fatal depending on how low the blood pH is. Research shows that a slight change in your urine pH can be caused by a slight change in your diet, not blood pH.

Chapter 2: Alkaline Diets

Diet experts argue about the many health benefits of an alkaline diet, but most agree that it is a way to prevent disease.

The alkaline diet consists of eating various alkaline or neutral foods. It is believed to balance the acids in your body and improve your health.

The alkaline diet offers plenty of benefits. It will help maintain your body's pH level to ensure that you have a healthy, stable system. It is also great for your wallet and will save you a lot on food expenses.

Acids are substances with a pH below 7; alkaline substances have a pH above 7. Generally, the closer to neutral you get, the more beneficial they are to your health.

There is little published research that supports the alkaline diet. There are a variety of rules that make it difficult to follow, and it doesn't help with weight loss.

There is little evidence for the idea that the alkaline diet is helpful or necessary. The body does an excellent job of maintaining homeostasis without being forced to eat specific foods. Although some food restrictions exist, many can be allowed as they are healthy.

Acidic foods or drinks can curate the pH balance in the body. Different foods will have other effects on pH, so it is essential to know what makes up your diet and what you should focus on.

Urine is essential for regulating body pH. It helps the body remove excess acid and balance pH throughout the body. Acid levels in the urine go up after common meat, like steak and meatballs.

This is your body getting rid of the acid it doesn't need.

Perhaps you are thinking, "is there a link between an alkaline diet and cancer?"

Cancer cells thrive in low pH environments. Advocates of the alkaline diet believe that this low-pH state can kill off cancer cells.

However, the studies suggesting that an acidic environment helps cancer cells grow do not represent the complex nature of how tumors behave in the human body. People who follow an alkaline diet are encouraged to avoid fatty foods, sugar, alcohol, and processed foods. They eat vegetables, fruits, and water in moderation instead.

This diet can help reduce inflammation. Inflammation is a natural response to injury and infection, but too much inflammation - also known as chronic inflammation - can cause DNA damage and lead to cancer.

Diet changes will not impact the pH levels of your blood. The effects they have on your health, however, could be positive. Talking to a doctor before starting any diet changes would be best.

We recommend a plant-based diet loaded with vegetables, fruits, whole grains, and beans/lentils.

Reducing meat consumption and processed food can also help lead to a healthier lifestyle.

What can you eat on an alkaline diet?

Vegetables

- Amaranth greens
- Asparagus
- Bell peppers
- Dandelion greens
- Garbanzo beans
- Kale
- Lettuce (no Iceberg)
- Mexican cactus (Nopales)

- Mexican squash (Chayote)
- Mushrooms
- Mushrooms (all, except Shitake)
- Okra
- Olives
- Onions
- Purslane (Verdolaga)
- Squash
- Sea vegetables (Wakame/Dulse/Arame/Hijiki/Nori)
- Tomatillo
- Tomato (plum and cherry)
- Turnip greens
- Watercress
- Wild arugula
- Zucchini

Fruits

- Apple
- Bananas (most miniature and burros)
- Berries
- Cantaloupe
- Cherimoya sugar apple
- Cherries
- Currants
- Dates
- Figs
- Grapes seeded
- Limes and key limes w/seed
- Mangoes
- Melons (seeded)

- Orange Seville or sour
- Papaya
- Peaches
- Pears
- Plums
- Prickly pear
- Prunes
- Raisins (seeded)
- Soft jelly coconuts
- Soursops
- Tamarind

Nuts and seeds

- Brazil Nuts
- Garbanzo beans (chickpeas)
- Hazelnut
- Hemp Seed
- Raw sesame seeds
- Walnuts

Oils

- Avocado oil
- Coconut oil
- Grapeseed oil
- Hemp seed oil
- Olive oil
- Sesame oil

Spices and Seasonings

- 100% Pure agave syrup
- Achiote
- Basil
- Bay leaf

- Cayenne
- Cloves
- Coriander
- Date sugar (from dried dates)
- Dill
- Habanero
- Onion powder
- Oregano
- Parsley
- Pure sea salt
- Sage
- Savory
- Tarragon
- Thyme
- Thyme

Grains

- Amaranth
- Khorasan wheat
- Quinoa
- Rye
- Spelt
- Teff
- Wild rice

Those on an alkaline diet should buy organic produce whenever possible to stay healthy. Organic produce, especially fruit and vegetables, is packed with vitamins, minerals, and phytonutrients that can help curb cravings more effectively.

Chapter 3: Dr. Sebi Fasting

Fasting can be done in several ways and is a standard method for detoxing the body. Depending on the type of illness, your unique tolerance, and the severity of your exposure to toxins, you may choose one form of fasting over another.

There are five fasts that you can choose from:

- ☒ Water Fast
- ☒ Liquid Fast (Juice)
- ☒ Smoothie Fast
- ☒ Fruit fast
- ☒ Raw food fast (Veggies).

Before getting started on your fast, you must:

- ☒ Familiarize yourself with the needs of your kidneys and how they function before any significant changes are implemented.

- ☒ Drink a lot of water when your pee isn't coming out. If that doesn't work and you still have some pee in your bladder, try drinking dandelion, hawthorn, or homegrown horsetail tea. These are all diuretics that can help you to flush your system after drinking them.

- ☒ Purge your colon. A great way to do this is by making a five-second pause at the start of your breath every day. No matter what you try, avoid drinking water directly from the tap and use a filter or glass so that you don't ingest anything with contaminants.

3.1 Water Fast

There are specific requirements for fasting. You should not eat anything during the fast. You can drink only spring water taken at the same time as herbs.

The best time to fast is when you are healthy and have past fasting experience. While your body is still adjusting, fasting at the beginning of your journey may not be prudent and could lead to an adverse event.

One can do a brief detox while one focuses on other activities. If genuine underlining well-being conditions are no different, having a companion or partner is essential when doing the detox.

Start with three days of gut purification. Remove any unused food supplements and plant-based whole foods. Then do a 7-day, quick diet with fruits like grapes, melons, and apples.

Start your day with a squeeze of fresh and organic citrus to keep your blood sugar on an even keel.

Then get started on your water as soon as possible.

If you plan on fasting for an extended period, visit a fasting center before or after you begin if you don't have the time to go out to a facility, ask a close friend and family member to support you. If you're not following a fasting plan with others, it's not recommended to go past 10–14 days without food.

Pregnant women and people with certain medical conditions such as anorexia and mental disorders should not go on water fasts, as the bodily process could prove risky. Instead, they should take a nourishing solution to allow them to regain their health.

Breaking the fast can be done effectively in just three days. There are a few ways to stop the fast naturally, including starting with squeezes and vegetable

juices. However, a long-term product juice cleanse is advised.

The longer it takes for your water to replenish, the more you can rely on crude organic products. Even better, you can encourage yourself to eat lighter and more varied meals that are closer in nutrient density & food quality to what you need.

The length of a water fast would depend on your health and the severity of your illness. Rather than a water fast, fruit fasting or raw veggie dieting is often a preferred option for many people. Although there are many options for consuming fruits and veggies, Dr. Sebi's advice is essential as he gives a nutritional guide that outlines what you should and shouldn't eat when on the fast.

3.2 Liquid Fast (Juice)

On a juice fast, you are only allowed to consume juices from fruits or vegetables - in addition to taking your cleansing herbs, sea moss, and spring water. Depending on your health status, you may choose to do the fast for any length of days that is manageable for you.

Expecting the best possible results from detox is essential, but it is also important to be patient. According to Dr. Sebi, the best period for a detox would be at least 14 days, and three months would provide optimal results.

After three days of detoxifying your gut, you should include juices, teas, and organic product juices like melons.

Working up to a juice quick. Filter out the impurities from your colon with this powerful three-day program. Drink only foods grown from the ground in their natural state for seven days straight because all crude food produced by man is tainted with toxins- and if you don't believe it, watch what happens when you try and eat one.

Alternate juice fasting cleans the body by drinking only water daily while squeezing pure organic juices. This method receives a lot of attention in the wellness industry because it mimics what your body would do if you were only to drink purified water and not juice.

3.3 Smoothie Fast

Fasting smoothies is a good idea to cleanse your body and lose weight. If your system can handle it, you can fast on smoothies for a week or more.

3.4 Fruit Fast

You should only consume fruits with high water content, such as watermelon and strawberries. What you consume can also vary from soft-massed fruits from the Dr. Sebi Nutritional Guide, like blueberries or blackberries.

3.5 Raw Food Fast

When humans started cooking their food, they began to introduce toxins. Dr. Sebi's raw food plan is a safe alternative that allows you to consume all the necessary nutrients without hurting yourself or your health.

3.6 Sebi's Fasting Recipes

3.6.1 Summer Green Alkaline Juice

Let's get this delicious meal started with a quick & easy recipe that can be ready within minutes. Just the thing for the night off!

Ingredients

- 3 cups alkaline water
- 2 tablespoons washed and disinfected parsley leaves
- 1/2 green apple, cubed
- 1/2 cup cucumber without seeds, peeled and cubed
- 1/2 cup baby spinach washed and disinfected
- 1 tablespoon optional agave honey
- 1 kiwi, cubed
- 1 cup coconut water
- 1 celery twig in squares

Directions

Add all the ingredients to the blender, blend until it's mixed evenly, and serve immediately.

3.6.2 Lemon Cucumber Alkaline Water

This recipe is easy and doesn't require much prep or cooking time. It's only 1 serving, so your meal prep is fast and hassle-free!

Ingredients

- 4 slices of cucumber
- 3 slices of lemon
- 2 cups of water

Directions

Place slices of cucumber and lemon into the water in a covered container and sit at room temperature overnight. Chill before serving over ice or serve as is.

3.6.3 Ginger Carrot Apple Spinach Juice

Ingredients

- ½ cucumber
- 1/2 minus core apple, green
- 1 stalk celery
- 1 lemon, peeled
- 1 cup spinach or kale, fresh
- 1 carrot, washed
- 1 ½-inch slice ginger root, fresh

Directions

Blend all these ingredients in a blender or juicer and serve immediately.

3.6.4 Apple Juice Mix

People don't usually like raw kale in a smoothie, but this recipe will change their minds because it is savory and easy to make. It only takes 5 minutes to prep.

Ingredients

- 1 ½ cups apple juice
- 1 apple, peeled, cored, diced
- ½ avocado, peeled, pitted, diced
- 2 cups kale leaves

Directions

To make a smoothie, place all the ingredients in a blender jar. Pulse it at high speed for up to 60 seconds to yield a delicious and healthy drink. Divide the smoothie between two glasses and serve.

Chapter 4: Foods to Leave in The Store

Cravings are natural for people on any diet. They will pass the longer you resist them by nourishing your body with other healthy foods. This plant-based diet is designed to help you lose weight and improve your health.

The self-discipline that comes with it takes time to develop, but the benefits of the lifestyle outweigh these challenges. With this diet, your body will adapt to it over time, and the results will be largely positive.

You will find that cravings for unhealthy food or sugary sweets are reduced, and you'll have more energy than ever.

It is worth restricting your diet to try and reduce the amount of acidity in your body. You should eliminate;

4.1 Canned Fruits and Vegetables

Choosing fresh produce over canned is essential for your health, as fruits and vegetables lose nutrients in the canning process. Because canned fruits and vegetables are processed, they may not be as nutrient-dense as fresh ones.

4.2 Seedless Fruit

Fruit is encouraged while on a Dr. Sebi diet, but seedless fruit is not allowed because it eliminates genetic diversity in the food. It is essential to always wash fruits before eating them. Even if they are organic, it is possible that the fruit has been genetically modified and contains pesticides.

4.3 Eggs

Eggs contain a chemical called lecithin which is also found in the gut. When enough of this chemical is consumed, it may increase heart attack and

stroke risks.

4.4 Dairy

High-fat dairy products are considered harmful to health because they contain more harmful saturated fats than other foods.

4.5 Red Meat

Too much red meat increases the risk of heart disease. To lower the risk of heart disease, limiting the intake of red meat is essential to keep cholesterol levels in check.

4.6 Soy Products

Soy is traditionally thought to be healthful, but recent evidence shows that it's not necessarily the best food for a plant-based diet. Researchers found that soy contains estrogen-like compounds that are thought to promote the growth of specific cancer cells.

4.7 Processed Foods

Processed foods contain chemicals and preservatives that can cause toxins in the body. You should avoid eating anything with these ingredients. These foods have a high saturated fat & sugar content, and this is not ideal when on Dr. Sebi's diet.

If you are wondering how, you can quickly make your body alkaline, here's the thing:

You can change your body's pH balance by changing what you eat. By eating more alkaline and less acidic foods, like pineapple, you may be able to increase the pH to make it slightly alkaline.

Switching to organic teas and eating the same food at a set time every day is one way to reduce caffeine. The body keeps the pH balance consistent in

other ways.

However, you should follow the recommendation to reduce your consumption of highly acidic foods and replace them with loads of plant fibers that your body needs.

Perhaps you are wondering, "is Dr. Sebi's diet safe?"

Despite a lack of solid medical evidence, there is no evidence that Dr. Sebi's Diet is unsafe. Reviewers leave glowing reviews about the diet plan, which has over 500,000 followers on Instagram and 11 million page-views since its unveiling in 2012.

Dr. Sebi believed there were six fundamental food groups; live, raw, dead, hybrid, genetically modified, and drugs. His Diet makes all the food groups except for raw and alive unnecessary, so it pleases people on a diet by encouraging them to eat vegan foods as close to a 'raw vegan diet' as possible. There is no scientific evidence supporting the Dr. Sebi diet, but many benefits help it - appetite control, weight management, and disease prevention.

Along with being good for health, the Diet contains raw and live foods considered electric foods that help fight acidic waste in the body. Despite its benefits, some people may find this Diet too restrictive.

You should follow some guidelines to get the best out of the Diet;

- ☒ Drink water to stay hydrated.

- ☒ Stay away from acidic drinks like soda, tea, and coffee. Carbonated drinks will cause a build-up of carbon dioxide in your lungs, which is unsuitable for your health.

- ☒ Breathing deeply can help your body enter a state of relaxation. Go ahead and take two to five minutes to slow down your breath. If you are starting, yoga is a great way to practice this technique.

☒ Eating foods with preservatives or colors can be harmful to your body. This can lead to various medical problems and increase the risk of joint pain, kidney failure, and cancer. The body absorbs chemicals either by neutralizing acids or in other ways that can lead to anemia and osteoporosis.

☒ Artificial sweeteners are known to cause health issues. In addition, they can lead to cancer. You should avoid them long-term and consider other options for your favorite sweet treats.

☒ To be healthy, you should consider adopting a healthy workout routine, which helps regulate natural bodywork.

☒ Eat vegetables or nuts to keep your appetite in check. These are healthier alternatives to fast food, but they can be satiating.

☒ When considering healthy food, knowing how different food groups interact is essential. Particularly, fats need carbohydrates and proteins to help digest their nutrients. Additionally, consider the timing of consumption.

☒ Green powders are an easy and inexpensive way to improve your body's natural alkaline balance. They're often mixed with other food or applied directly to the skin, resulting in various health benefits.

☒ Sleep is a vital part of a healthy, long life. When you sleep well, your mind and body will function properly. A less focused state means the digestive system might not function as it should.

Chapter 5: How Toxic Foods Increase the Risk of Diseases

Toxins are chemical agents that impact the functioning of a cell. Some cells are more susceptible to toxic stimuli than others, and the effects of toxins vary widely from individual to individual. However, there is a downside to this. For example, the most potent toxins in the blood can kill the cells instantly.

The toxins that are often found in foods are termed natural toxins.

Natural toxins are compounds created by living organisms and are toxic to other animals/creatures/people when ingested. Some plants produce toxins as a natural defense mechanism to protect themselves from predators, insects, or microorganisms. The world's oceans and lakes are breeding grounds for some dangerous toxins that can be toxic to humans.

Additionally, there is a shift from natural handmade farming to factory-farmed food. Factory-farmed food has downsides, such as increased health risks and the negative environmental impact of waste products.

There is a significant problem with the modern agricultural practices of farmers. In addition to pesticides, synthetic fertilizers, and enhanced hormones, these techniques often result in increased production, and using GMOs has resulted in more herbicide and pesticide use.

These inhaled air-borne toxins from the exhaust of cars, the pollution from manufacturing companies, and agricultural wastes disposed of in our water bodies can prove catastrophic.

Here are some of the most common natural toxins that can be found in our environment. They can pose a risk to our health and should be kept in mind when considering actions to prevent disease;

5.1 Aquatic biotoxins

Algae in the ocean and rivers can create algal toxins. These toxins generated during the bloom of certain types of algae naturally occurring in those bodies of water can be absorbed by shellfish that live there.

Several algal toxins are known to cause diarrhea, vomiting, tingling, paralysis, and other effects in humans. They can be retained in shellfish and fish or contaminate drinking water. They have no taste or smell and cannot be eliminated by cooking or freezing.

For people who consume barracuda, black grouper, and king mackerel, Ciguatera fish poisoning is high. It can be caused by consuming contaminated fish taken in, caught, or purchased.

There is currently no specific treatment, but symptoms can be managed through care and rest.

5.2 Cyanogenic glycosides

Cyanogenic glycosides are toxic chemicals that occur in plants. They can be found in cassava, sorghum, stone fruits, and almonds. These plants are mostly food in some areas of the world.

The more cyanides in a plant, the more harmful its consumption would be for humans. Cyanide poisoning can occur when the cyanide level in a person's body is higher than what is acceptable to be safe for that individual.

The clinical signs of acute cyanide intoxication in humans can include rapid respiration, drop in blood pressure, dizziness, headache, stomach pains, vomiting, diarrhea, mental confusion, and cyanosis. A terminal coma follows that.

5.3 Furocoumarins

Many fruits and vegetables contain toxins called furocoumarins which are released when plants are stressed. These stress toxins can cause headaches, dizziness, and difficulty concentrating.

People with dark skin are more likely to experience severe symptoms from UVA/UVB radiation exposure. Exposure to furocoumarins in certain vegetables can cause these reactions, as well.

5.4 Lectins

Some beans can be toxic if ingested raw, especially kidney beans. Raw kidney bean ingestion can cause vomiting, diarrhea, and stomachache. It is vital to cook kidney beans before they are eaten thoroughly.

5.5 Mycotoxins

Mycotoxins are substances produced by certain types of mold that can cause health issues. For example, mycotoxins like aflatoxin and ochratoxin A can cause liver disease. The reason for the proliferation of mold is the lack of storage and handling guidelines, leading to food spoilage due to microbial growth.

Most mycotoxins are chemically stable and survive food processing. They do not cause long-term health effects but can cause acute symptoms with severe illness and even death appearing quickly after consumption of highly-contaminated food products.

5.6 Solanines and Chaconine

Solanine and Chaconine are natural plant poisons found in amounts that would be like a very tiny bit of poison. The levels are generally low, but higher concentrations can be found in the green parts of some plants, including potatoes and eggplants.

Plants produce toxins as a response to different stress stimuli. To reduce the production of solanines and Chaconine, potatoes should be stored in a dark, cool, dry place and not consumed.

5.7 Poisonous mushrooms

Some wild mushrooms are poisonous and can produce toxic effects on the body. Symptoms may occur 6-24 hours after consumption. Wild mushrooms are poisonous, and one should be careful about what one eats. They should avoid eating them unless the mushroom can be confirmed to be non-poisonous.

5.8 Pyrrolizidine alkaloids

Plants known to produce Pyrrolizidine Alkaloids are poisoning weeds that can grow in crops and contaminate food. PA's potential health risks are becoming increasingly apparent. This makes them a top priority for study and regulation.

Acetone extracts with lower PAs show no adverse effects in the amounts consumed by humans. The Codex Committee on Contaminants in Food is developing guidance for prevention strategies for plants containing PA. The overall health risk has not been thoroughly evaluated yet, but the Codex Committee expects to release its guidelines soon.

Ways Toxins Cause Diseases in the Body

- ☒ Overloading the liver with toxins can have harmful side effects, such as premature aging and chronic disease.

- ☒ Pollution and chemicals can disrupt hormones and make them produce less or lead to imbalanced production.

- ☒ Microbes produce toxins that can be damaging to the body. The immune system is weakened by releasing these toxins, which contribute to infection and disease.

- ☒ People exposed to toxins through the ingestion or inhalation of chemicals or by skin contact may experience compromised organ function and poorer health.

- ☒ Toxins can damage cell membranes leading to a range of problems such as the inability to pass messages throughout the body and the impairment of normal signaling processes and substance movement.

- ☒ Toxins can block the receptor site of certain hormones. In some cases, this causes a hormonal imbalance, leading to chronic fatigue.

Free radicals are the unseen primary drivers of countless health problems, damaging every aspect of our physiology and playing a role in virtually all diseases. Detoxification is necessary to combat and eliminate toxins from the body before they reach dangerous levels.

So, how can we minimize the health risk from natural toxins?

It is important to note that natural toxins are present in various foods. In a balanced diet, the levels of natural toxins tend to be well below the threshold for acute and chronic toxicity.

To minimize health risks from toxins in food, it's advisable not to assume anything is 'safe' just because it's natural. Certain foods that have been bruised or damaged should be thrown away, and foods with mold on them. Throw away any food that does not smell or taste fresh or has an unusual flavor, and only eat mushrooms or other wild plants that have definitively been identified as non-poisonous.

Chapter 6: The Difference Between Blood pH, Saliva pH, and Urine pH; and How To Measure Them.

pH measures an object's "acidity" or "alkalinity."

The pH scale is essential for categorizing chemicals and material, with a starting point of 7, which is neutral. A low pH number means something has more acid, while a high pH number means something has more alkaline.

The body subtly regulates the balance of these levels to maintain a healthy level of acidity and alkalinity in the blood and other fluids.

6.1 Blood pH

Your blood has a normal pH range of 7.35 to 7.45, which means it is slightly alkaline or basic.

In contrast, your stomach acid has a pH of around 1.5 to 3.5, which makes it acidic to facilitate digestion and kill germs.

Blood pH is an indicator of your health. A sudden change in blood pH might indicate a medical emergency or unhealthy condition. Some health conditions that cause changes in your blood pH include diabetes, asthma, lung disease, infections, hemorrhage, poisoning, kidney disease, gout, and some cancers.

The lungs and kidneys are the two main organs that help balance blood pH.

- ☒ The Lungs get rid of carbon dioxide through breathing.
- ☒ The kidneys perform the function of excretion, which is removing acids and toxins through urine.

The different types of blood acids and alkalosis depend on the cause. The two main types are respiratory, which happens when this change in blood pH is caused by a lung or breathing condition, and metabolic, which occurs when a kidney condition causes the change in blood pH.

A blood pH test is a normal part of a blood gas test or arterial blood gas (ABG) test. It measures the amount of oxygen and carbon dioxide in your bloodstream. A blood sample is taken and sent to a lab. The results can tell you if your pH is high or low and whether there are any signs of disease.

Perhaps you wonder, "Can I test my blood pH at home?"

The answer is, Yes!

However, a home blood finger-prick test is not as accurate as a blood pH test at the doctor's office. A urine pH paper test cannot show your blood's pH levels and can help determine if something is off balance.

So, what causes changes in one's blood pH?

6.1.1 High Blood pH

Fluid loss

Losing too much water from your body can increase blood pH. This happens because you also lose some blood electrolytes with fluid loss, including sodium and potassium. Causes include excessive sweating, vomiting, and diarrhea.

Fluid loss is a common side effect resulting from diuretics and other medications. Your doctor may need to change any medications causing this issue and the fluid and electrolyte loss. Sports drinks help counteract this when taken before or during athletic endeavors.

Kidney problems

The kidneys are responsible for chemically helping the body balance in the blood. If they malfunction, your blood pH may be affected, and you may experience issues in your mental health.

6.1.2 Low blood pH

Diabetic ketoacidosis

This can happen if your body has trouble regulating blood sugar.

On the other hand, acidosis can indicate many things like disease, overconsumption of medications, or illness. It can potentially affect your whole body and causes an overall health issue. Some health conditions cause natural acids to build up in your blood. Acids that can lower blood pH include lactic acid, keto, sulphuric, phosphoric, and hydrochloric acid.

Insulin is a hormone that helps control sugar levels in the body. If it's unable to function correctly, your body breaks down stored fat and creates waste called ketones. This can lead to low blood pH.

Get emergency care if your blood sugar levels exceed 300 milligrams per deciliter (16 millimoles per liter). Don't delay!

Diabetes is a severe condition that requires serious treatment. To keep your metabolic levels in check and prevent complications, you must take care

of yourself. Be sure to stay on top of diet & exercise while also taking regular medications as prescribed by a doctor.

Metabolic acidosis

Your kidneys produce acids to remove them from your body. When they can't work correctly, kidney disease or kidney failure, it'll raise blood acids - aka metabolic acidosis - and lower blood pH. Symptoms of metabolic acidosis include fatigue, weakness, loss of appetite, nausea, vomiting, and headache pain.

One of the options for treatments for metabolic disease includes dialysis and kidney transplant. In severe cases, these can be necessary.

Respiratory acidosis

When your lungs can't expel toxins or enough carbon dioxide, your body will suffer from respiratory acidosis. This can happen if you have a severe or chronic lung condition like asthma, sleep apnea or bronchitis, pneumonia, and COPD.

If you've had surgery, are obese, or misuse sedatives, you may also be at risk for respiratory acidosis. In mild cases, your kidneys can help remove the blood acids through urination.

Intubation and mechanical ventilation can help people with respiratory acidosis to breathe better. These procedures also help to raise your blood pH back to normal.

6.2 Saliva pH

Saliva's pH is typically around 6.2 to 7.6

Saliva pH changes based on what you are eating by breaking down carbohydrates in your saliva. The resulting saliva contains lactic acid and other acids that lower the pH level. Adults have more acidic saliva than children.

The body needs a pH close to that of water to sustain life.

Perhaps you are asking, "Why should I care about the pH of my saliva?"

When your mouth lacks proper pH balance, your teeth slowly break down. This is due to the acids created when you drink certain drinks.

When teeth are neglected, you risk exposing the dentin. If the person drinks hot or cold drinks, this can lead to discomfort.

Examples of food or drinks with a pH below 5 are alcohol, white wine, American cheese, and cherries.

Saliva pH is a measure of how acidic or alkaline the saliva is. If your saliva is too acidic, you might have more bad breath and sensitivity to hot or cold food or beverages. It could also cause tooth cavities.

A pH test is easy to assess your saliva's pH level. You can make the test yourself with a pH strip (available online or at your local pharmacy) and these instructions:

Before getting a saliva test, ensure you don't eat or drink for two hours. After that, take a dip in your mouth to ensure your saliva is adequately diluted, and then place it on a pH strip.

The strip will change color depending on your saliva's pH level, allowing you to measure it accurately. The outside of the box of pH strips will include a color chart, which you can match the strip to determine your saliva's pH level.

6.3 Urine pH

Urine comprises various compounds, including water, salts, and waste products from the kidneys. The balance of these compounds can affect urine's acidity levels. pH - or its opposite, alkalinity - is a way to measure these levels.

Physicians often test urine pH and other diagnostic tests when a person has symptoms possibly related to problems in the urinary tract or kidneys.

Urine typically has a pH of 6-7.5, which is neither too acidic nor alkaline. Anything between 4.5-8 should not cause concern for the human body.

One major factor behind how urine pH is measured is the food a person eats. Doctors often ask someone if they typically eat a certain kind of food before they provide their results to make sure that the specimen is accurate for them.

Acidic foods include meat, poultry, and seafood, while alkaline foods include fruits, vegetables, and nuts.

Why take a urine pH test?

Urine pH is not a reliable indicator of health - it can vary greatly, and a doctor cannot diagnose medical conditions solely on the pH level.

A doctor would analyze urine pH along with other symptoms to determine a diagnosis. They might also order a urine pH test to study the effectiveness of kidney stone treatments.

A urine pH test doesn't usually require preparation before it's done. However, if a doctor asks a person to fast beforehand or avoid foods that may affect the results of the test, then it may be necessary to adjust accordingly.

Your doctor may ask you about any medications or supplements you might be taking, as they can cause interference with the test results.

Depending on the medications and supplements someone takes, a doctor might ask you to stop taking them before taking specific tests. A medication's pH may be critical to gather before tests.

The doctor may request a one-time urine sample or a 24-hour urine test. A 24-hour urine sample must be collected several times over the day to ensure they are not affected by anything like urinary tract infections.

A urine pH test is a simple, easy-to-perform test that allows a quick overview of the acidity of the urine. The person collecting the sample must clean themselves and then collect around 2oz of urine for urinalysis, which consists of three parts;

Physical/visual exam: The urine will be visually assessed for color, presence of foreign material such as blood, and appearance of water droplets (foamy urine).

Chemical dipstick test: Dipsticks are used to detect the pH of urine. They change color depending on what is found in the sample. The dipstick test can also detect other substances, such as glucose, white blood cells, bilirubin, or proteins in the urine.

Microscopic exam: Urine under a microscope is often used in basic diagnostics tests like looking for particles, white blood cells, or crystals that can indicate an underlying medical condition.

A person will urinate normally to provide the sample, although the doctor may ask for the first urine of the day or a midstream sample. For a 24-hour sample, they may offer additional instructions, such as fully emptying the bladder at the beginning of the collection day.

A high urine pH might signal someone with a medical condition such as kidney stones, urinary tract infections (commonly called UTIs), or kidney-related disorders.

If a person's urine is particularly acidic, it might indicate a medical condition like diabetic ketoacidosis caused by diabetes. Diarrhea and starvation are other possibilities.

Certain medications can also alter a person's urine pH.

Chapter 7: How Dr. Sebi Treatment Heals Diseases

Dr. Sebi's alkaline diet can help your body flush toxins, clean your intestines, and detoxify your liver, blood, and kidneys.

Americans have become so accustomed to the convenience that they forget their health. Not only is our diet declining, but it is also making us obese and unhealthy. Frozen pizza is more convenient than preparing a healthy meal or protein shake. It is easy to rely on convenience foods when craving something sweet, salty, or fatty.

Cleansing will help you detox fast and eliminate anything harmful you may have eaten. You can't promise that no parasites are in your system!

"All disease begins in the intestines." - Hippocrates

In that case, you first want to cleanse the colon, intestine, and digestive tract before anything. The digestive tract consists of bacteria that defend the body against dangerous organisms.

Do you want to maximize your health with Dr. Sebi's herbal supplements?

Here is a step-by-step guide to help you do just that. Detoxing like this will also help eliminate any other toxins in your body.

Add 1 teaspoon of Cleansing Herbs to a pot and 1 cup of water; allow to boil for 10 minutes, then put the mixture over steam while covered.

Drink after having cooled and before bed.

Drink a combination of green tea, ginger root, and chamomile extract at night 3 hours before sleep to maintain healthy colon health.

When you wake up, start your day with warm water and lime.

If you want to be healthy, eating healthy food is the way to go. If you can't eat certain foods, blended superfoods will provide your body with the necessary nutrients.

You should always consume vegetables and fruits to have a healthy body and lifestyle.

If you have any illness, then Dr. Sebi's cleanse is what you need to get your body back on track.

This diet will help rid your body of harmful substances and improve overall well-being.

Here's a list of some common symptoms that could be causing your body to need a detox;

- ☒ Abdominal cramping
- ☒ Anxiety
- ☒ Bloating
- ☒ Body odor
- ☒ Constipation
- ☒ Depression
- ☒ Diarrhea
- ☒ Fatigue
- ☒ Food cravings
- ☒ Headaches
- ☒ Hemorrhoids
- ☒ Hormonal imbalances
- ☒ Inability to concentrate mentally
- ☒ Indigestion
- ☒ Insomnia
- ☒ Nausea
- ☒ Poor memory

- ☒ Sick with colds or flu frequently
- ☒ Stomach pain
- ☒ Vomitin

7.1 A 7-Day Alkaline Meal Treatment Plan

The liver is one of the body's most essential organs. It plays a crucial role in removing toxins from the body. To avoid harmful substances that originate from foods and drugs, we should eat foods that are clean and stay away from cigarettes and alcohol.

After many hours of prolonged use, the liver starts to overwork and become fatigued. If this is neglected and not given breaks, the liver will stop being able to perform its functions and end up causing health problems. As we age, our bodies produce more toxins in the liver that needs to be removed. This can lead to fatigue, stiffness, headaches, and other unwanted side effects that may become a challenge for individuals looking for a healthier lifestyle.

Depending on your diet, you can complete a liver detoxification plan in a three, seven, or twenty-one-Day program. The diet should include whole grains with enough water or other liquid options. Avoid pre-packaged products that are high in fat, sugar, and caffeine.

☒ 1 to 3 Days: Drink 10 to 12 glasses of water daily. Make sure you drink lime juice with each sip. Adopting a healthy lifestyle can be challenging, but exercise is integral to your routine. Light exercise can also help flush out any toxins accumulated in your body. Additionally, remember to avoid unhealthy food choices.

☒ 4 to 6 Days: Juicing is becoming popular among people who want to consume healthy foods and be conscious of what they put into their bodies. The process allows fresh, natural produce to be consumed by blending vegetables and whole grains. Even though you can eat solid foods, the key is to have a balanced diet of whole food choices, including a few cups of natural juices and smoothies. Soups are an excellent addition to any diet as a lunch or dinner option.

☒ 7 Days: Along with vegetables and water, tea can also be consumed because of its many health benefits and the time it saves in preparation.

You can change your diet over the week but must adhere to Dr. Sebi's diet rules. You can eat a typical meal on the seventh day, but in addition to that, you cannot drink alcohol for around six days after. The perfect diet plan can make a big difference in your health and well-being. It may be possible to detoxify the wrong way, but you must stop if you feel any adverse effects of the change.

7.2 Dr. Sebi's natural techniques for Treating Diseases

Experts agree that you should make regular detox a priority. The easiest way to do this is by following a healthy diet and exercising regularly. You can also perform small, daily detox rituals like making coffee without milk in the morning to reduce your caffeine intake and eating citrus first thing in the morning.

Whole foods like green vegetables, berries, and seasonings like turmeric are beneficial for detoxification. The combination of protein and good fat allows dieters to consume the proper nutrients without worrying about overeating or eating unhealthy foods that might sabotage their efforts.

Trust your gut! Work towards promoting healthy gut flora by replenishing the good bacteria in your large intestine. This can enhance immunity, improve digestion, and help with weight loss.

The digestive system is a delicate balance of being healthy and not overtaxed. This balance can be disrupted by diet, illness, and stress. Consuming high-quality food that furthers your health and provides the nutrients best for supporting the digestive tract is essential.

Fish, flaxseeds, chia seeds, and turmeric are all parts of an anti-inflammatory diet that can help you lose weight. Many individuals might be looking for an easy, healthy way to reduce inflammation in their diet. An alternative is to consult your healthcare professional and look for foods with anti-inflammatory ingredients.

A full-body detox program can help your body remove toxins by flushing them out through natural processes. It is typically recommended to do this in the spring when many people are at their height and produce more wastes that need liberation from the body.

Drink lots of water that has been properly filtered. This ensures clean, free-of-contaminant water to help maintain and provide various benefits. Exercise

has several benefits, including burning fat, getting rid of toxins, and improving body quality. Wipe the toxins out with exercise!

Chiropractors claim that adjusting your spine can impact the nervous system, which helps the body clear from toxicity. Obesity is often a sign of toxic overload, so chiropractic adjustments could help you lose weight and get healthier. With proper planning and support, you can shed pounds and help your body to heal.

Chapter 8: Detox Diet

Detoxification is a natural process that the human body performs to remove toxins and other unwanted elements. The approach integrates with our body, and it functions continuously. As we age, our body becomes less effective in regulating health, which is why staying healthy and living longer can be challenging. You can maintain good health by incorporating exercise and a protein-rich diet into your lifestyle.

The liver detoxifies the body from the inside out. It first converts toxic chemicals into metabolites, which are then excreted—the kidneys, lungs, and the gut help support this process. Polluted farmland, contaminated water, and pesticides can cause low-grade toxicity in fruits and vegetables. These toxins can have a long-lasting effect on our bodies.

Detoxification is a process that is becoming more and more important in healthcare. It helps remove waste products from the body while helping our overall health function properly. The body needs vitamins and other things to help it eliminate waste and toxins. We need these molecules to properly process nutrients and focus on the good of what we eat.

The liver, the digestive tract, and the kidneys help process toxins. The lungs and skin are involved in several ways as well.

The goal of detoxification systems is to assist the organs of the human body and other toxins.

What does a full-body detox entail?

A whole-body detox might help people get rid of toxins. It includes a diet, fasting, using supplements, or using a sauna.

Detoxing can help reduce toxic build-up in the body, which, over time, can cause health problems.

A complete body detox can help rid the body of these accumulated toxins. The liver, kidneys, epithelial walls of the gastrointestinal tract, and skin are all capable of removing toxins.

There is no one-size-fits-all explanation of what a full-body detox entails, but it includes moderate dieting, fasting, increased water consumption, saunas, supplements, and colon cleansers.

So, how does the detoxification process work?

The body naturally removes toxins from the bloodstream in several ways, most notably via the liver, which also processes toxins for excretion. When your body is deprived of nutrients, your immune system suffers, and impurities aren't neutralized effectively.

A body detox program may help to speed up your natural cleaning process and eliminate toxins via the liver. This can ensure that your skin, liver, kidneys, and gut are all working at their optimum level. It also helps with blood circulation to fix problems such as high cholesterol or blocked arteries.

The process of detoxing often involves fasting or the removal of food from one's diet. It is best to undertake this process under the care of a professional medical practitioner who will help you determine whether or not it is an appropriate option.

Start a physical detox by removing some foods from your diets, such as alcohol, caffeine, cigarettes, refined carbohydrates, and saturated fats. Replace natural alternatives for personal health care items, which include household cleaners and conditioners, deodorants, and toothpaste.

Stress hormones negatively affect your body and cause the liver to do damage. While stress may give you an adrenaline rush, it does not provide any long-term benefits for your health. Yoga, Qigong, and meditation are all practical ways to detox.

8.1 The Safest Foods for Detoxification

8.1.1 Oils and Fats

Olive oil and organic coconut oil give your liver an enzyme to break down toxins and oils that can build up in your body.

8.1.2 Seeds & Nuts

Almonds, sunflower seeds, walnuts, and flax seeds provide you with nutrients. They are also high in fiber which can help with your digestion.

8.1.3 Legumes

Beans, lentils, and other legumes contain insoluble fiber, soluble fiber, and protein fractions.

8.1.4 Fruits

Fruits are a great source of antioxidants, fiber, and water. They are an easy and healthy way to get nutrients in your diet.

8.1.5 Vegetables

Non-starchy vegetables provide a range of nutrients that contribute to good health.

A body-cleanse diet consists mainly of plant-based foods and healthy fat sources.

Organic plant foods are preferable for many reasons, including pesticide use. Organic food does not contain pesticides, and non-organic is often deemed the "worst" for having high levels of pesticide residue throughout.

Food has the potential to detoxify your body naturally. The right amount of certain nutrients in your diet can help you cleanse the liver and other organs, which are also essential for good health.

Conclusion

It can be hard to figure out which diet is proper for you. Hydrating and eating the right amount of protein while avoiding junk food is critical when trying to stay healthy. Pay close attention to foods rich in various nutrients when trying to reach your goals. Be sure to pay special attention to the quantity and quality of protein, healthy fats, fruits, vegetables, and fiber.

There is a growing popularity of the alkaline diet. The diet is not proven to have health benefits, but those who follow it claim that their bodies stay cleansed.

The alkaline diet is based on the idea that certain foods could produce more acid in your body, which removes weight loss. A person eating a raw vegan diet is encouraged to consume particular food and drinks to lower their body's production of acid.

Some foods are alkaline, while others are acidic, meaning it is impossible to raise your pH levels by eating them. Alkaline diets indeed encourage healthy food choices. Even though you might not lose weight from the diet, it can still improve your health.

A plant-based diet can have many health benefits, including improved cholesterol and heart health, fewer colds and illnesses, lower risk of cancer, lower blood pressure, and improved digestion.

Acid or alkaline levels don't necessarily provide a health benefit. A healthy diet is a key to your digestive system functioning at its best!

The alkaline diet is one of the most restrictive diets there are. It cuts out a lot of ingredients and has a hard time being complied with by most people.

Some foods you might eat on an alkaline diet include tofu, nuts, seeds, fruit and vegetables, and grains like quinoa and legumes—foods to avoid when fasting include alcohol, caffeine, animal-based protein, dairy products, and processed food.

There are some adverse effects of following an alkaline diet. It can be restrictive and may neglect certain nutrients humans need to stay healthy. However, this diet is generally considered safe for most people, providing plenty of fruit, vegetables, and unprocessed ingredients. If weight loss is your goal, you may want to look at other diet plans or weight management support. Nutritious eating will help you maintain overall health, which is vital for long-term progress.

BOOK 2: DR. SEBI
TREATMENTS
AND CURES

Introduction

A diet of mostly plants is the best way to avoid disease, and the good news is that it is easy to start.

An alkaline diet can help reduce the risk of chronic diseases and ailments that plague our society today, such as hypertension, diabetes, arthritis, and more.

Many healthy foods can balance your body, including vegetables and fruits. The most popular alkaline-forming food is unprocessed plant-based sources of protein. The use of intermittent fasting and keto diets can result in hormone levels being altered.

An alkaline diet is recommended to prevent plaque formation in blood vessels and kidney stones, build stronger bones, and more.

An alkaline diet helps balance the pH of your fluids, including your blood and urine.

This diet is called acid ash, pH, alkaline ash, etc. It was created by Dr. Sebi, who designed it from a plant-based perspective.

Controlling your pH is important because some diseases and disorders cannot take root without them.

The acid-ash hypothesis is a diet that encourages eating foods that produce a low amount of protein and grain food. This, in turn, causes the body to become more alkaline. The alkaline diet prevents the body from falling prey to acid toxins by carefully considering food's pH levels.

Experts agree that the body needs a pH level of about 7.36. Realize that our bodies work hard to maintain a safe body pH level. Day-to-day pH levels can change depending on what you eat and your last trip to the bathroom. The

consequences of consuming too much acid food can result in a high pH level that can cause electrolyte imbalance.

The pH levels in the stomach change constantly. Slight alterations can cause significant problems.

The pH level of our bodies is vital for different bacteria and functions in plant growth. It affects the level of minerals like phosphorus in the soil, which suggests that acidic water will have a lower mineral content than alkaline water.

Our diet has changed drastically in the last 200 years. With the industrialization of our food, we ate more and drank less acidic water. The diet has more sodium than potassium, magnesium, and chloride.

Our kidneys play a critical role in maintaining our electrolyte levels. When overexposed to acid, the kidneys release these electrolytes to counteract the effects of acid.

Changes in the potassium to sodium ratio in people's diets have been found. The change is dramatic and poses a potentially dangerous risk. A diet that contains a lot of sugar and sodium leads to an acidic environment.

Many children and adults consume a diet low in antioxidants, fiber, fiber, magnesium, potassium, and vitamins. They include refined fats, simple sugars, and sodium chloride as well.

The new trend of eating diets high in acidic foods has caused issues with the concentration and pH levels of those who consume them. Furthermore, many people have a low intake of nutrients such as potassium, magnesium, and other minerals due to their reduced consumption of dietary sources.

So why is an alkaline diet good for you?

Alkaline foods contain essential nutrients that help stop aging signs of adverse effects and degradation. The benefits of the alkaline diet may include;

Protects Bone Density and Muscle Mass

The intake of alkalizing fruits and vegetables can help prevent bone weakness and muscle loss.

Calcium and phosphate are essential nutrients for building bones. An alkaline diet provides the necessary minerals your body needs to build, maintain and strengthen your bones. The diet can protect bones by increasing growth hormones and vitamin D absorption.

One of the benefits of an alkaline diet is that they decrease inflammation, which can positively impact your general health.

Research has shown that people who exercise regularly can lower their risk of heart disease and prevent hypertension (high blood pressure) and stroke. Exercise also offers protection against memory loss.

Alkaline diets have been found to reduce the symptoms of chronic pain. They also help to reduce inflammation and acidosis in the body, among other problems. Patients with chronic back pain are more likely to significantly reduce pain and overall improvements if they take an alkaline supplement daily for four weeks.

Magnesium has many essential functions in the body. These include assisting enzyme systems, maintaining heart health, and fighting anxiety. To avoid magnesium deficiency, it is essential to maintain a diet that includes leafy greens, nuts, and whole grains. Magnesium is required to activate vitamin D and prevent deficiency by contracting calcium, which is essential for health.

When cells are deficient in certain minerals, they can't properly maintain their health. When the body cannot eliminate toxic waste or reach oxygen levels in the blood, it risks its health.

Despite the topic being highly controversial and even unproven, research was published in the British Journal of Radiology, indicating that cancerous

cell death (apoptosis) was more likely to occur in an alkaline body. It is essential to understand that this study consisted of only animal models and cannot be generalized across all human populations.

Alkaline diets help reduce the risk of diseases such as cancer. It also helps decrease inflammation and shift pH levels back to alkaline.

People following an alkaline diet meal plan can help them lose weight. The use of acid-forming foods causes weight gain. Limiting these foods and increasing the intake of alkaline-forming foods can help with weight loss by decreasing hunger and inflammation.

Alkaline-forming diets help keep your diet balanced, leading to constant leptin levels that can satisfy any cravings. A high-carb diet will make you feel hungry and have sugar cravings. Eating a keto alkaline diet is good for weight loss because it's low in carbs and high in healthy fats.

How do you keep your body alkaline?

A significant consideration in regards to a healthy eating plan is the type of soil your produce was grown in. Because organic, mineral-dense soil tends to be more alkalizing than those that aren't. The type of soil that a plant is grown in can have an impact on its nutrient values. Based on this new research, it is vital to know which foods are alkaline and their inherent nutritional qualities when planning your diet.

In this book, we will focus on;

- ☒ Dr. Sebi Approved Herbs
- ☒ How the Alkaline Diet Can prevent Osteoporosis and treat
 - Herpes
 - STDs
 - Hair Loss
 - Kidney Diseases

- Liver Diseases
- High Blood Pressure
- HIV

Remember, creating a balance is something the body needs to stay healthy. Some foods have too high of an alkaline level and should be eaten without dietary restriction or eaten less often.

Come with me as we unpack the many health benefits of Dr. Sebi's diet.

Chapter 1: What is an Alkaline Diet

Alkaline diets are based on the theory that some foods cause your body to produce acid and toxins. If you stay away from these foods, it can help your body rid itself of harmful substances.

The diet's goal is to ensure healthy levels of alkaline balance, which improves the body's health and vitality.

Dr. Sebi's diet is deficient in carbs and high in protein and other nutrients. These nutrients come from different grains that are the most nutritious for digestion and health. The Herbalist believes that following an alkaline diet will cure you of illnesses and make your body immune to them.

Alkaline diets focus on foods with a high pH or those that are more alkaline. They claim it can help reduce the risk of chronic diseases like cancer and heart disease. This diet allows the consumption of most fruits and vegetables, soybeans, tofu, and some nuts, seeds, and legumes.

Alkaline diets limit the acid load people put into their bodies by eating healthy fruits, vegetables, and nuts. Specifically, they avoid meat and dairy products that create acid in the body.

Alkaline foods are considered superfoods, not just because they help maintain the body's pH balance and provide nutrients, but because they also fight off food waste.

Alkaline-promoting food includes most fruits, vegetables, nuts, and legumes.

However, dairy, most grains, eggs, meat, and processed foods are allowed under the Alkaline diet. Canned and packaged snacks, as well as convenience foods, are not.

Some examples of alkaline foods are green leafy vegetables such as lettuce, spinach, and kale.

Grains such as rye, wild rice, teff, and quinoa are also alkaline-forming. Fruits rich in antioxidants include currants, watermelon, pineapple, apricots, and apples; Nuts and seeds include chestnuts, brazil nuts, and cashew nuts. Herbal teas include fennel, ginger, and raspberry. Oils include uncooked coconut oil, grapeseed oil, and sesame oil. Spices include basil, cayenne, and garlic.

Chapter 2: How the Alkaline Diet Can Benefit The Elders Above 50 Years

Alkaline diets have many benefits for the body, but not everyone can access them. Studies have been perpetrated on a wide range of outcomes and conclusions, with a time of supporting evidence.

However, for the elderly, this diet offers a wide range of benefits;

2.1 Bone mass & muscle mass are protected

According to research, having a diet rich in vegetables and healthy fruits will prolong your lifespan. Some optimal diets for bone health include an alkaline diet. Alkaline diets provide the body with a balance of necessary minerals for healthy bones and lean muscle mass.

Dr. Sebi's Diet might help people synthesize growth hormones, improve health, and prevent other chronic illnesses.

2.2 Reduces Hypertension & Stroke Risk

Alkaline diets have been shown to reduce inflammation and increase growth hormone production. They have been demonstrated to boost cardiovascular health and protect against excessive cholesterol, high blood pressure, and kidney problems.

2.3 Reduces Inflammation and Chronic Pain

An alkaline diet is often linked to reduced levels of chronic pain. Backaches, headaches, muscular spasms, menstruation symptoms, inflammation, and joint pain are quickly alleviated by increasing the pH level in our bodies.

People with chronic back pain reported substantial reductions in pain with alkaline supplementation.

2.4 Prevents Magnesium Deficiency

Magnesium is an essential vitamin in the human body. Unfortunately, many people are magnesium deficient, resulting in symptoms like heart problems, muscle pains, migraines, and anxiety. Magnesium is also needed to stimulate vitamin D and avoid deficiencies, the important ones for general health and wellbeing.

2.5 Strengthens the immune function

The cells need to dump waste or oxygenate their body to survive. Loss of minerals can lead to problems with vitamin absorption and weakening of the immune system. Acidic substances can increase the risk of contracting cancer. Aluminum, for example, has been linked to the development of breast cancer in women. Alkalinity is advantageous for certain chemotherapeutic medicines because it reduces inflammation and cancer risk.

2.6 Helps maintain a healthy weight

The alkaline diet prevents the body from storing excess fat and assists with weight loss. Limiting acid-producing meals may help your weight loss by lowering leptin levels and inflammatory markers. You can also consume alkaline-containing foods to stimulate a healthy fat-burning ability and experience fewer cravings for fatty food.

In other words, an alkaline diet helps your body feel fuller by decreasing inflammation and balancing your leptin levels.

2.7 How to Follow It?

2.7.1 Purchase organic alkaline foods

One factor in adopting an alkaline diet is learning about the soil in which your food was cultivated. Fruits and vegetables grown on mineral-dense soil are more alkaline. Alkaline foods are popular because they are marketed as having a "healthier" chemical makeup, but their nutritional value can vary based on the soil in which they are grown.

The pH of the soil should be between 6 and 7 for a plant's vital nutrients. Soils with a pH below that may have lower calcium and magnesium levels. Those with a pH above may contain chemically inaccessible iron, manganese, copper, and zinc. The healthiest soil is well-defined, with nutrients and water replenished.

2.7.2 Drink alkaline water.

Alkaline water is safe to drink. Although reverse osmosis filtered water may have a slightly acidic pH, it is safer than tap or bottled water. Adding drops of lime or lemon and baking soda can increase the alkalinity of your drinking water.

2.7.3 Measure your pH level (optional)

If you are wondering about your body's pH level and have to test it with a strip or urine, there are several options for purchase. Some places (like pharmacies) may be more convenient than others. You can also buy pH strips at local health food shops.

Your urine pH levels dip during the second-morning urination and before a meal, dipping to their lowest point just before breakfast.

Chapter 3: Dr. Sebi Approved Herbs

3.1 Irish Sea Moss

Irish Sea Moss is red algae on the Atlantic coast's rocky parts. There are a variety of types of Florideophytes that are found in Ireland, Jamaica, Scotland, and various countries in Europe. One notable fact about this herb is that it contains 92% of the minerals the body needs to be healthy. Iodine, selenium, calcium, and bromine are just some of them! Some minerals it even contains are zinc, iron, and phosphorous.

Irish sea moss is an edible seaweed that can help to heal digestive issues and reduce the severity of a thyroid disorder. In addition, it helps to reduce the effects of joint pain and swelling. It also helps to enrich moods and soothe fussiness. They can help combat infections caused by viruses and bacteria and treat digestive and respiratory tract disorders and various skin disorders like acne, aging, wrinkles, and stretch marks. alleviates inflammation

Consuming Irish Sea Moss can cause side effects, including nausea and vomiting.

3.2 Bladderwrack

Bladderwrack is a type of seaweed that is high in iodine.

Bladderwrack helps treat many thyroid disorders, including hypothyroidism, hyperthyroidism, and goiter. It is also used in treating digestive problems, arthritis, bronchitis, obesity, arteriosclerosis, emphysema, and urinary tract disorders.

Bladderwrack tea can be made with a teaspoon of it in one to two cups of hot water. It should be allowed to cool for 15 minutes before drinking. However, you should avoid prolonged or high doses of Bladderwrack. It contains high levels of potassium, which could worsen your thyroid condition.

3.3 Cascara Sagrada

This product is thought to be the best natural laxative. It's been proven to work as a natural antibiotic in the intestines. This product is also a popular remedy for many gastrointestinal ills, such as worms.

Cascara Sagrada assists gut movement by stimulating muscular contraction, releasing bile into the intestines. Additionally, it stimulates secretion from the bile, hence preventing gallstones. It is often used for constipation and other health problems like healing the digestive system and reducing the pain associated with hemorrhoids.

Cascara Sagrada does not taste great. To make it easier, you should take it late at night to get in a bowel movement first thing in the morning.

That said, its use can cause overdependence. It is not recommended for more than two weeks without rest.

3.4 Prodigiosa

This dark green bushy herb has leaves around the top and bottom sides. It produces flowers of various colors, which include a pure white color to a yellowish shade. This plant can be seen growing in clumps.

Prodigiosa is correlated to all the dark arts and is commonly used in Voodoo for part of their rituals. However, this herb is not difficult to grow and can develop in a plant pot. Its medicinal benefits allow you to treat various ailments that people suffer from effectively.

It is a popular supplement often used for high blood sugar treatment. It stimulates the pancreas, reduces blood glucose levels, and supports healthy digestion.

Take a tea or capsule of this herb as an all-natural digestive aid. The acid produced in the stomach can help you feel better. Make a tea by brewing leaves (fresh or dried) in warm spring water and take it at least twice daily.

3.5 Lavender

This herb has natural anti-seizure medicinal constituents that are capable of preventing convulsion. It also has a lot of painkilling properties. The essential oils of lavender provide immediate relief for the nervous system and pain.

Lavender oil is an essential ingredient in fighting hair and scalp problems. The antibacterial, antimicrobial, antiseptic, and anti-inflammatory components make it practical for issues like baldness and lice. Using this oil makes hair thicker and prevents hair loss.

3.6 Sarsaparilla

Sarsaparilla is a tropical vine that has a range of benefits. It speeds up the healing process and helps with anemia and low iron levels. In addition, it has essential nutrients such as iron, calcium, phosphate, Sarsaponin steroid, flavonoid, and others.

A wide range of medical benefits come from drinking sarsaparilla, including the ability to soothe and heal sexually transmitted diseases like syphilis and herpes. It also helps treat other infections, such as gonorrhea. Sarsaparilla also helps to protect the liver and make it function better. It contains nutrients that help the body absorb other herbs quickly, etc.

To make a sarsaparilla tea, you first need to harvest some sarsaparilla roots. After washing the roots under running water:

- ☒ Pill off its outer skin.
- ☒ Chop the roots into smaller pieces, and dry them in a well-ventilated place for at least seven days.
- ☒ Once it is dried, store it in a paper bag or cardboard box.
- ☒ First, add one teaspoon of dried Sarsaparilla root to 8 ounces of water in a saucepan. Heat the mixture on medium-low until boiling, then turn the heat to low or simmer. Let it simmer for 15-20 minutes, then strain it with a strainer before drinking it.

3.7 Hydrangea

Hydrangea roots have many vitamins and nutrients, which is why this herb was used to treat many health issues. Several people also use the leaves, but Dr. Sebi recommends them not because they contain toxins but because they're too strong.

Hydrangea leaves are great medicine for rheumatoid arthritis, burns, sprains, multiple sclerosis, chronic chest pains, UTIs, and more. However, it can sometimes cause some severe problems in the future if taken for recreational or medical purposes.

3.8 Sage

The nutritional value of sage is astounding. It contains a whopping 43% of the vitamin K that our body needs to function and has high amounts of vitamins A, C, E, iron, magnesium, and calcium. Sage contains essential vitamins and minerals that allow our body to function properly.

When the proper dosage is consumed, it can facilitate the treatment of inflammation, boost female fertility, increase memory retention, neutralize free radicals, prevent gastric spasms, and strengthen the immune system.

3.9 Red Clover

Red Clover is a low-growing annual plant that produces yellow flowers in March, April, and May and grows up to 4 feet tall. It is typically found in grasslands and open areas near forests or meadows.

Its active ingredients include phenolic glycosides, flavonoids, salicylic acid, coumarins, and cyanogenic glycosides. They also feature mineral acids and many other various compounds.

They can reduce inflammation, help circulation, and prevent water weight gain. One of the other benefits is that they contain compounds called estrogen properties which are known for building muscles in a woman's body.

Red clover has been traditionally used for skin ailments, but in the 1930s, it was recommended for certain types of cancer, such as breast, ovarian, and lymphatic. Today, red clover is prescribed by some holistic doctors as an anti-cancer treatment.

Each flower can be crushed and mixed with water to create a tincture that can be applied directly to the skin to treat psoriasis and eczema. You can use it as a compress for arthritic pains and gout. You can use about 6-12 drops of tincture in about half an ounce (20 ml) of spring water for a well-strained infusion that helps relieve conjunctivitis or various eye ailments.

You can also use it as a douche to clear up signs of an infection in your vagina or as a syrup to help you to breathe better, soothe a cough, and get rid of a sore throat.

3.10 Blessed Thistle

Blessed Thistle is a plant that has been used since the Middle Ages. It is also known as "St. Benedict's thistle" or "Holy Thistle," It promotes digestion and can act as an expectorant.

The benefits of using thistle capsules are plentiful. In addition to promoting digestive health and protecting the liver and kidneys, they also stimulate appetite. The Blessed Thistle herb is antibacterial. It helps treat arthritis, jaundice, and fevers. It can be used externally for wounds to stop bleeding, and it stimulates milk supply.

3.11 Valerian

This is a standard, accessible, and inexpensive herb that has been used for thousands of years to calm nervousness and alleviate symptoms in the short term.

Valerian is a flowering plant with calming properties. The root, which has sedative and antioxidant properties, is the part used for medicinal purposes.

Valerian root or infusions are commonly used to obtain herbal teas. They have been traditionally used to aid anxiety, digestive issues, or pain associated with gastrointestinal inflammations.

Chapter 4: How the Dr. Sebi Diet Can Prevent Osteoporosis?

The rapid rise in acidity in the bloodstream is due to a lack of an alkaline diet rich in fruits and vegetables. Protein-rich foods cause a loss of bone density and damage bone tissue, leading to brittle bones that break easily.

Osteoporosis is a widespread issue with many health and economic effects. The bone fracture rate due to bone density reduction is higher than the total incidence rate of cancer, stroke, and heart attack. This rate is higher for women than men, as one in three women will suffer from osteoporosis throughout their lifespan.

In healthy and young people, bone formation and resorption rates are approximately equal. The shift during menopause can be pretty disruptive, and treatment includes lowering the risk of osteoporosis.

Buffer systems in the body maintain pH levels and control how much CO₂ is excreted. Without buffer systems, there would be a rise in pH and an increase in CO₂, leading to less bone resorption. The body uses calcium from its bones to keep its pH balance levels in check. When too much calcium is released from diets with high acidity, the body tries to correct this by releasing even more calcium into the systemic circulation to maintain its skeletal structure.

Acidifying diets can lead to bone loss and reduced parathyroid hormone levels in young people. These two factors can significantly increase the risk of developing chronic kidney failure.

Alkaline mineral complexes are present in our bodies in large quantities, strengthening our bones and buffering pH levels.

Alkalizing minerals help balance the effects of slight blood acidity. Minor variations in blood acidity cause the body to maintain alkalizing minerals first from the blood, then from muscle, and ultimately from bone stores.

Eating an unhealthy diet of too much animal protein, refined grains, sugar, alcohol, and salt can lead to acidosis. Chronic stress and environmental toxins can also cause acidosis. Over the long term, this state of continual acidosis is thought to require a lot of our mineral reserves.

You might not see any symptoms of your body becoming acidic, but it could lead to bone erosion and other health problems. Certain metabolic disorders, including protein breakdown and muscle loss, can lead to small cell and organ repair. Symptoms of an acidotic body are a deterioration in skin elasticity, muscle weakness, poor circulation, and poor immune function.

Chapter 5: Explanation of Herpes and Dr. Sebi Cure for Herpes

Dr. Sebi is the go-to for half of the American population with herpes and needs a cure.

Unlike conventional wisdom, Dr. Sebi sees illness as a result of the permeability of mucous film. It's dependent on where and when the mucous has been breached. His herpes cure is promising because it focuses on the human body's powerful health-boosting properties.

The harmful effects of consuming the drugs and junk food we eat are an added concern. They weaken our body's defenses and predispose us to diseases such as diabetes and cancer, which can be prevented if they are curbed early on.

Dr. Sebi's herpes cure uses natural ingredients such as herbs and barks. His eating routine is based on alkaline-forming foods and can help people with a herpes infection feel better.

Some of Dr. Sebi's herbs for herpes virus treatment include;

Dandelion

Dandelion can be used as a homeopathic medication for genital herpes. The sap of the dandelion is applied externally to reduce the proliferation of viruses into cells. If you have genital herpes, we recommend you try this natural remedy to prevent further outbreaks. You would rub the extract on your genitals for two weeks, and when it is religiously followed, it may prevent future illness incidents.

Using natural treatments for herpes is a safe and effective way to eliminate symptoms. These treatments have no side effects and are a simple approach to hiring a cure for the STD.

Basil

Basil has various benefits, including its ability to assist with herpes. Basil is a popular ingredient for some other types of drugs, but its effect in helping to rid the body of the herpes virus is less known. Basil leaves and their miraculous properties have greatly helped people with allergies.

Boil these leaves in water for a few minutes, then drink the liquid once it has cooled. This mixture is very effective in combating herpes outbreaks. However, during a herpes outbreak, a herbal drink twice a day will help to minimize the pain and discomfort.

Lavender Oil

The lavender essential oil has been proven to provide significant benefits for people with a wide range of ailments. Unlike other oils, lavender oil has a fresh and floral fragrance that will help the wearer compete with their favorite cologne. The oil can be applied externally twice a day with a cotton swab.

You should wash your hands thoroughly before and after using the oil to avoid infecting other sites.

To make this natural remedy more effective, you can include jojoba oil to form a mixture. Peppermint oil should also be considered in the mix to strengthen the effect further. These three essential oils in a blend have been proven to be the most effective remedy to cure herpes.

Formulate a mixture of oils with suitable properties to get the cold sore relief you want. These mixtures can be rubbed on cold sores to speed up healing. Essential oils can help to cure cold sores, especially during an outbreak. The best way to use them is with a saturated cotton swab in conjunction with cold water and air-drying afterward.

Olive Leaf Extract

Olive leaf extract is a treatment that has been used in Morocco for centuries. It worked on healing people of malaria and fever, which was discovered by a doctor who saw olive leaves used by Moroccan people.

The leaves from this olive tree are becoming a significant breakthrough in medicine. With recent scientific advancements, scientists have extracted the healing properties of these leaves and studied them in great detail.

Olive leaf extracts have antiviral properties that can help to eliminate the Herpes Zoster virus. This component is found in all areas of the olive plant: The roots, the trunk, and even the leaves.

The olive leaf extract attempts to track and kill pathogens inside your body before they spread further. The natural detoxification process helps to get rid of toxins and contributes to the prevention of flare-ups.

Dr. Sebi also developed herbal products for herpes that have helped many people heal their herpes naturally.

1. AHP Zinc Powder

Ayurvedically herbs-purified zinc is a type of zinc that's prepared from natural herbs instead of taking refined or synthetic forms. The powder benefits traditional pharmaceuticals like tablets as it is easier absorbed in the digestive system.

2. Triphala

Triphala is a herbal supplement that contains three herbs: Harad (believed to improve the appetite and promote health and libido), Amla (fantastic fruit that has been consumed for many centuries, which helps to lower cholesterol), and Baheda (considered a sacred Ayurvedic herb).

The herbal combinations help to clean the body, purify the blood and various other organs, and reduce the effects of virus-caused health problems.

Dr. Sebi used this herbal combination of plants to help keep himself healthy and live a long life.

3. Pure Extract Giloy Tablets

Giloy tablets are made from the extracts of giloy plants. The plants must be of the best quality and free of diseases to produce the best-quality tablets. Giloy is used in modern medicine to promote a healthy lifestyle and fight against many diseases.

4. Punarnavadi Mandoor

Punarnavadi mandoor is a healthy mineral created from herbs and minerals. It's an extraordinary combination of ingredients that includes calcium, iron, and other beneficial nutrients.

5. AHP Silver Powder

The Ayurvedically purified (AHP) process involves the purification of various minerals in herbal decoctions. This ensures the minerals retain their excellent abilities and absorb the nutrition and qualities of herbs.

Dr. Sebi administered it to patients with herpes, and the results were always good. AHP silver powder works as an effective treatment for herpes by using nanoparticles of silver in your neurons.

You can use an alkaline diet to create an environment hostile to the herpes virus.

Eating foods that provide your body with the necessary oxygen is essential. Body cells need oxygen for function, and some medications and foods rob the body of this essential resource. Eating alkaline diets like vegetables such as zucchini, mushrooms, squash, cactus leaf or cactus plant flowers, and sea vegetables provide the body with the iron it needs to fight infections.

Kicking off your diet and living on green juice for the first few days can help jumpstart a more effective diet. If you're constantly trying to find time to exercise, try fasting instead. The same goes for practicing meditation or yoga during the day!

Chapter 6: Dr. Sebi STDs Treatments

Sexually transmitted diseases typically infect individuals through sexual contact. Some sources of these are parasites, bacteria, and viruses. Some STDs may impact both men and women, but in certain instances, women may be more distressed with the health implications of an STD than men.

The most common STDs are trichomoniasis, syphilis, gonorrhea, genital warts/genital herpes, Chlamydia, and HIV.

Incurable STDs used to be called venereal diseases. About 65 million Americans have been diagnosed with an incurable STD. Every year, 20 million new cases occur, and nearly half of these are in people aged 15 to 24-year-old age group.

Learning about sexually transmitted diseases is essential to protect yourself from the potentially deadly consequences.

If you have more than one partner in the past year, are involved in a trade sexual exchange, or are part of the needle exchange program, you should educate yourself on safer sex practices. If you don't use condoms during sex, you risk contracting STDs.

Examples of STDs include;

Genital Herpes: HSV is a sexually transmitted disease that causes genital herpes. The primary cause of the condition is sexual intercourse.

Chlamydia: Chlamydial infections are becoming a severe issue. There are two types of Chlamydia, namely, cervical and genital. Most people know about the sexually transmitted form of Chlamydia, but there is also an orally spread form that spreads through genital contact and can spread through semen.

AIDS: Acquired immunodeficiency syndrome, or AIDS, is a condition caused by HIV that has far-reaching consequences if not appropriately maintained. It weakens your immune system, and this compromised state makes you prone to illnesses such as cancer and infection.

HPV: HPV is spread through skin-to-skin contact. It can infect the vulva, the penis, and, most often, the cervix.

Many sexually transmitted diseases live within vaginal secretions, blood, semen, and saliva. Sometimes, these infections are spread through oral, anal, or vaginal sex. Others require skin-to-skin contact to be spread.

The best way to prevent an STI is to avoid having unprotected sex with an infected individual/partner. You can only engage in unprotected sex with a partner if you both test negative for STDs in the last six months.

As condoms are the most effective form of protection when preventing pregnancy and disease, it's best if you use them in every instance of sex. Make sure that you choose one that is a water-based lubricant as well. Remember, these aren't all 100% foolproof, so please be safe with your sexual behavior!

6.1 Herbal Treatment for STDs and Genital Tract Infections

6.1.1 Apple Vinegar

Apple vinegar is an effective disinfectant, antibiotic, and antifungal and can help increase the body's immune response to pathogenic agents.

6.1.2 Rosemary

To extract the most benefits from rosemary, use the tea or oil extracted from the plant. Some benefits include its ability to prevent infections and its anti-inflammatory properties.

6.1.3 Garlic

Garlic is a natural antibiotic that has been proven to be incredibly successful in curing multiple diseases, and its antibacterial effect is microbicidal. This plant extract can prevent yeast infections, decrease discomfort, and even help with bacterial vaginosis.

6.1.4 Tea Tree Oil

Tea tree oil has been found to have antimicrobial, antifungal, and antibacterial properties that can be used for treating gynecological disorders. It is a natural way to manage an infection without using chemical drugs with many side effects.

6.1.5 Basil Leaf

Basil leaf is an active microbicide that can selectively kill many microbes and fungi. It is known to suppress the growth of some cancer cells and is used as a treatment for redness, swelling, or pain.

6.1.6 Aloe Vera

Aloe Vera, with its essential oil, has a long history and is known for its healing properties. It can be used to prevent disease naturally and reduce the itching from infections such as STIs and genital warts.

6.1.7 Blueberries

Blueberries are fruits that have many properties and are recommended to prevent diseases of the urinary tract. Blueberries are effective in fighting fungal

infections. PACS compounds in blueberries kill the fungi and stop their replication, which reduces their symptoms

6.1.8 Oak

The oak tree contains various beneficial compounds such as oil, pectin, quercetin, resin, sugar, mucilage, tannin, malic acid, and gallic acid, which contribute to its ability to substantially minimize and cure infectious diseases and STDs in the genital tract.

Chapter 7: Hair Loss

Loss of hair can be distressing, especially when it is sudden and unexpected. Feelings around this condition can run high, as the recent Oscars spotlight on Jada Pinkett Smith highlighted. Suffering from hair loss can be very difficult, but understanding the issue and learning about treatments make progress much more effortless.

Dealing with hair loss can be complicated and challenging. This input text provides insight on how to tell if a disruption in your natural hair growth process is occurring. If you are concerned about hair loss and want to reverse it, a diet focused on vegetables can help.

7.1 Common Causes of Alopecia

Common causes of alopecia include stress, hormonal imbalances, and anemia. These factors can all be reduced to improve hair growth and deal with the psychological side effects that alopecia is known for causing.

Hormonal Issues – Hair loss is often related to hormonal imbalances. Issues that cause hair loss include thyroid imbalance, extremely high testosterone, PCOS, and high cortisol.

Environmental Factors – Hair loss may be caused by overexposure to environmental risks. One such risk is heavy metal toxicity, especially lead and mercury. Over-exposure to chemical treatments can also disrupt the natural hair growth process.

Autoimmunity – Autoimmune diseases attack your cells and can cause alopecia, leading to hair loss.

Aging – Most people will lose hair strands as they age. It usually happens slowly over time and in predictable patterns. Aging women may notice their thinning hair on the crown of their heads.

Micronutrient deficiency – If you suffer from nutrient deficiencies, your hair may also become prone to thinning and hair loss. Include a hair fortifying vitamin and supplement like Significant Other in your diet to keep your skin healthy and robust.

Genetics – Genetic hair loss affects 50-60% of women. This is known as androgenetic alopecia or female-pattern baldness and is caused by increased DHT hormone levels.

Stress – Stress can cause temporary hair loss, called telogen effluvium. Stress is the most common cause of alopecia.

Harsh Hairstyling – This is called traction alopecia, which is a symptom of severe hair breakage and damage. This can be caused by aggressive hairstyling for long periods.

7.2 Can a Plant-Based Diet Help Your Hair Loss?

A plant-based diet is a popular health trend that eliminates animal proteins and bi-products like dairy. The plant-based diet also increases whole produce in one's diet, which has numerous benefits for gut health and overall wellness.

Eating a plant-based diet can help reduce the risk of androgenetic alopecia. It also helps to reduce the intake of processed foods, bringing about healthful benefits even if you don't deal with hair loss.

A plant-based diet can improve hair health and promote a healthy scalp.

Stress can lead to many adverse side effects. The use of a plant-based diet plan can help counteract those effects while at the same time providing the body with the nutrients it needs to prevent hair loss and maintain a healthy psychological state. The benefits of a plant-based diet for hair growth are that it boosts hair health. A plant-based diet can also help stop stress from bursting your body's natural functions, which means your hair will grow faster when you adopt a healthy eating plan.

A diet rich in magnesium, vitamins, and antioxidants can contribute to the overall health of your hair. A balanced diet is necessary for mental and physical well-being. Proper nourishment helps your body deal with stress and promotes restful sleep.

After researching the health benefits of eating plant-based, let's look at which foods to focus on to become healthier hair.

Chia Seeds: Chia seeds are a good source of Omega-3 and antioxidants, can provide complete protein, has high fiber content. You can add Chia seeds to puddings, smoothies, and baked goods.

Spinach: Spinach is a good source of vitamin B, vital for hair health. It also has a high vitamin C content that helps maintain and protect hair follicles' cell

membranes and supports collagen production.

Pumpkin: Pumpkin is a low-calorie food rich in beta-carotene. It can be eaten by people struggling with hair loss and those looking to maintain healthy hair. Pumpkin contains nutrients that are beneficial for your health. It also can repair cells and prevent them from being damaged.

Grapes: Grapes contain polyphenolic compounds that have antioxidant properties. They contain oligomeric proanthocyanidins (OPC), which prevent the production of dihydrotestosterone, which causes hair loss. It has been scientifically shown that the antioxidant chemicals in OPC can even stimulate hair follicle growth. They also help prevent inflammation, which is a big problem for those who have diet-induced chronic low-grade inflammation.

Flax Seeds: Flax seeds are great for your scalp. The high amount of polyunsaturated fatty acids provides care for your scalp and helps with dryness. Flax seeds can be used as an egg replacement in baked goods. Add a tablespoon of the seed to three tablespoons of water and leave it to thicken.

Avocado: Avocado is an essential source of nutrients for hair care. It has healthy fatty acids, which can help with hair growth and provide moisture to the roots. Its essential nutrients also help prevent breakage and split ends. Avocado contains vitamin E and biotin. These nutrients benefit hair health, which is why it's often used in DIY hair masks.

Almonds: They are excellent sources of usable protein for anyone following a plant-based diet. It can also benefit those who want to increase their body's collagen levels, which is necessary for hair's proper growth and strength. They are a good source of vitamin E. This nutrient can protect your hair from dryness and breakage.

Kale: Kale is an excellent food for a healthy diet plan. It's rich in B vitamins, and iron is full of nutrients for hair health and can promote alkaline balance in the body. By changing your diet, you can target problems such as alopecia. There are many benefits of adding kale to the diet plan, including the prevention of body acidity.

Cucumber: You can get healthier hair, nails, and skin from cucumber because it boasts silica and collagen. Cucumber is a natural cooling agent that can keep your hair solid and safe during the summer.

Acai: Acai is a plant-based food that helps to prevent dryness and breakage. It also has antioxidants, which can keep hair looking great over time. Acai is a rich B vitamin and protein source, promoting healthy hair growth.

Other foods that can help improve the health of your hair and reverse hair loss are legumes, hemp seeds, whole grains, tofu, and leafy greens. Make sure your diet includes Omega-3, iron, protein, and zinc.

Chapter 8: How To Cure Kidney Diseases with Dr.

Sebi Diet

The kidneys regulate blood pH, which can affect outcomes in chronic kidney disease. Diet may be a way to help control the acid load and excess tissues.

The kidneys are responsible for maintaining blood pH. They regulate the blood's acidity by removing excess acids, making it slightly more acidic. A low pH level can have serious health consequences. On the contrary, a high-alkaline diet helps people with kidney disease balance their pH levels. Some medications may be necessary to assist in this process.

Low-acid diets are becoming increasingly popular for kidney health. The evidence is growing that low-acid diets may prevent kidney stones or help prevent them if someone already suffers from them.

A diet high in acid-charged foods might benefit individuals with chronic kidney disease. This requires further research, and we have a limited understanding of the best acid-rich foods to ensure that people receive optimal benefits from such a diet.

Dr. Sebi believed in two principles for kidney health: drinking enough water and getting rid of mucus, pollutants, and other toxins. He also recommended drinking plenty of liquids to make up for electrolyte deficit.

It is essential to consume more fruits and vegetables as your meals diversify. In terms of toxins, people are ingesting unhealthy things daily, which has been linked to kidney stones.

8.1 Herbs and medicinal plants that help prevent kidney disease

8.1.1 Horsetail

The leaf extract is used in manufacturing medication for its diuretic effects. Horsetail treats various conditions, including water retention, kidney and urethra stones, bladder infections, and leakage.

Horsetail is a plant that can prevent kidney stones from forming when ingested in high amounts. It is often used to treat a wide range of medical conditions. It can help with baldness, hepatitis, cirrhosis, brittle nails and bones, joint problems, arthritis, and other bone diseases, such as reduced bone density.

8.1.2. Green Tea

It has been proven to be effective at preventing the formation of kidney stones. Green tea can help fight infectious diseases. Tea bags or dried leaves of green tea contain catechins, which attach to the virus and block the pathogen from entering host tissues. To make the tea, combine 20 ounces of green tea leaves and 6 ounces of water. Green tea may also be consumed as a pill or capsule three to four times daily. Consume no more than 5 cups of green tea daily.

8.1.3 Hydrangea Root

The black seed extract is a plant-based supplement that has decreased the risk of developing kidney stones. It does so by assisting the body in using calcium so that there isn't an excess that the tissue will convert to kidney stones.

8.1.4 Couch Grass

The plant will boost your kidney output, which can help you cure any urinary tract infections and remove kidney stones. Couch grass may also aid in the removal of kidney stones.

8.1.5 Goldenrod

Goldenrod, or *Solidago canadensis*, is traditionally used for treating sores on the body. It has also been used as a purgative, meaning it aids in the removal

of excess water from the body. Goldenrod is used in Europe to treat urinary tract infections, kidney stones, and urinary tract illnesses. It also appears to only help as an infusion.

Goldenrod is a long-used treatment for urinary tract infections and kidney ailments. Goldenrod is a herb that has uses for the urinary tract and kidney. Its best-known use is to treat chronic conditions like kidney stones, but recent research has shown it may also help the bladder's health.

8.1.6 Chanca Piedra

Cochineal, or Chanca Piedra, is a medicinal plant. Cochineal is often used in producing red food dyes and lip balms, among other cosmetics. It is used as infusions, pills, liquid solutions, and capsules. Gout recurrences are caused by the growth of uric acid in the vascular system.

Ancient chanca piedra is proven to help prevent gout by regulating the excessive production of uric acid and having a variety of benefits that are said to help people with kidney stones, bladder problems, urinary tract infections, liver disorders, and more. The tea plant *Camellia sinensis* has recently gained popularity due to its alkaline properties. It can allegedly dissolve kidney stones when mixed with water and drunk hot.

8.1.7 Dandelion

Dandelion root is an excellent herbal cleanser and a diuretic that can help improve your gastrointestinal health. Dandelion tea reduces stomach pain, gas, and other digestive issues while being gentle on the body. It also helps to improve liver and gallbladder health.

It may help with fluid retention. It also helps cure urinary tract and kidney problems. Dandelion's anti-inflammatory properties ease the pain while keeping the kidneys healthy. It also helps with skin pigmentation problems and is an alternative for people with diabetes who are not interested in taking medication.

Chapter 9: How to Cure Liver Diseases

Our bodies and minds are subject to a constant influx of toxins. This impacts our health. Our health is at risk when our liver system is compromised. Detox can help reset the body and brain so the body functions better. After detox, our bodies will often recover and improve to make us feel healthier. This helps us focus on a new area of self-care and healing.

The liver is vital for the functioning of the human body. It helps to produce hormones and remove toxic chemicals, microbes, and unwanted hormones from the body. The liver works to process the food you consume to provide energy (glycogen) and nutrients. It also offers a range of products, such as Bile, that help your body fight infection.

The body needs to maintain healthy liver function. A liver that is not performing well may need to be detoxified. Research has found that a balanced lifestyle and a healthy diet are necessary for maintaining good health. Proper liver care is integral to this, as it is responsible for processing all toxins.

9.1 Toxins Effect on the Liver

The liver is an organ that is classed as a metabolic gland, meaning it can break down and metabolize substances in the body. The liver is located on the right side of your body and can become congested when dealing with many toxic compounds in the bloodstream.

Symptoms of the clogged liver can include hormonal imbalance, weight gain, skin issues such as rosacea and acne, dermatitis and rashes, psoriasis, and eczema.

People who eat unhealthy foods and don't exercise are at risk for non-alcoholic fatty liver disease, America's most prevalent type of liver disease.

Fatty liver disease can result from high levels of cholesterol or other substances in the body. Those with a history of being overweight, diabetes, or other risk factors are at an increased risk of falling victim to this disease.

People are becoming more vulnerable to liver disease and hospitalization as the population has increased its cholesterol intake. Dietary cholesterol causes liver damage, eventually leading to cirrhosis and even cancer.

9.2 Method to Cleanse Your Liver

9.2.1 Eat a High Fiber Diet

Fiber is critical for maintaining a healthy weight. It also helps keep a healthy or, in the digestive tract, the liver, which is necessary for bile production. Eating fruits and vegetables can help you detoxify your body and rid yourself of toxic substances. Eating foods full of fiber, like leafy greens, can speed up this process. Make sure the fruits and veggies you eat are organic, if possible.

9.2.2 Go on a Diet of Juice

Consuming refined foods can cause the liver to strain. Be sure to give your liver two-three days' rest before returning to a diet heavy in sugar, carbohydrates, and chemicals. Juice is a great way to give your digestive system a break. It will keep you balanced and help you avoid the symptoms of GI disorders and other maladies such as malnutrition.

9.2.3 Liver flushing

Liver flushing is an old, traditional method that allows toxins to be "flushed" from your liver. A liver flush typically takes 2-3 days to complete. You must eat organic fruits and cruciferous vegetables like broccoli to cleanse your liver and maintain normal function.

9.2.4 Fasting

Just like you might need to stop working for a while and go on a cleanse, your liver needs a break too. Your liver is constantly busy processing the foods you eat and keeping your body healthy. Sometimes it is best to give your liver a break and focus on something else for an hour or so. The body cleanses when a person is not eating. Doing so helps the body to regain balance and stay healthy between meals.

9.2.5 Herbs

☒ Milk thistle is an herb that protects the liver. It prevents the liver from consuming toxins and has potent antioxidant qualities.

☒ Dandelion root has a range of benefits, including blood and liver purification.

☒ Artichoke extract is an effective way to increase bile flow in the liver.

☒ Fenugreek is a plant that possesses antioxidants and cleans the liver naturally.

☒ Licorice root is full of antioxidants and supports the digestive and liver systems.

There are two ways to help your liver. One is to detoxify the organs and remove toxins it has absorbed. This is done by drinking plenty of fluids and eating a well-balanced diet. The other is preventing factors that can harm the liver from occurring in the first place.

Chapter 10: High Blood Pressure

Blood transports oxygen and other necessary substances to keep your body alive. It also rids your body from carbon dioxide. The body needs a range of blood pressure to be healthy. When the blood has too much pressure, it becomes stagnant and will not provide nutrients or cleanse the cells. If it has too little pressure, the cells will die, and you'll risk death.

Blood in the body is circulated through two systems of tubes, pulmonary circulation, and the cardiovascular system.

Blood circulation is achieved with the help of pumps on both the left and right sides of the heart. Although they beat together, each side's circulatory system is separate. Blood is pushed through the lungs because they are easier to pump and breathe than other organs or parts of the body. After all, they are muscular and prominent.

When blood flows in tubes, there is pressure on the tube walls to push the blood along. The pressure of the blood vessels is small and consistent, aiding in the transport of nutrients and oxygen. This means that the body cells in the capillary vessels have to remain the same no matter the vast differences between blood and body cells in the rest of the body. The primary reason for the variability in arterial blood pressure is the demand to keep it identical throughout your whole body.

Blood pressure is the force of blood that pushes against the artery walls. Doctors often use arterial blood pressure as an example of calculating blood pressure.

Your pulse pressure is indicative of the collateral circulation in an individual. It can be used to measure hemodynamic status in patients being treated by cardiologists.

When arteries are clogged with blood, it increases the friction between the blood and vessel walls.

This can increase blood pressure, speeding up until a vicious cycle begins.

Blood volume and viscosity depend on several factors, including height, weight, diet, kidney function, and salt consumption.

Hypertension is a medical condition where the arteries are constantly pressured. It causes an increasing force in the blood that is pushed against the walls and causes increased pressure. Plaques cause pressure inside the arteries, which can cause them to harden and disrupt blood flow. With thicker walls, lesser blood can flow through the arteries.

Regardless of the cause of high blood pressure, it is crucial to check your blood pressure. Monitoring devices are available online.

How does one measure blood pressure?

Blood pressure is measured by two numbers, the systolic and diastolic pressures of the blood.

The normal blood pressure is 120/80 mm Hg. There's a difference between systolic, diastolic, and pulse pressure readings. The pulse pressure reading shows the force of blood entering the artery when it's relaxed.

In 2017, the American Heart Association published new guidelines for treating high blood pressure. They defined it as any pressure at 130/80 mm Hg or higher. This brings it to 116 million people within the United States.

High blood pressure contributes to over 500,000 deaths in the US annually, \$131 billion annually.

Environmental and genetic factors contribute to high blood pressure, sex, hormone shift, and age.

There are two different types of high blood pressure;

Primary High Blood Pressure (Essential Hypertension)

High blood pressure is often referred to as essential hypertension, primary high blood pressure, or sometimes primary hypertension. It can happen for a variety of reasons, including aging and genetics.

Although high blood pressure can be attributed to multiple environmental factors, stress is commonly recognized as one of them. Other common factors include obesity, little to no physical activity, excessive caffeine consumption, and high salt intake.

Secondary High Blood Pressure

Secondary high blood pressure is associated with many diseases. Secondary and lifestyle factors may be the cause, but other issues like Conn's syndrome, Sleep Apnea, and Pheochromocytoma could also be contributing factors.

The stages of high blood pressure include;

- ☒ Prehypertension might benefit from lifestyle changes such as adopting a healthier diet or exercising.

- ☒ Stage 1 hypertension is marked by restricted blood flow but can still be reversed.

- ☒ Stage 2 Hypertension is defined by increased blood vessel thickness. It cannot be stopped with medications and can cause irreversible damage in the long term if left untreated.

- ☒ Stage 3 Hypertension is the final stage of high blood pressure that is considered an emergency and requires immediate medical attention!

This might indicate your high blood pressure if you're experiencing symptoms like confusion, fatigue, chest pains, nosebleeds, difficulty breathing, severe headaches, or irregular heartbeats.

There are several ways to lower blood pressure and reduce the medications needed. Some people find that starting a new food habit, watching their portions, and counting the calories they eat can reduce their high blood pressure.

These tips will help you lower the risk of hypertension;

Take track of what you eat - Most people are unaware of how many calories they ingest daily by eating or drinking. Sometimes, they underestimate how much they can eat and wonder why they are not losing weight. It is vital to watch your alcohol intake as it can increase blood pressure and other health risks.

Avoid Sodium (Salt) - The less sodium you eat, the better your blood pressure control. It is recommended that you consume less than 2,500 mg of sodium daily. There are a variety of ways to lower your sodium/salt intake. You can avoid adding salt to food, read labels when shopping for foods with lower-salt options, and always ask that there's no salt added at restaurants.

Know what you are to eat - Fiber, magnesium, and potassium are adequate blood pressure-lowering nutrients. Ensure to eat vegetables and whole foods to avoid sodium and drink water instead of juice. It's not always easy to start a diet, but many studies show that it has many health benefits. A plant-based or alkaline diet is recommended to help lower blood pressure and control it. Eating fruits and veggies can help you do so.

Chapter 11: HIV

The best way to lower your risk of contracting HIV is by taking all the necessary precautions, including practicing safe sex, staying in relationships with people who are honest with them and their sexual history, and being on top of medications.

Dr. Sebi treats HIV with the use of a detoxifying drink. He cleans the mucus buildup in the lymph system and blood to help recover from HIV.

Dr. Sebi developed compounds to help cleanse the body of major illnesses such as HIV/AIDS and cancer.

Mucus is vital for protecting your cells from exposure to some harmful substances, so you must maintain healthy mucous membranes. If the mucous membrane suffers damage, it can become infected and cause disease in your body.

When fasting, people need to eat foods rich in potassium phosphate and iron fluorine to help the body with detoxification. The body's organs may play a role in the best circulation. Cleansing can help to treat HIV/AIDS and boost the performance of these three organs.

All you have to do is consume healthy diets to prevent erosion in the body.

To clear mucus from your body more quickly, you should eat a diet of green leafy plants. Green leafy plants are the preferred source of nutrients for a healthy immunological system.

The Best Herbs Used to Cure HIV

Examples of herbs that have been proven to help with HIV and AIDS include;

Licorice: Glycyrrhizin is an immunomodulator and an antiviral agent that helps fight HIV. It has been used intravenously in Japan since the 1980s. Daily

oral doses of glycyrrhizin suppressed HIV replication in clinical trials and slowed immune system deterioration for patients.

Dandelion: Scientists found that dandelion helps prevent the progression of HIV.

Echinacea (Coneflower): This plant was used to treat various health problems by the Native Americans. It is also a popular herb in modern medicine because of its immune-enhancing effects. When white cells from people suffering from this infection are incubated with the plant, a definite stimulation of the white cells' activity is detected because the activity of the white cells is decreased in people with HIV. This herb is an immune-enhancing herb that is highly beneficial for individuals with HIV and AIDS.

Reishi Mushroom: This has been one of the fungal immunomodulators in Asia for thousands of years. It stimulates T-helper cells and may help people who have HIV or AIDS. Data shows that Reishi mushrooms contain HIV-suppressive constituents and help fight the virus.

Alkaline Diet and Relationship with HIV

Many people confuse an alkaline diet with the idea of a high-protein diet. Alkaline diets are essential in treating HIV because they maintain a more acidic balance in the body, which helps to eliminate the virus.

Allopathic remedies for HIV are not recommended because of the health risks involved. However, alkaline diets can help you eliminate and cleanse your body.

The detoxification process destroys the infectious cells and makes the body inhospitable to them. It removes excess oxygen these viruses need to grow, reproduce and multiply.

The detoxification process involves different herbs that help clean the organs and body. Herpes and HIV are two infections that can weaken the immune system and are removed through detoxification.

Conclusion

A pH balance diet can potentially bring your body back to health. Alkaline foods and nutrients provide the body with new energy and vitality beneficial for better health.

Alkaline foods and water will provide your body with the nutrients it needs.

When the pH levels in the body are out of balance, it can produce uncomfortable symptoms such as allergies, colds, and bacteria.

When the pH level in our body is unbalanced, almost any part of the body can be affected. It can be found in the nervous system when the imbalance is affected by depression. When the disease affects the cardiovascular system, patients can have heart-related problems. These problems include thickening and hardening of the arteries, coronary heart disease, pain or discomfort in the chest, stroke, high blood pressure, and heart failure.

We lose energy, and our skin ages faster when we don't pay enough attention to our health.

The body's pH level affects its weight and whether the person is healthy or not. When the body has a balanced pH level, it is ideal for both weight and health.

Switching to a healthier diet doesn't require drastically changing your eating habits. Instead, it is more of a gradual adjustment. The most important thing to remember is that small changes can go a long way.

These sure-fire ways will help you make an alkaline diet benefit you;

- ☒ Reduce the consumption of sugar and products made from sugar.
- ☒ Avoid processed foods and condiments.

☒ Avoid cooking and heating foods in the microwave because it will weaken the food's nutritional value.

☒ Avoiding fried foods, dairy, fast foods, and meat will help you maintain weight.

☒ Get more raw vegetables in your diet. It will improve your health, increase the nutrients you intake, and potentially enhance your cognitive function. One way to eat lunch without packing on the pounds is to replace sandwiches with healthy items such as raw salads and vegetable juices. A salad for lunch provides enough food for you throughout the day, making it much easier to avoid overeating.

☒ Grains are a good source of vitamins, minerals, and essential nutrients. They provide fiber, antioxidants, and phytoestrogens to the body. 20% of your diet should constitute whole grains. This will reduce your risk of chronic diseases like cancer and cardiovascular disease.

☒ Drink a lot of water each day. Add liquid minerals to the water to reduce the risk of dehydration.

These simple tips will help you maintain an alkaline environment in your body to fight diseases and restore balance. Eating an alkaline diet will help your body produce abundant energy and feel better overall. With sustained changes to your diet, expect to see long-term health benefits. Your body will function more efficiently, so you can do what you need or want to do with less effort.

BOOK 3:
DR. SEBI
CURE FOR HERPES

Introduction

Dr. Sebi is a herbal healer who founded the USHA research institute. He employed natural foods and herbs to cure diseases without using drugs or other medications. He also had various medical treatments that prevented and cured various diseases.

Dr. Sebi's method of curing illnesses is based on an alkaline diet and herbs. His idea that diseases originate from mucus and acidity in the body was met with skepticism, but his diet still proved popular among patients.

Many people are enjoying their health today because of the employment of Dr. Sebi's Alkaline diet and herbs. They now declare that his diet has improved their well-being. Like most viruses, the development of this virus is mainly dependent on your body's immune system and what it's used to.

People who eat an alkaline diet usually follow a low-calorie, high-fiber diet to maximize the health benefits of their food consumption.

Dr. Sebi's methods require hard work and determination to see results. Herpes is a viral disease that can be prevented by an immune system strengthened through diet. The doctor has created a diet to help him prevent disease.

This book will provide a complete breakdown of how to treat herpes and easy, step-by-step guides about using the herbs. It also includes detoxifying your body organs and tissues to maintain a healthy body.

So, what are you still waiting for?

Come with me, and let's get started.

Chapter 1: Explanation of Herpes Virus

Herpes is a virus that causes sores on the skin and can have disastrous effects if it spreads to an infant or someone with a compromised immune system. The severity of the symptoms varies depending on how much of the virus is in circulation.

There are two types of herpes simplex:

☒ **Herpes simplex 1:** HSV-1 (oral herpes) is a virus that affects the mouth and can cause cold sores. It spreads through contact with saliva.

☒ **Herpes simplex 2:** HSV-2 (Genital herpes) is a sexually transmitted disease that causes sores to appear on the skin. It is caused by the HSV-2 virus, which can cause multiple complications if infected people are not treated and have unprotected sex.

Sometimes a herpes infection can affect other parts of your body. It is not common, but it can happen.

Most HSV-1 infections are acquired during childhood. The number of people who contracts HSV is high, but the age can vary by viral strain.

Genital herpes is an STI that can affect a whole lot of people all over the world. Around 4.9% of

Americans have had or currently have genital herpes. Approximately 14% of women have it compared to about 7% of men. This means that more women than men are likely infected with the virus, primarily because it's mainly transmitted through sex but also through skin contact.

Oral herpes is a virus that can affect the mouth. Most persons infected with oral herpes don't even know that they have it because it is asymptomatic and doesn't exhibit many symptoms. They may experience burning, tingling, or itching before any herpes sores occur. The frequency with which these symptoms recur varies from person to person.

Genital herpes can cause minor or severe symptoms that go unrecognized. Several symptoms are associated with the virus, including blisters, ulcers, and swollen lymph nodes. New symptoms often include fever. HSV-1 and HSV-2 are strains of the herpes simplex virus and can cause genital herpes. The first episode of HSV-2 is typically more severe than HSV-1, but recurring symptoms tend to decrease over time.

Genital herpes is transmitted through sexual contact, including genital to genital contact. It can also be caused by HSV-1, which usually comes in a skin sore you could get your hands on. People with HSV-2 are at risk of acquiring HSV-1 due to its omnipresence in our society.

HSV-2 is the most common sexually transmitted infection in people living with HIV and increases the risk of contracting HIV by three times.

Those with advanced HIV are at increased risk for recurrence and severe symptoms of herpes. Rare complications of HSV-2 include meningoencephalitis (brain infection) and disseminated disease. When infected with HSV-1, the severity of complications can be high. Though rare and not always the case, encephalitis or keratitis are possible outcomes.

Neonatal herpes is a cause of neurologic disability or death in an estimated 10 out of every 100,000 births.

People with oral herpes should avoid contact with others and the sharing of objects that have touched saliva. People with genital herpes should abstain from sexual activity while experiencing symptoms of their infection. HSV-1 and HSV-2 are most contagious in their active state when sores are present.

Condoms are an effective way to prevent sexually transmitted infections, primarily when used consistently. However, most STI prevention still relies on male and female vaccination. Male circumcision is not a cure-all and does not offer the same protection as condoms.

Pregnant women should inform their health care providers about the symptoms of genital herpes.

Neonatal herpes is a particular risk for pregnant women and is best avoided.

The International HIV/AIDS Alliance is working to increase awareness about HSV infection and its symptoms, improve access to antiviral medications, and promote HIV prevention efforts for those with genital herpes, such as pre-exposure prophylaxis (PrEP).

WHO and its partners are supporting research to develop new strategies for preventing and controlling HSV infections. Vaccines could prevent the spread of this often-fatal disease, while topical microbicides could help combat it.

Chapter 2: What Allopathic Medicine Gives Us

Allopathic medicine is a medical treatment that focuses on the symptoms instead of the cause. The use of prescription drugs such as pain relievers and antibiotics is one example of allopathic medicine.

Many people are concerned about this medication's effectiveness, but that is not to say it is ineffective. The side effects of taking this drug can make a patient's life much more complex and cause them to feel worse than they already are.

Is allopathy the same as homeopathy?

The answer is No!

Homeopathic medicine relies on natural substances, which doctors use to replace large doses of medication. In contrast with allopathy, the smaller dose of homeopathic cure is more effective than a larger dose.

There are critical differences between these two regarding combating natural diseases and drug development. While the tactics used for each field have varied over time, their end goals remain the same.

Allopathic medicine is used to prevent and cure illnesses too. One way they do this is with preventive treatment, like administering a vaccine. Other preventative treatments include lowering blood pressure and preventing prediabetes.

Homeopathic medicine tries to strengthen the immune system through small doses of medication. The action of herbs and tonics is now being researched to support their use. While there are no visible side effects, more research is needed to ensure their use is safe and effective.

2.1 Advantages of Allopathy Medicine

2.1.1 Surefire treatment

Allopathy is a treatment option for acute and life-threatening situations. Modern medicine has advanced technology that makes the treatment more effective. Diagnosis methods, surgical procedures, and potent drugs help you detect a disease in its early stage and then cure the damage done by the illness or injury.

2.1.2 Patient Protection

Patients are protected by government regulation. Doctors, nurses, and other health professionals must be certified and licensed to meet the required treatment standards.

Unlike homeopathic medicine, which does not need a document to treat people, allopathic medicine must pass tests before being administered.

2.1.3 Research and Development

Allopathic medicines are tested thoroughly so that you can trust their quality. Every medicine company must comply with state and federal law, which is why they need to research their medicines' efficacy and possible side effects.

2.1.4 Readily Available

Modern drugs are designed to be easily accessible for everyday use in an emergency. A separate composition can also ease the effects of these diseases. Modern medicines are much more effective than 'natural remedies and homeopathic medicines.'

2.2 Disadvantages of Allopathy

2.2.1 Partial Treatment

Allopathic medicine is limited in what it can do because the focus is restricted to the medical aspect of treatment. Its main goal is to help a part of the body, not your whole body.

Medications can't wholly cure diseases like epilepsy, HIV, and cancer. Reoccurrences are a possible risk when stopping the medication.

2.2.2 Adverse side effects

Patients taking medication for one or many diseases must endure side effects. Many drugs come with high levels of risk, especially during pregnancy. A health specialist must prescribe acetaminophen to provide the highest care level.

People with chronic illnesses should be extra careful when dealing with simple compositions. They should consult their healthcare provider for guidance and precautions before starting a story so their health does not go into critical condition or combust.

2.2.3 A pill for every problem

Numerous medications on the market can help people with a specific ailment. Taking multiple pills for one disease that may or may not be as severe as someone who does not take any medications can lead to more serious conditions.

While allopathy may temporarily relieve pain due to an infection, it could not solve the root cause of the problem.

2.2.4 Modern Medicines may suppress symptoms.

Not all drugs work as intended. Some seek to eradicate the disease by targeting its root cause or suppressing its effects only for a limited time. The

long-term use of allopathic drugs may result in some chronic hidden side effects that are more life-threatening.

2.2.5 Misdiagnosis can be fatal.

A misdiagnosed disease can turn fatal for patients as the doctors may prescribe a different formula to treat the ailment. Doctors have a lot of patients, which leads them not to have much time.

Whether or not they provide quality comparable to your doctor is up in the air.

Conventional treatments can be risky, and natural therapies may offer a better solution.

Understanding these advantages and disadvantages is essential before deciding whether allopathy is a suitable treatment for your current health condition.

Many patients will practice allopathic medicine for their ailments to avoid the side effects of overdoing nature-based treatments. They wait too long, and it is too late. Some people prefer the medical approach over alternative medicine, even when this means there is a good chance for recovery. Leaving all options open can help you make the best decision.

Although complementary medicines have shown some successes in certain areas, such as cancer treatments, there are times when allopathic medicine has the advantage.

Regardless of the health care option, you must educate yourself on its potential benefits and drawbacks—research procedures and medications before using them.

Make sure you have a good grasp of your medical records and know what is going on with your health. Don't only rely on your doctor to know about

potential problems; take the time to investigate things for yourself.

Chapter 3: Treating Herpes with Dr. Sebi

Dr. Sebi didn't believe illness to be caused by germs. He believed disease was triggered by disruptions in the mucus coating that protects us from the bad things outside our bodies. Dr. Sebi is renowned for restoring some of the most feared diseases, like herpes infection and malignancy.

Dr. Sebi's herpes fix is about eating certain foods that might benefit the treatment of your herpes. This includes vitamins and fiber and avoiding food and drinks that might increase your risk of getting herpes.

Dr. Sebi cures herpes all over the world. Not only does his product work, but you can also use the easy-to-follow menu plan to help eliminate the STDs. The food contains all the necessary supplements to maintain a healthy, dynamic energy level.

Sebi recommends consuming more products with high vitamin content, like;

- Almonds
- Cashews
- Corn
- Meat
- Nuts
- Barley
- Cereals
- Chicken
- Oats and peanuts

Foods with l-arginine, an amino corrosive that inhibits the development of l-lysine, are the amino corrosive responsible for limiting the growth of infection. It is best to avoid eating these foods during and after your disease stage.

The Dr. Sebi protocol is a diet plan that helps to improve health by balancing body acidity levels. The antiviral drug has been fixed to work better on herpes because the bug has become immune to it. Dr. Sebi's homemade remedies for herpes treatment are more natural and effective. His oil is a superior option since it does not use toxic antivirals, which have the potential to harm the body.

Some people can show symptoms of herpes weeks after being in contact with the virus, but many others won't find out they have the disease until they have multiple health concerns or signs down the line. The side effects of herpes vary from person to person and can last between a few days and over a month.

Antivirals are the most commonly used pills to treat herpes. These drugs prevent new viruses from spreading while the body's immune system eliminates existing ones.

Certain antibiotics are used to treat mouth ulcers and acne. They can help stop recurring infections and provide a better quality of life.

Antiviral medications have a drawback: they can be hard to live with.

Dr. Sebi's herpes cure is a popular treatment for herpes that consists of three easy steps:

- Avoid acidic foods.
- Use an alkaline diet and herbs to remove toxins from your body.
- Feed the body with nutrients.

Consuming vegetables provides a healthy diet, low in saturated fat and high in fiber. Iron is also found in vegetables which can help with red blood cell production.

A diet rich in alkaline ingredients can help rid your body of the herpes virus. This diet includes items that can't be broken down by viruses and create

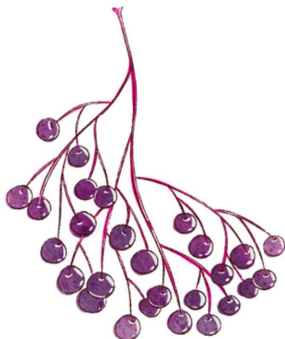
an environment where they have trouble growing. We need oxygen for our cells to produce the much-needed energy. Some medications, food, and other substances like air can rob your cells of this necessary oxygen.

Chapter 4: Cleansing Herbs

People need to do a whole-body cleanse to detox the body properly. People can choose a specific diet or use supplements like Dr. Sebi's approved products. If you are new to eating an alkaline diet, it's vital to cleanse your body at least once every 2 to 3 months for a full seven days.

Some of Dr. Sebi's herbs for cleansing include;

4.1 Elderberry



Elderberry is a flowering plant that primarily grows in Europe. It has been used for centuries as a treatment for pain and inflammation and to detoxify the body, among other things.

Elderberries have significant health benefits, including antioxidants and the ability to fight oxidative stress. They also have excellent vitamins & nutrient profiles.

What Are the Benefits of Using/Consuming Elderberry?

Elderberry is good for health. It helps treat and prevent cancer, cleanses the lungs and respiratory system, and helps to keep the body healthy. It fights colds, flu, and constipation while boosting immunity and preventing chronic fatigue syndrome.

Elderberry has specific age restrictions. Children under 12 years should not use/consume it, while children over 12 and under 18 are limited to only ten days of usage. It is not safe for pregnant and breastfeeding mothers. It has not been proven safe, so it is best to stay away.

Elderberry is a potent immune system booster. People with autoimmune diseases should not take elderberry as it may increase their symptoms because of the boost to their immune system.

For the Elderberry Tea Dosing Process, kindly take the steps below: Boil 8-12 oz of water in your saucepan. Once the water is boiling, measure one tablespoon of dried elderberries and add it to a boiling pot of water. Simmer for 10 minutes on medium heat.

Reduce the heat to low and simmer for another 10 minutes. Let it cool, strain, and serve. Take no more than 4 cups daily.

4.2 Eucalyptus



Eucalyptus can help cleanse the skin, but it can be used in other ways, like bathing. Eucalyptus is a fast-growing evergreen tree that is native to Australia. This plant has been used for medicinal purposes for centuries. It provides relief for a variety of health problems and can help reduce discomfort.

There are no risks in consuming eucalyptus leaves, provided you use them in moderation! The risks of consuming eucalyptus oil come from personal health. Always dilute the oil for best results, especially for pregnant and breastfeeding women.

Those with diabetes could experience low blood sugar levels if they use eucalyptus. It is crucial that these people consult their doctor before ingesting the tea and should be cautious about doing so if they are allergic to the oil. Consuming tea from the eucalyptus tree is not recommended for two weeks after surgery as it could cause a spike in blood sugar levels.

Boil water to 190-200 degrees Fahrenheit or drop it down for a minute to reduce the temperature before making eucalyptus tea/infusion.

Pour a teaspoon of dried eucalyptus into a teacup and allow it to steep for 10-15 minutes. Add 6 ounces of water and then strain the leaves after they have steeped and served. Only take 3-4 cups of eucalyptus infusion daily.

4.3 Guaco



Guaco clears clogged pores and stimulates perspiration to sweep away toxins from the body. It promotes urination and helps to remove waste during a detox.

You should be drinking a lot of water when taking this supplement. It can help promote healthy digestion and respiratory function, which will help you to stay hydrated. Leaves are used to make tea. They can be boiled for a few minutes, crushed and mixed with honey, or eaten raw as a salad.

Leaves can also keep venereal diseases at bay due to their antimicrobial properties.

The leaves of this plant can be used to cleanse the blood of heavy metals, mucus, and phlegm and heal internal and external wounds. The leaves can be used as a replacement for traditional medicines because they have therapeutic properties.

When consumed as tea and infusion, the leaves have a range of health benefits. They help boost the digestive system, promote healthy respiration and perspiration, treat and prevent venereal diseases, and reduce inflammation and pains.

To make Guaco tea, you need to take the following steps:

- Wash fresh Guaco.
- Pour 6 cups of water into a saucepan.
- Add fresh Guaco to the mix.
- Let it boil.

You can add some brown sugar (optional) if you want an extra layer of flavor - mix it in with the brown sugar; allow it to boil for another 20 minutes. Strain the syrup with a strainer. You should bottle it and store it in a refrigerator. For Guaco dosage, take one spoonful 3-4 times daily.

4.4 Prodigiosa



Prodigiosa is a plant with large bushy leaves and flowers. It's native to Mexico and California.

The long history of use for this plant proves its benefits for treating various health issues.

The compound composition of Prodigiosa is effective in treating diabetes because it lowers blood sugar levels.

It also burns fat in the gallbladder, which slows down glucose production.

Prodigiosa's tea is unsuitable for people with Type I diabetes as it may enable them to better digest fats and dissolve gallstones, ultimately leading to worse health.

For the dosage and how to prepare Prodigiosa tea/infusion, kindly take the following steps: 1. You can get some fresh prodigiosa leaves from a nursery garden or order online.

Prepare the fresh leaves by drying them out. When they're dried, heat a pot of water to a rolling boil and make sure it stays there for 15 minutes before pouring in 1 or 2 tablespoons of Prodigiosa leaves into the water. Infuse your

homemade tea with an instant steep time of 15 minutes after they've been rolled. Take one cup of prodigiosa tea/infusion twice a day.

Chapter 5: Explanation of Herbal Medicine

Herbal medicines have been used for centuries to restore body balance so it can heal itself.

Some herbs have potent ingredients and should be taken with the same level of caution as pharmaceutical medications. For example, digitalis is a heart medicine initially extracted from a plant.

Herbal medicines use active ingredients. A single active ingredient can be dangerous or ineffective if used. To preserve its quality, herbal medicines have a variety of other mixed ingredients.

To illustrate, aspirin is made from salicylic acid, which can cause a stomach lining to bleed. Meadowsweet naturally contains other compounds that prevent this irritation--but aspirin is easier to make and mass produce.

It is believed that herbal medicine has a more significant effect on the body than taking just one of its parts. Critics argue that it is too difficult to measure an exact amount because the whole plant has different effects.

Different herbs affect different body systems and have a range of uses, such as relieving pain or boosting the immune system. Depending on their type, these herbs may be consumed in dried form or made into teas. The most common types are:

5.1 Chamomile (Flower)



Some people believe chamomile is a cure-all, but it hasn't been widely studied. Chamomile is used in the U.S. to reduce anxiety and for wound healing in Europe. Chamomile is typically used as a tea or applied as a compress. It is considered safe by the FDA and may cause drowsiness. It may also interfere with how the body processes some medicines.

Chamomile is a standard treatment for radiation therapy on the skin. The pollen extract treats skin irritation and can be taken in capsules to control vomiting during chemotherapy.



5.2 Echinacea (Leaf, stalk, root)

Echinacea is an herb used to treat infections, colds, and flu.

Echinacea is typically not advised for long-term use if you take other medicines that could interact with it.

People allergic to plants in the daisy family may be more likely to have an allergic reaction.

5.3 Feverfew (Leaf)



Feverfew can reduce the likelihood of having a migraine. It can also be used for arthritis and as an anti-inflammatory.

However, there is a high risk of mouth ulcers when taking feverfew leaves, and it should not be ingested with other drugs.

People who stop taking feverfew for migraines might end up with headaches.

Using it with non-steroidal anti-inflammatory medicines or warfarin is not recommended.

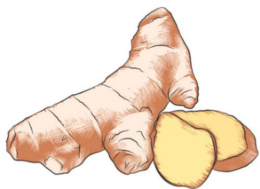
5.4 Garlic (Cloves, root)



Garlic is used in cooking and for its many medicinal properties.

The compounds isolated from garlic have been shown to have antimicrobial, cardio-protective, anticancer, and anti-inflammatory properties. The effects of garlic on cholesterol and blood pressure remain contentious. The FDA considers it safe to eat, but research shows that garlic can increase the risk of bleeding and should not be used with warfarin.

5.5 Ginger (Root)



Ginger is a herb used to reduce nausea and motion sickness.

Ginger may be able to reduce nausea caused by pregnancy, chemotherapy, or surgery by influencing the way cells react with cancer cells.

Against inflammation and free radicals, this supplement has limited side effects for most people.

5.6 Ginkgo (Leaf)

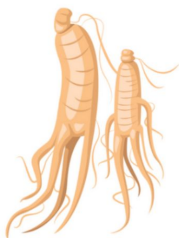


Ginkgo leaf extract has been found to work for asthma, tinnitus, and dementia. However, there is no concrete evidence of how it works. Don't use ginkgo seeds.

They can cause seizures and death in large amounts.

Ginkgo should not be used with anticoagulants, anti-inflammatory painkillers, anticonvulsants, or antidepressant medications.

5.7 Ginseng (Root)



Ginseng is used as medicine, although research is still fuzzy on how well it works. Ginseng can cause high blood pressure and heart rate increases.

The FDA has approved ginseng to be used in safe circumstances. However, it is not recommended for people with certain health conditions because it can cause dangerous interactions.



5.8 Goldenseal (Root, rhizome)

Goldenseal is used to treat diarrhea and eye irritations.

It's an antiseptic treatment for colds that hasn't been proven to have any effect.

Goldenseal is effective for diarrhea but can be poisonous in high doses.

It can cause skin, mouth, throat, and gastric irritation.

5.9 Saint John's wort (Flower, leaf)



Saint John's wort is an antidepressant and has been shown to have a negligible effect over about 12 weeks. It does not work for severe depression, but it might be helpful for mild to moderate cases. Talking to a doctor before using St. John's Wort is essential because it can interact with many common medicines and cause dangerous side effects.

Mixing herbal medicines with over-the-counter or prescription medications can have harmful consequences.

If you take herbal supplements like St John's Wort, you may be at risk of side effects from other drugs or the effectiveness of your medicines. One example is that St John's Wort has been shown to interfere with the effectiveness of certain types of antidepressants.

You should always consult your doctor before taking herbal medicines.

Additionally, always ensure that you buy herbal medicine products from a reputable supplier.

Not all herbal medicines are safe- it's best to purchase from a reliable source. It'll be safer and more accessible for your health to get from pharmacies or supermarkets. Alternatively, you can speak to an established herbalist to help find safe products.

It is not safe to purchase herbal medicines over the internet. They may be made with harmful ingredients and can harm your health.

Herbal medicines from Australia are subject to the same regulations as pharmaceutical drugs. Your pharmacist will be able to provide you with advice on the safety and effectiveness of a product before you buy it.

Chapter 6: Dr. Sebi Revitalizing Herbs for Herpes

Cure

After undergoing treatment for a diseased state, the next step is to rebuild and restore the body by consuming healthy foods that help to maintain a healthy pH balance. Alkaline-promoting foods provide a wide range of nutrients that can help revitalize the body after detoxification.

Revitalizing herbs will heal the herpes virus. You must cleanse your body and detox your body before ingesting them.

Some herbs and oils target the herpes virus specifically. They're essential to take after you cleanse and detox your body so that the herbs can target your body and leave it cleansed.

Following this step in the Sebi Herbs protocol, it's important to use herbs to heal the herpes virus and revitalize your body. These herbs are;

6.1 Pao Pereira

Pao Pereira inhibits the herpes virus, and it also has antiviral properties. It is an effective herbal treatment option for the herpes virus. The Pao Pereira herb helps diminish the severity of the herpes virus and inhibits it from spreading.

Pao Pereira can be used as a natural treatment for Herpes. By containing antiviral properties, it helps to heal viral infections, including the herpes simplex virus. It is also effective at reducing inflammation and cleansing blood.

6.2 Pau d'Arco

Pau d'Arco has shown antiviral properties in vitro. It can be used effectively to fight against viruses such as HSV-1 and HSV-2, with benefits including fewer side effects.

The herb Pau d'Arco has proven to be an effective treatment for the herpes virus. The herb can also prevent other viruses, such as HSV-1 and HSV-2. It helps with fighting yeast infections. It is also known to be effective in treating sexually transmitted diseases. It can be used to kill parasites, treat intestinal infections, and treat the herpes simplex virus. It can also treat urinary tract infections, respiratory tract infections, and colds/flu.

6.3 Sea Salt

Sea salt is a natural way to relieve an outbreak. Add a cup of sea salt into a tub of warm water and soak in the solution for some time. Ensure that the salt dissolves completely.

You can use sea salt to calm your skin and soothe the outbreak of a herpes virus. All you need is to add one or half a cup of sea salt into a tub in the water and allow it to soak your skin.

You can put the salt straight onto the skin or water surrounding your sore. If a drop of salt falls into an eye, rinse it out quickly and be careful not to let any drop in again.

Sea salt can help your immune system fight off diseases and infections. It contains healthy minerals and healthy healing benefits that may also kill the herpes virus. It also helps with blood circulation, revitalizes the skin, and invigorates.

6.4 Holy Basil

It can be difficult to avoid stress, but there are ways you can feel better. One such remedy is holy basil. The holy basil plant is a herb that relieves the stress caused by adrenal fatigue and helps prevent outbreaks of HSV-2 through stress.

6.5 Conconsan Plant

This plant is known to have high levels of potassium phosphate, which can fight the herpes virus.

6.6 Kale

Kale is a rich source of calcium, antioxidants, and anti-inflammatory components. It is loaded with more lysine, an amino acid essential in suppressing the herpes virus and helping to prevent its multiplication.

6.7 Blue Vervain

The herb known as basil contains iron and helps combat the herpes simplex virus.

6.8 Yellow Dock

Yellow dock is a plant rich in iron and lysine, the amino acid. Treating many diseases, such as sexually transmitted diseases, intestinal infections, arthritis, and more, is essential.

6.9 Oregano Essential Oil

Oregano essential oil is an antiviral that can suppress the herpes virus. It works best at ninety percent concentration and can be applied in several areas of your body, including the lower spine, genital area, and under your tongue.

Oregano essential oil contains antiviral properties that can effectively suppress the herpes virus.

Herpes simplex virus is dormant in the lower spine region, and you should apply oregano essential oil there for maximum benefit.

Oregano oil is a popular treatment for cold sores and blisters. If applied topically, oregano oil will reduce the pain, lessen the swelling, and speed healing.

6.10 Ginger Essential Oil

Ginger oil can kill the herpes virus. The best way to use it is to dilute it with a carrier oil such as olive or sesame so that the ginger essential oil does not have a long-term effect on the body.

Ginger essential oil is a potent and effective treatment of the herpes virus. When it's applied topically, it can eradicate the virus. A carrier oil helps ginger essential oil absorb more easily into your skin and increases its effectiveness when treating viruses like herpes simplex.

The ginger essential oil has antiviral properties that can drastically reduce the symptoms of cold sores, blisters, and skin infections. It is often used in combination with other essential oils for topical treatment.

So, how do you extract essential oils for Herpes?

The extraction process determines the quality of a given oil. If you're looking for a high-quality oil, ensure you're doing extraction correctly.

The two most common methods of extracting essential oils are;

Steam Distillation: Steam distillation is a process that relies on pressure and steam for extraction. It's simple, but this means you should always have someone with the expertise on hand to make sure it goes smoothly. Without anyone qualified and present, the process could quickly fail.

Raw materials are processed in a steaming chamber that does not retain volatile compounds, making them safe, effective, and environmentally friendly.

Steam is produced as a byproduct of the boilers used to heat your building. It is then transferred into the condenser, where its molecules can be cooled into a liquid and converted into oil through distillation.

Cold Pressing: The cold pressing process uses a machine with much heat but less heat than the steam distillation process. The maximum step temperature for this procedure is 120°F to extract oils from citrus rinds.

The essential oils are extracted from plants using machines that utilize centrifugal force. The essential oils released from the puncturing process are

collected in a container below the device.

Both processes are essential and require expertise to do them correctly.

Chapter 7: Healthy Lifestyle

It is essential to take care of your health through a healthy lifestyle. This includes activity, eating right, and taking medications as prescribed.

It's great that you have decided to take care of your health. There are so many reasons that adopting a healthy lifestyle is beneficial, including that it will improve your life and decrease your risk of diseases and illnesses.

This chapter seeks to help you find a healthy balance that works for you.

7.1 Quit smoking

It may seem difficult to quit smoking, but the benefits outweigh the challenges. Smoking has been proven to cause several health problems, including an increased risk of heart disease and cancer. However, it is never too late to quit smoking and know how enormous the benefits can be to your life.

It reduces your risk for heart disease and cancer, improves your circulation immediately, and helps you improve other aspects of your life, such as reducing stress levels. Within a few days, you will enhance your sense of taste and breathing. A year later, your heart attack risk will be cut by 50%

Tips for quitting smoking:

- ☒ Identify your reasons for quitting and write them. Schedule a quit date. Develop an effective strategy to ensure that you will stick to it and not give in.

- ☒ Smoking is dangerous to your health, and getting support from family and friends is essential if you want to quit.

- ☒ Understanding your triggers is the first step in preventing you from smoking. A plan to distract yourself can help you start on a healthier path that may prevent you from smoking altogether.

7.2 Manage your blood pressure

Your blood pressure is a measurement of how hard your heart is working. About 12.8% of all deaths worldwide are caused by high blood pressure.

Hypertension is more common among men before 55, but it becomes more common among women after that age limit. Pregnancy can also cause blood pressure, though this is relatively rare.

Many people with their first heart attack and first stroke are diagnosed with hypertension. In addition, uncontrolled blood pressure can cause damage to the kidneys and eyes. Women are more likely to be diagnosed and treated than men.

While it is true that there are many factors for high blood pressure, a diet rich in salt and sodium, inadequate physical activity, and smoking can contribute to the condition.

So, how do you know that you are at risk?

Before getting a blood pressure machine to measure blood pressure at home, you should make an appointment with your physician. They will assess your current health and recommend any necessary additional testing.

Blood pressure is recorded as two numbers. Systolic pressure indicates how hard your heart is beating, and diastolic pressure indicates when it has had a break. These are both important in telling you about your health.

The standard recommended blood pressure threshold is 120-80 mm Hg. Anything above that should be considered hypertension.

7.3 Eat a healthy diet

Eating a balanced diet will improve your health in a variety of ways.

Tips for healthy eating:

- ☒ Make sure you eat five servings of fresh fruits and vegetables.

Whole grains have been found to reduce the risk of heart disease

- ☒ Reduce the salt in your diet to prevent chronic illness. The National Health and Medical Research Council (NHMRC) suggests that everyone should limit their daily sodium intake to 1,600 mg.

7.4 Drink a lot of water to stay hydrated.

It's best to read food labels before buying any food product and choose the 'healthy' product. In doing so, you can reduce sugar, fat, sodium, and energy content in your diet.

Alcohol can be dangerous if consumed too often or in excess. Two standard drinks per day are the recommended amount to keep you healthy. Drink plenty of water after each alcoholic drink for good hydration.

7.5 Be active

It's important to exercise moderately and sweat a lot. Otherwise, you're putting yourself at risk for type 2 diabetes.

Exercise is an activity that can have many benefits to our body, such as lowering blood pressure and blood sugar, burning calories, clearing bad cholesterol from the body, and reducing stress. Exercise can help reduce the risk of developing osteoporosis.

Tips to be active regularly:

- ☒ Getting a pedometer to count your steps is easy to have some fitness motivation. A Fitbit or app such as MyFitnessPal can also be helpful if you're looking for more information about nutrition & healthy living. Aiming for 10,000 steps daily can appear daunting but could provide ample exercise for computer workers.

- ☒ Do as many incidental exercises as possible. One example would be to get off the bus one stop earlier and walk to work.

- ☒ You're more likely to exercise in a group or walk with a friend.

- ☒ It is best to use standing meetings - if you feel like they are struggling, try adding walking meetings for more physical activity. Additionally, drink more water to save time and break sitting time up.

7.6 Control your blood sugar

People with diabetes have an increased risk of developing complications like heart disease or stroke.

Diabetes in pregnancy can be deadly for mom and baby. Mothers with diabetes are more likely to have complications during childbirth and stay longer in hospital than those without diabetes, which causes stress on both mother and staff.

You can check your blood sugar level to see if you have developed diabetes. Try not to eat or drink anything for at least 8 hours before the test.

A level of 200mg/dl is risky for diabetes. Anything over or equal to that could be noticed with a result showing the condition as prediabetes.

So, how can you prevent diabetes?

Most diabetes is type 2, which can be prevented by addressing the risk factors. People at risk of developing type 2 diabetes can delay and even prevent the condition by maintaining healthy habits.

If you want to follow a heart-healthy diet that's also good for your blood sugar levels, you should include vegetables, fruits, legumes/beans/lentils, whole grains, and avocados. You can also use cinnamon or garlic to help lower the number of blood sugars in your body.

7.7 Reduce your stress levels

Stress is unsuitable for your family, friends, or work colleagues. Take at least one break daily so your cortisol levels don't build up to dangerous amounts.

The best way to reduce stress is to have a hobby you enjoy and maintain a positive outlook on life. Another successful tool is getting adequate sleep and eating a healthy diet. Cooking, sewing, or gardening are good work options that can do wonders for your mind. Disconnecting from technology and the Internet at least one hour before bed gives your body a chance to get back in sync with its circadian rhythm.

7.8 Get a heart health check-up.

Every year, try to visit your GP for a full health check. This includes screening for cardiovascular disease, which should be done alongside a regular PAP smear test, breast examination, and other tests as you age.

It is crucial to understand your condition if you have diabetes, high blood pressure, and high cholesterol. Keep your numbers in check by taking care of yourself with a healthy lifestyle. Attending your GP regularly should also help identify any potential problems early on.

7.9 Embrace Emotional Support

Individuals with more friends and family members who encourage them to stick with their goals will likely experience increased mental health. People with a lot of social support live better and longer.

Below are some suggestions for building a support system: · Ask for help from someone you trust. This could be a friend, loved one, or colleague. It is essential to state your needs so that the person you ask can help you. Attend a support group. Someone who has experienced similar challenges to you might be able to provide comfort and support, and your presence can ease the pain of other members.

Chapter 8: Dr. Sebi Alkaline Diet Plan

PH levels are a measurement of the hydrogen ion concentration in the body. They range from 1 to 14, with 7 considered to be neutral. PH balance is essential for our health because it can help regulate metabolism and slow cellular destruction by acting as an antioxidant.

A pH level slightly above 7 is ideal for health. The pH levels in saliva and urine are good indicators of the relative acidity or alkalinity of your body's PH levels.

An alkaline diet is a great way to cleanse and rebalance the body to fight inflammation. It includes foods that are high in PH levels and excludes more acid-forming foods, so it supports wellness.

Alkaline diets are proven to prevent bloating, poor memory, and high blood pressure and help with the issues of weight loss, arthritis, and cancer. They also maintain proper PH levels that help in cell signaling, providing a host of health perks.

Start your day by drinking a glass of alkaline water. If you drink an acidic beverage, it will damage your body and trigger many different side effects. Eat a balanced meal daily with low-carb vegetables and low-fat protein sources such as fish, chicken, and eggs. Eat plenty of figs, cauliflower, fennel, lemon, kale, spinach, and watercress.

You should avoid processed foods, sugar, dairy, meat, eggs, alcohol, most grains, and caffeine. Soy is moderately healthy but remember to avoid processed soy. You should also avoid hydrogenated oil and margarine

8.1 A 7-Day Alkaline Diet Plan

Day 1

- ☒ Breakfast: Vegan apple parfait
- ☒ Snack: 1 orange
- ☒ Lunch: Sweet and savory salad
- ☒ Snack: 1/2 cup toasted nuts and dried fruits
- ☒ Dinner: Oven-roasted salmon, baked sweet potato, curried beets, and greens

Day 2

- ☒ Breakfast: Chia and strawberry quinoa
- ☒ Snack: Slices of cantaloupe
- ☒ Lunch: Savory avocado wraps and white bean stew
- ☒ Snack: 1 handful of toasted pumpkin seeds
- ☒ Dinner: Roasted chicken with roasted sweet potatoes and parsnips.

Day 3

- ☒ Breakfast: Power smoothie
- ☒ Snack: 1 banana
- ☒ Lunch: Miso soup with fermented tofu
- ☒ Snack: Apricot
- ☒ Dinner: Roasted chicken with roasted Brussels sprouts with red peppers

Day 4

- ☒ Breakfast: Quinoa porridge
- ☒ Snack: 1 mango
- ☒ Lunch: Mexican quinoa salad
- ☒ Snack: Almonds
- ☒ Dinner: Wild rice mushroom and almond risotto

Day 5

- ☒ Breakfast: Chia breakfast pudding

- ☒ Snack: 1 avocado
- ☒ Lunch: Quinoa burrito bowl
- ☒ Snack: Dates
- ☒ Dinner: Pumpkin soup

Day 6

- ☒ Breakfast: Berry purple smoothie
- ☒ Snack: ½ cup blueberries
- ☒ Lunch: Sesame dressing and noodles
- ☒ Snack: Macadamia nuts
- ☒ Dinner: kale pesto zucchini noodles

Day 7

- ☒ Breakfast: Apple and almond butter oats
- ☒ Snack: A pear
- ☒ Lunch: Green goddess bowl
- ☒ Snack: Dried coconut slices
- ☒ Dinner: Roasted root vegetables with salmon

Don't forget to take care of yourself! Your body is essential to your happiness, so make sure you don't neglect it in favor of work or other obligations.

Conclusion

Western medical studies show that bacteria and viruses cause diseases, but lifestyle choices can reduce the risk of contracting such illnesses. Dr. Sebi's investigation uncovered that Western medicine is not effective in preventing disease as it is meant to be.

To treat viruses, acidic conditions need to be reversed. Natural remedies can detoxify the body and promote regularity.

Dr. Sebi's health and diet program removes toxins and replenishes minerals in the body, enabling the regeneration of damaged areas. Toxins travel through the bloodstream until they hit one of the body's organs. The weakest one will start to break down, causing disease. The colon is an essential organ that must be cleaned before diseases can be reversed.

The Dr. Sebi diet is a plant-based diet that aids in cleansing and rejuvenating the body's cells and removing radioactive waste. A small number of foods, as well as supplements, make up the majority of the diet.

Considering Dr. Sebi's diet is restrictive and low-protein, it is crucial to choose your diet based on what is most important to you.

BOOK 4:
DR. SEBI
DETOX DIET

Introduction

A healthy intestine produces an enzyme that can break down food and chemicals that may be present in the bloodstream, preventing them from circulating to the liver. Toxins can leak through an intestinal wall and back into the body. This can result in poor health outcomes like poor mental health, weight gain, or more severe conditions like liver disease.

Healthy detoxification happens in three phases:

- ☒ Generation of water-soluble intermediaries
- ☒ Neutralization of toxic intermediaries
- ☒ Elimination.

A clean, healthy work and home environment can help prevent unhealthy detoxification. There is an easy way to do this. Keep a regular cleaning schedule and use protective gear when in contact with the substances you need to avoid. Finally, consume more unprocessed foods made from natural ingredients rather than processed ones because they can

The general definition of detoxification is related to diet and products that say they can rid your body of toxins, increase health and promote weight loss. Your body has your back in detoxing, and you don't need to follow a strict diet or take expensive supplements. Instead, you can find ways to boost your detoxification system by making the right choices.

Detox diets are often used by people with health problems like cancer and digestive conditions to help eliminate toxins from the body. These diets often focus on supplements and specific foods believed to improve your health. Some of these diets may include laxatives, diuretics, vitamins, minerals, teas, and other foods thought to be detox-friendly.

There are many definitions of what a toxin is. These include pollutants, synthetic chemicals, heavy metals, and processed foods.

Popular detox diets do not identify what toxins they remove or the process by which they supposedly eliminate them. These diets are a proven way to lose weight and preserve your health by getting rid of toxins. They also recommend that people eat less processed food when trying to lose weight.

While detox diets don't do anything your body can't naturally do on its own, they can help optimize the effectiveness of this natural process.

Some detox diets may have side effects. One is severe calorie restriction which can result in fatigue, irritability, and bad breath and has been linked with a risk of severe hunger seizures.

Long-term fasting can be dangerous. It can lead to dehydration, electrolyte imbalance, and death. Dehydration is a significant concern that can cause cramps and even vomiting.

Overdosing is one of the risks of detox diets. Many detox foods and supplements include laxatives, diuretics, and water which may go against your body's natural processes. Unfortunately, there is a lack of regulation around detox diets, so it's hard to know whether or not the food you're taking poses a risk or not. Some ingredient labels aren't accurate and can result in overdosing.

People should not start detox or calorie-restricting regimens without consulting a doctor first. At-risk populations include children, adolescents, older adults, pregnant women, and people with or struggling against an eating disorder.

Remember, your body is constantly exposed to various potentially dangerous toxins. These are removed with no additional help from your body,

but detox diets may help reduce unhealthy food intake and increase physical activity levels.

Eating healthy and drinking more water is the best way to improve your health.

So, do you want to detox?

Come with me as I walk you through what detox is all about and why you need it!

Chapter 1: Explanation of Dr. Sebi's Diet

This is a mucus-reducing alkaline diet comprised of plant-based foods such as vegetables, fruits, grains, nuts, seeds, oils, and herbs. These foods are believed to protect cells against cell damage and help prevent disease development.

A buildup of mucus causes the disease. The most common areas where it happens are the lungs and pancreas. Dr. Sebi claimed that different types of mucus cause different illnesses in the body, such as bronchitis, pneumonia, and pancreatic duct diabetes.

Dr. Sebi argued that diseases can't exist in a healthy body and occur when your body becomes too acidic. His diet and supplements promote a process of restoring an alkaline environment to the body and detoxifying diseased bodies.

He designed this diet for anyone who wishes to cure or prevent disease naturally.

For your body to heal, you must follow the diet consistently for the rest of your life. While those who insist on this claim state that the diet has healed them, there are no scientific studies to support it.

They have no specific nutritional guidelines, but it is low in protein, so you'll need to make sure your diet includes meat, beans, lentils, and soy if you want solid muscles & joints.

Dr. Sebi's diet is all about avoiding animal products, steering clear of processed food, and taking dietary supplements. They primarily focus on preserving a sustainable relationship with our food sources and maintaining the health of our bodies by avoiding greedily processed foods that are detrimental to our health.

Can the Dr. Sebi diet help you lose weight?

The theory behind Dr. Sebi's diet is that it will help you lose weight by encouraging a cleaner diet with less processed and heavy food. The diet isn't official for weight loss, but if you want to reduce your daily caloric intake, this might be the perfect fit.

An unprocessed plant-based diet is proven to be healthier for you. It has a lower chance of obesity and heart disease than the Western diet.

According to one study, the average participant who followed the plant-based diet lost 26.6 pounds in 6 months, while those not following the diet lost 3.5 pounds in the same amount of time.

Nuts are an excellent source of health-oriented fats to help you lose weight. They contain good nutrients that aid in reducing the potential of chronic diseases and contributing to longevity.

Avocados and oils contain substances that increase metabolism while lowering the potential for cholesterol buildup due to their ability to reduce digestion time.

However, many people find that they can't stick to low-calorie diets for long. They typically regain weight when they resume a normal eating pattern.

People trying this diet will need to maintain a certain healthful lifestyle.

So, is the diet beneficial?

The Dr. Sebi diet is centered around plant-based foods.

Plant compounds are in high amounts in a diet rich in vegetables and fruit. Diets rich in these foods have reduced inflammation, oxidative stress, and protection against heart disease.

People who eat a lot of vegetables and fruit have a much lower cancer and heart disease incidence. They also usually do not eat enough fresh produce, which is unfortunate because vegetables are an excellent source of nutrients.

Another benefit of the Dr. Sebi diet is that it promotes whole grains and plant oils as standard dietary supplements, which provide health benefits such as a lower risk of heart disease.

A significant downside of Dr. Sebi's diet is that it restricts large food groups. For example, the diet only allows certain types of fruit. People will often find it challenging to adhere to a strict diet. The negativity can be caused by the diet's lack of variety or the negative connotations attached to foods, not the food guide. With no calories from supplements, people turn to unhealthy sources of calories to maintain a calorie intake.

Secondly, the foods listed in Dr. Sebi's nutrition guide can be a good source of nutrients, but protein is an essential nutrient that isn't included.

Brazil nuts, sesame seeds, and walnuts are not good sources of protein but are the ones permitted in the diet. You must eat these foods to meet your daily protein needs. It is best to consult with your healthcare professional before any dietary changes.

While more nutrients are present in this diet, they're low in critical nutrients that people need to be on a plant-based diet. The Dr. Sebi diet website discloses that some supplements use proprietary ingredients. Whether or not a consumer will meet their daily nutrient needs is unclear from such an ingredient list.

Thirdly, there is little scientific evidence to show how the diet will work. The diet asserts that its foods and supplements control acid production in your body. However, even though the human body has natural mechanisms for regulating blood pH levels, it still makes the body slightly alkaline.

Excess production of acids through the breakdown of fats or protein from your diet can be fatal depending on how low the blood pH is. Research shows

that a slight change in your urine pH can be caused by a slight change in your diet, not blood pH.

Chapter 2: Explanation of Detox

To better understand the meaning and potential of detoxification, it is crucial to learn what it means in terms of nature and science.

So, what is detoxification? Detoxification removes toxins from the body. The liver, kidneys, and intestines can do this work continuously for us.

Chemicals in everyday items can cause possible harm. Chemicals such as bleach, sunscreen, rat poisons killing rodents, and food additives can harm human health. Many healthy habits can help the liver and kidneys to function better, which can help to improve their ability to eliminate toxins in your body.

Detoxification is not a program you follow for a month and then go back to work as though nothing happened. It's more of a lifestyle wherein you eat healthy food and drink plenty of water to help reduce your body's toxin load and provide beneficial nutrients.

The goal is to detoxify all aspects of life, allowing us to release more fully into the experience of being alive. Despite the proper diet and exercise, some people experience weight loss problems.

One reason is a buildup of stubborn toxins in their bodies that cause weight gain. Adopting a good detox program will help release these problematic toxins and make you happier and healthier from within.

Many eliminate one or multiple food groups, which could potentially cause adverse side effects.

Fasting is an excellent way to reset your body, but healthy eating and staying hydrated are essential in the long run. Keep your body well-nourished and focused on taking in only what is necessary for good health.

2.1 Types of detoxes and cleanses

Detoxing can have unintended effects. Many people who start with a cleanse feel more tired, light-headed, and nauseous than before the detox. It is because not all calories are created equal. Studies indicate that juicing fruits and vegetables have little caloric value but have large amounts of vital nutrients.

2.1.1 Green tea detox

Green tea is a source of many health benefits. It increases the levels of antioxidants in the body, which have been shown to have a preventative effect against cardiovascular disease, cancer, and high blood pressure.

Although the benefits of green tea are well-known, drinking a gallon at a time to increase your system's cleansing is not recommended.

Make sure you're drinking green tea in moderation. Also, going overboard on drinking green tea or taking high dosages is dangerous as it can harm your health in several ways.

2.1.2 Juice cleanses

Juicing is a great way to cleanse your system and eliminate toxins. It's also great because it doesn't require an expensive machine but just a few ingredients you can find in your fridge.

Juicing can be a good option for people who want to lose weight. However, in some cases, it may be more of a temporary solution than an actual solution. These drinks may not even have that much juice left inside by the time you finish your second cup, and the cost factor doesn't look like much waste, either.

2.1.3 Detox water

It's not difficult to find people saying they've tried drinking water with these additives. However, there haven't been any studies that have adequately studied their effects, especially regarding their supposed benefits.

There is nothing wrong with drinking water. Water makes up 60% of your body and is vital for proper functioning.

Many people have reported that doing a water detox drink helps with they feel physically & mentally, but it might be up to you to see if it works. If you want a drink with added flavors or good health benefits, stick to the cucumber-infused waters!

You should monitor your fluid intake. Aim to drink 64 ounces daily, ensuring hydration with adequate nutrients and electrolytes.

Perhaps you wonder, "Do detoxes work?"

There is no conclusive medical evidence that detoxes or cleanses benefit your digestive tract.

Many believe that only solid food can provide the necessary nutrients your body needs to maintain a healthy lifestyle. However, water is just as crucial to our diet and may even help appeal to some weight issues.

Cleanses don't provide lasting weight loss. The weight you lose from the cleanse will return once you resume your regular diet.

For athletes, losing carbohydrate stores means losing their body's preferred fuel source during exercise. While a cleanse or an extreme detox is not appropriate while training for any sport, doing so as long as it is no longer than two days before an event seems safe.

It's crucial to weigh the pros and cons of cleanses before spending big bucks on them. Make sure you know exactly what you're paying for.

Juicing and detoxing diets can benefit the body in many ways. They provide a lot of vitamins, minerals, and nutrients for the body. With limited calories, these diets are helpful for people who have slower metabolisms due to age or illnesses.

When undergoing a detox, you can eliminate certain foods from your diet and then reintroduce them one at a time to see which ones are triggering an adverse reaction.

Detoxing from a diet is difficult without proper nutrients to support your hair, skin, nails, and muscles.

To detox, it's essential to focus on your body, not what the diet plan or detox you choose recommends. Lemon water with maple syrup won't do much to improve your overall health, but this statement wouldn't apply to everything else you're doing, either.

Whole foods such as vegetables, fruit, whole grains, and legumes are healthy because they provide the nutrition your body needs. When paired with a healthy diet of plenty of water, daily exercise, and adequate sleep, you should be able to achieve your goals.

Chapter 3: Detox Diet

Celebrities and influencers have turned seven-day detox plans into one of the 'quick fix' diets that work fast. But detoxing is undoubtedly not an easy option and won't be for everyone. Intermittent fasting and other diets that require timed eating and calorie counting, as well as detox diet plans, are popular weight loss options.

While some people take up a detox plan for weight loss, others do it because they want to clear their bodies of harmful toxins.

A seven-day detox plan is excellent for those who want to cleanse their body. Eating more healthy foods like fresh fruits and vegetables can help your liver detox without triggering cravings.

The toxins can be found in our products and the air we breathe. It is important to remember that it is not just what we are exposed to orally but also what comes into contact with our skin.

Artificial sweeteners, food additives, alcohol, smoking, and medications are way more likely to cause toxicosis in the body than humans because they work differently. Our body creates toxins that must be eliminated.

Many other harmful bacteria can live in the gut and produce toxins, which could enter the bloodstream. The liver is only one of many systems that need to be for a body to achieve a complete detox.

3.1 How does the detox plan work?

Many people choose to undergo a detox plan as a way of eliminating unhealthy substances in their bodies. A good detox is often recommended for individuals who have experienced sources of toxicity such as pesticides, harmful chemicals, and alcohol abuse.

☒ **Phase 1:** Enzymes protect cells from damage by breaking toxins into soluble substances.

☒ **Phase 2:** Conjugates are substances that form when a substance is made less harmful. They make it more soluble for excretion.

☒ **Phase 3:** The kidneys filter wastes from the blood and excrete them in the urine. The bile is digested with fats and oils, then expelled when we have a bowel movement.

Some of the best foods to eat during detox include high amounts of protein, vitamin B, vitamins E and C, magnesium, selenium, and zinc.

There are two ways you can support your body's natural detoxification processes.

One of the first steps to a healthy diet is to ensure adequate dietary fiber intake. Foods high in fiber, such as vegetables, provide many health benefits. A wide range of organic vegetables is recommended for anyone looking to increase their fiber intake. Following a high-fiber diet can help with this when the detox is over.

Second, drink plenty of water.

Not being healthy will not cause us to feel better after briefly detoxing. Detoxing addresses cravings, poor nutrition, and general poor health to improve overall well-being.

3.2 Some of the staples on your detox diet

3.2.1 Lemon

Lemons are a vital component of many detox diets. Not only do they provide the antioxidant vitamin C and flavorings, but they also have skin-benefiting qualities in the presence of disease-fighting free radicals. Lemon can help flush out toxins and restore the body's pH balance, making it a safe food for consumption.

3.2.2 Ginger

If fatty or alcoholic foods affect your digestive system, ginger can help to improve digestion and reduce guilt. Ginger tea or adding grated ginger to a fruit or vegetable juice can help digestion. It's also high in antioxidants and has other benefits, such as boosting the immune system.

3.2.3 Garlic

Garlic is good for the heart because it promotes healthy blood cell production. This, in turn, can help fight against toxins and harmful bacteria, which is good for overall health. Garlic is traditionally eaten raw, but adding it to a salad dressing enhances the flavor and health benefits.

3.2.4 Artichoke

Combining steamed globe artichoke leaves in your meals can help you maintain a healthy body. Artichokes are packed with antioxidants, fiber, and nutrients that can help the body digest fatty foods. The globe artichoke is renowned for its ability to stimulate and improve the functions of the liver – the body's primary toxin-fighting tool.

3.2.5 Beetroot

Beetroot is a nutrient-rich food that can provide many benefits to your health. It provides Vitamin C, Iron, and Magnesium in a single dish. Beetroot has health benefits, including fat-burning properties and fighting free radicals. Many people also turn to beetroot juice to detoxify their liver.

3.2.6 Green tea

Drinking liquids is essential for healthy body function. Green tea is also a great way to add antioxidants to your diet. Green tea is a popular drink for losing weight, as it is a high antioxidant. It also benefits the liver by protecting it from diseases.

3.2.7 Cabbage

Cabbage is excellent detoxifying food. Celebrities like Lea Michele and Kylie Jenner have used it to help them both lose weight and detoxify their bodies. Sprouts and cabbage contain chemicals called sulforaphane that help detoxify the liver. Cabbage also provides glutathione, an antioxidant that helps improve the liver's detoxifying function.

3.2.8 Fresh fruit

Fresh fruits are full of vitamins, minerals, antioxidants, and fiber--and low in calories. Fresh fruits are your crucial tool if you're looking to improve your skin, hair, and health through a detox diet. There is a lot of good news regarding fruit - it's easy to add to your diet and can be eaten anytime during the day.

3.2.9 Brown rice

It is likely best to cut down on processed food and opt for healthier cooking methods for the body to function correctly. Switching from processed bread with salt and sugar to whole grain bread recipes can detoxify the body. Brown rice is high in fiber and selenium, helping to protect the liver and improve complexion.

3.2.10 Watercress

Raw watercress leaves are a good source of nutrients, including some B vitamins and other nutrients that provide many health benefits. Among these benefits are even more preventives for illnesses and diseases such as cancer, heart illness, most cancers & many mental disorders.

Watercress is a very nutritious green that has natural diuretic properties. This can help flush toxins out of your body, allowing you to get the most out of

this healthful fruit. Eating it in salads, soups, and sandwiches gives you more ways to benefit from this nutrient-dense food.

Chapter 4: How Toxic Foods Increase the Risk of Diseases

Toxins are chemical agents that impact the functioning of a cell. Some cells are more susceptible to toxic stimuli than others, and the effects of toxins vary widely from individual to individual. However, there is a downside to this. For example, the most potent toxins in the blood can kill the cells instantly.

The toxins that are often found in foods are termed natural toxins.

Natural toxins are compounds created by living organisms and are toxic to other animals/creatures/people when ingested. Some plants produce toxins as a natural defense mechanism to protect themselves from predators, insects, or microorganisms. The world's oceans and lakes are breeding grounds for some dangerous toxins that can be toxic to humans.

Additionally, there is a shift from natural handmade farming to factory-farmed food. Factory-farmed food has downsides, such as increased health risks and the negative environmental impact of waste products.

There is a significant problem with the modern agricultural practices of farmers. In addition to pesticides, synthetic fertilizers, and enhanced hormones, these techniques often result in increased production, and using GMOs has resulted in more herbicide and pesticide use.

These inhaled air-borne toxins from the exhaust of cars, the pollution from manufacturing companies, and agricultural wastes disposed of in our water bodies can prove catastrophic.

4.1 Common Natural Toxins in our environment

Here are some of the most common natural toxins that can be found in our environment. They can pose a risk to our health and should be kept in mind when considering actions to prevent disease;

4.1.1 Aquatic biotoxins

Algae in the ocean and rivers can create algal toxins. These toxins generated during the bloom of certain types of algae naturally occurring in those bodies of water can be absorbed by shellfish that live there. Several algal toxins are known to cause diarrhea, vomiting, tingling, paralysis, and other effects in humans. They can be retained in shellfish and fish or contaminate drinking water. They have no taste or smell and cannot be eliminated by cooking or freezing.

For people who consume barracuda, black grouper, and king mackerel, Ciguatera fish poisoning is high. It can be caused by consuming contaminated fish taken in, caught, or purchased.

There is currently no specific treatment, but symptoms can be managed through care and rest.

4.1.2 Cyanogenic glycosides

Cyanogenic glycosides are toxic chemicals that occur in plants. They can be found in cassava, sorghum, stone fruits, and almonds. These plants are mostly food in some areas of the world.

The more cyanides in a plant, the more harmful its consumption would be for humans. Cyanide poisoning can occur when the cyanide level in a person's body is higher than what is acceptable to be safe for that individual.

The clinical signs of acute cyanide intoxication in humans can include rapid respiration, drop in blood pressure, dizziness, headache, stomach pains, vomiting, diarrhea, mental confusion, and cyanosis. A terminal coma follows that.

4.1.3 Furocoumarins

Many fruits and vegetables contain toxins called furocoumarins which are released when plants are stressed. These stress toxins can cause headaches, dizziness, and difficulty concentrating.

People with dark skin are more likely to experience severe symptoms from UVA/UVB radiation exposure. Exposure to furocoumarins in certain vegetables can cause these reactions, as well.

4.1.4 Lectins

Some beans can be toxic if ingested raw, especially kidney beans. Raw kidney bean ingestion can cause vomiting, diarrhea, and stomachache. It is vital to cook kidney beans before they are eaten thoroughly.

4.1.5 Mycotoxins

Mycotoxins are substances produced by certain types of mold that can cause health issues. For example, mycotoxins like aflatoxin and ochratoxin A can cause liver disease. The reason for the proliferation of mold is the lack of storage and handling guidelines, leading to food spoilage due to microbial growth.

Most mycotoxins are chemically stable and survive food processing. They do not cause long-term health effects but can cause acute symptoms with severe illness and even death appearing quickly after consumption of highly-contaminated food products.

4.1.6 Solanines and Chaconine

Solanine and Chaconine are natural plant poisons found in amounts that would be like a very tiny bit of poison. The levels are generally low, but higher concentrations can be found in the green parts of some plants, including potatoes and eggplants.

Plants produce toxins as a response to different stress stimuli. To reduce the production of solanines and Chaconine, potatoes should be stored in a dark, cool, dry place and not consumed.

4.1.7 Poisonous mushrooms

Some wild mushrooms are poisonous and can produce toxic effects on the body. Symptoms may occur 6-24 hours after consumption. Wild mushrooms are poisonous, and one should be careful about what one eats. They should avoid eating them unless the mushroom can be confirmed to be non-poisonous.

4.1.8 Pyrrolizidine alkaloids

Plants known to produce Pyrrolizidine Alkaloids are poisoning weeds that can grow in crops and contaminate food. PA's potential health risks are becoming increasingly apparent. This makes them a top priority for study and regulation.

Acetone extracts with lower PAs show no adverse effects in the amounts consumed by humans. The Codex Committee on Contaminants in Food is developing guidance for prevention strategies for plants containing PA. The overall health risk has not been thoroughly evaluated yet, but the Codex Committee expects to release its guidelines soon.

4.2 Ways Toxins Cause Diseases in the Body

- ☒ Overloading the liver with toxins can have harmful side effects, such as premature aging and chronic disease.
- ☒ Pollution and chemicals can disrupt hormones and make them produce less or lead to imbalanced production.
- ☒ Microbes produce toxins that can be damaging to the body. The immune system is weakened by releasing these toxins, which contribute to infection and disease.
- ☒ People exposed to toxins through the ingestion or inhalation of chemicals or by skin contact may experience compromised organ function and poorer health.
- ☒ Toxins can damage cell membranes leading to a range of problems such as the inability to pass messages throughout the body and the impairment of normal signaling processes and substance movement.
- ☒ Toxins can block the receptor site of certain hormones. In some cases, this causes a hormonal imbalance, leading to chronic fatigue.

Free radicals are the unseen primary drivers of countless health problems, damaging every aspect of our physiology and playing a role in virtually all diseases. Detoxification is necessary to combat and eliminate toxins from the body before they reach dangerous levels.

So, how can we minimize the health risk from natural toxins?

It is important to note that natural toxins are present in various foods. In a balanced diet, the levels of natural toxins tend to be well below the threshold for acute and chronic toxicity.

To minimize health risks from toxins in food, it's advisable not to assume anything is 'safe' just because it's natural. Certain foods that have been bruised or damaged should be thrown away, and foods with mold on them. Throw away any food that does not smell or taste fresh or has an unusual flavor, and

only eat mushrooms or other wild plants that have definitively been identified as non-poisonous.

Chapter 5: The Difference Between Blood pH, Salvia pH, And Urine pH And How To Measure Them

pH measures an object's "acidity" or "alkalinity."

The pH scale is essential for categorizing chemicals and material, with a starting point of 7, which is neutral. A low pH number means something has more acid, while a high pH number means something has more alkaline.

The body subtly regulates the balance of these levels to maintain a healthy level of acidity and alkalinity in the blood and other fluids.

5.1 Blood pH

Your blood has a normal pH range of 7.35 to 7.45, which means it is slightly alkaline or basic.

In contrast, your stomach acid has a pH of around 1.5 to 3.5, which makes it acidic to facilitate digestion and kill germs.

Blood pH is an indicator of your health. A sudden change in blood pH might indicate a medical emergency or unhealthy condition. Some health conditions that cause changes in your blood pH include diabetes, asthma, lung disease, infections, hemorrhage, poisoning, kidney disease, gout, and some cancers.

The lungs and kidneys are the two main organs that help balance blood pH.

- ☒ The Lungs get rid of carbon dioxide through breathing.
- ☒ The kidneys perform the function of excretion, which is removing acids and toxins through urine.

The different types of blood acids and alkalosis depend on the cause. The two main types are respiratory, which happens when this change in blood pH is caused by a lung or breathing condition, and metabolic, which occurs when a kidney condition causes the change in blood pH.

A blood pH test is a normal part of a blood gas test or arterial blood gas (ABG) test. It measures the amount of oxygen and carbon dioxide in your bloodstream. A blood sample is taken and sent to a lab. The results can tell you if your pH is high or low and whether there are any signs of disease.

Perhaps you wonder, "Can I test my blood pH at home?"

The answer is, Yes!

However, a home blood finger-prick test is not as accurate as a blood pH test at the doctor's office. A urine pH paper test cannot show your blood's pH levels and can help determine if something is off balance.

5.1.2 What causes changes in one's blood pH?

High Blood pH

Fluid loss

Losing too much water from your body can increase blood pH. This happens because you also lose some blood electrolytes with fluid loss, including sodium and potassium. Causes include excessive sweating, vomiting, and diarrhea.

Fluid loss is a common side effect resulting from diuretics and other medications. Your doctor may need to change any medications causing this issue and fluid and electrolyte loss. Sports drinks help counteract this when taken before or during athletic endeavors.

Kidney problems

The kidneys are responsible for chemically helping the body balance in the blood. If they malfunction, your blood pH may be affected, and you may experience issues in your mental health.

Low blood pH

Diabetic ketoacidosis

This can happen if your body has trouble regulating blood sugar.

On the other hand, acidosis can indicate many things like disease, overconsumption of medications, or illness. It can potentially affect your whole body and causes an overall health issue. Some health conditions cause natural acids to build up in your blood. Acids that can lower blood pH include lactic acid, keto, sulphuric, phosphoric, and hydrochloric acid.

Insulin is a hormone that helps control sugar levels in the body. If it's unable to function correctly, your body breaks down stored fat and creates waste called ketones. This can lead to low blood pH.

Get emergency care if your blood sugar levels exceed 300 milligrams per deciliter (16 millimoles per liter). Don't delay!

Diabetes is a severe condition that requires serious treatment. To keep your metabolic levels in check and prevent complications, you must take care of yourself. Be sure to stay on top of diet & exercise while also taking regular medications as prescribed by a doctor.

Metabolic acidosis

Your kidneys produce acids to remove them from your body. When they can't work correctly, kidney disease or kidney failure, it'll raise blood acids - aka metabolic acidosis - and lower blood pH. Symptoms of metabolic acidosis include fatigue, weakness, loss of appetite, nausea, vomiting, and headache pain.

One of the options for treatments for metabolic disease includes dialysis and kidney transplant. In severe cases, these can be necessary.

Respiratory acidosis

When your lungs can't expel toxins or enough carbon dioxide, your body will suffer from respiratory acidosis. This can happen if you have a severe or chronic lung condition like asthma, sleep apnea or bronchitis, pneumonia, and COPD.

If you've had surgery, are obese, or misuse sedatives, you may also be at risk for respiratory acidosis. In mild cases, your kidneys can help remove the blood acids through urination.

Intubation and mechanical ventilation can help people with respiratory acidosis to breathe better. These procedures also help to raise your blood pH back to normal.

5.2 Saliva pH

Saliva's pH is typically around 6.2 to 7.6

Saliva pH changes based on what you are eating by breaking down carbohydrates in your saliva. The resulting saliva contains lactic acid and other acids that lower the pH level. Adults have more acidic saliva than children.

The body needs a pH close to that of water to sustain life.

Perhaps you are asking, "Why should I care about the pH of my saliva?"

When your mouth lacks proper pH balance, your teeth slowly break down. This is due to the acids created when you drink certain drinks.

When teeth are neglected, you risk exposing the dentin. If the person drinks hot or cold drinks, this can lead to discomfort.

Examples of food or drinks with a pH below 5 are alcohol, white wine, American cheese, and cherries.

Saliva pH is a measure of how acidic or alkaline the saliva is. If your saliva is too acidic, you might have more bad breath and sensitivity to hot or cold food or beverages. It could also cause tooth cavities.

A pH test is easy to assess your saliva's pH level. You can make the test yourself with a pH strip (available online or at your local pharmacy) and these instructions:

Before getting a saliva test, ensure you don't eat or drink for two hours. After that, take a dip in your mouth to ensure your saliva is adequately diluted, and then place it on a pH strip.

The strip will change color depending on your saliva's pH level, allowing you to measure it accurately. The outside of the box of pH strips will include a color chart, which you can match the strip to determine your saliva's pH level.

5.3 Urine pH

Urine comprises various compounds, including water, salts, and waste products from the kidneys. The balance of these compounds can affect urine's acidity levels. pH - or its opposite, alkalinity - is a way to measure these levels.

Physicians often test urine pH and other diagnostic tests when a person has symptoms possibly related to problems in the urinary tract or kidneys.

Urine typically has a pH of 6-7.5, which is neither too acidic nor alkaline. Anything between 4.5-8 should not cause concern for the human body.

One major factor behind how urine pH is measured is the food a person eats. Doctors often ask someone if they typically eat a certain kind of food before they provide their results to make sure that the specimen is accurate for them.

Acidic foods include meat, poultry, and seafood, while alkaline foods include fruits, vegetables, and nuts.

Why take a urine pH test?

Urine pH is not a reliable indicator of health - it can vary greatly, and a doctor cannot diagnose medical conditions solely on the pH level.

A doctor would analyze urine pH along with other symptoms to determine a diagnosis. They might also order a urine pH test to study the effectiveness of kidney stone treatments.

A urine pH test doesn't usually require preparation before it's done. However, if a doctor asks a person to fast beforehand or avoid foods that may affect the results of the test, then it may be necessary to adjust accordingly.

Your doctor may ask you about any medications or supplements you might be taking, as they can cause interference with the test results.

Depending on the medications and supplements someone takes, a doctor might ask you to stop taking them before taking specific tests. A medication's pH may be critical to gather before tests.

The doctor may request a one-time urine sample or a 24-hour urine test. A 24-hour urine sample must be collected several times over the day to ensure they are not affected by anything like urinary tract infections.

A urine pH test is a simple, easy-to-perform test that allows a quick overview of the acidity of the urine. The person collecting the sample must clean themselves and then collect around 2oz of urine for urinalysis, which consists of three parts;

Physical/visual exam: The urine will be visually assessed for color, presence of foreign material such as blood, and appearance of water droplets (foamy urine).

Chemical dipstick test: Dipsticks are used to detect the pH of urine. They change color depending on what is found in the sample. The dipstick test can also detect other substances, such as glucose, white blood cells, bilirubin, or proteins in the urine.

Microscopic exam: Urine under a microscope is often used in basic diagnostics tests like looking for particles, white blood cells, or crystals that can indicate an underlying medical condition.

A person will urinate normally to provide the sample, although the doctor may ask for the first urine of the day or a midstream sample. For a 24-hour sample, they may offer additional instructions, such as fully emptying the bladder at the beginning of the collection day.

A high urine pH might signal someone with a medical condition such as kidney stones, urinary tract infections (commonly called UTIs), or kidney-related disorders.

If a person's urine is particularly acidic, it might indicate a medical condition like diabetic ketoacidosis caused by diabetes. Diarrhea and

starvation are other possibilities.

Certain medications can also alter a person's urine pH.

Conclusion

Detoxes can be a healthy way to support your body. Contrary to popular belief, the best detoxes are ones we don't have to do too much for. All you need is a little help from the liver, which has a functioning detoxification system.

Detoxing by removing packaged foods and adding high-quality, nutrient-rich foods is the key to a healthier life.

Many say detoxes are a hoax, but the body is more capable of taking care of itself. According to Mark Hyman, M.D., functional medicine doctor and New York Times bestselling author, a healthy body, the detoxification process runs smoothly.

But toxins in our environment may be harmful to our health. For example, your body's natural detoxifying process might decrease over time. Certain toxins, like plastics and pesticides, can harm the body and not get processed as we would like them to. Chalky foods and drinks with artificial sweeteners like erythritol can lead to stomach upset, slow digestion, and the buildup of fluids.

Toxins constantly expose us to different things like blood sugar, nutrient stores, and heavy metals. These toxins include pollution, antibiotics in our food, and sugar. If we don't make a shift to detoxify now, we'll still feel this way for a long time.

The key to detoxifying your body is knowing how to eliminate toxins while minimizing your exposure.

Though we can't control the world around us, we can change our diet to counteract common pollutants and chemicals. Eating healthier foods - those that support the liver, heal the gut, maintain healthy blood sugar levels, and lighten the overall toxic load - is critical.

The gut, the liver, and the kidneys are our main detoxification organs. Your bowels, urinary tract, and skin also help eliminate toxins through bile or urine. In addition, your chest cavity helps to expel CO₂ from your lungs.

Our liver is our body's primary filtration system and has numerous roles - it cleanses our blood, removes waste products, and stores vitamins. It also supports immune function and produces proteins.

The liver is our detoxification workhorse. It filters and cleanses the body when we eat or drink stuff that's not usually OK for us. It helps take anything that isn't supposed to be there along for the ride until it meets a toilet or something. During the first step, the enzymes and oxygen help prepare toxins. The second step is when our body eliminates them through bile, stool, or urine.

The kidneys are essential as they help maintain a balanced mineral and pH balance, support hormone excretion, and flush out bacteria.

Our detoxifying organs are not getting time to work correctly because we live in a toxic world. They can't make as many healthy hormones and enzymes because they work too hard to filter out the toxins. Day after day, for years and years, our detox pathways are clogged with a buildup of toxins and blockages.

That's why we need to clean them out!

So, what are you still waiting for?

Just like you regularly use your vacuum cleaner to keep your home clean by dusting, vacuuming, wiping down the countertops, and doing the dishes for a more comfortable living environment, there are many ways to take care of yourself detox. A slight change every day can make a big difference and help you live healthier.

BOOK 5:
DR. SEBI
FASTING DIET

Introduction

The best way to safely fast is up for debate. It's important to clarify what fasting means before we discuss how to do it safely. The definition of fasting is self-restraint from food entirely or partly for some motive and not eating anything for 12 hours at a time. Juice fasting is the healthiest and most effective way to fast. Fresh juices made from fresh fruits and vegetables have a better taste than those that have been canned or frozen.

An excellent first step for fasting is only to start if you're truly ready. Never do it when your body isn't ready, and eat if you feel hungry during a fast. Take time to get organized, and remember that fasting is done in two parts to cleanse your body effectively.

First, cleanse your body with natural herbs for at least five days before starting the fasting process. In the meantime, start consuming more vegetables and eliminating harmful foods while drinking plenty of water.

Your body will let you know at some point is ready to fast. One sign of it is during the cleansing phase with the herbs, which stimulates detoxification and prepares your body for the fast.

Fasting can be an excellent way to correct your body's discomfort. The best fasting method is cleaning your system until no hunger is left. If you are no longer hungry, you can go without food as long as you want.

Fasting will cleanse you and make you stronger. After fasting for a while, toxins may come out as vomit (this is normal), and your tongue will begin to regain its color.

When fasting, start with cleansing to remove toxins and body wastes. Start your fast by using different herbs like juice or a vegetable diet for 3-5 days

before going on a water fast. Many people have been exposed to toxins since they were very young, so they must cleanse their bodies before fasting.

Perhaps you are wondering, "how long should I fast?"

Fasting is personal, and I recommend consulting your doctor to ensure that you are in good health before starting. Once they have been given the green light, fasting can be a gratifying adventure. The length of your fast and the quality of your journey depends on your approach. When you stop fasting, toxins leave your body, and you no longer feel tired, weak, or nervous. You feel rejuvenated.

Some of the great benefits you will get from embracing fasting include;
Blood Sugar Control

Intermittent fasting is believed to lower blood sugar levels and fight fatty liver disease.

In one study, despite being obese, mice were immune to diabetes thanks to their weight. They were at high risk because they had a large amount of pancreatic fat.

Excessive fat in the body can lead to problems, even if found in places other than fat cells. For example, it could be deposited as internal fats in organs like the liver or as external fats in muscles and bones.

Enhanced Heart Health

Fasting is a healthy way to improve heart health by refining blood pressure, lowering cholesterol, and decreasing triglycerides.

Some studies have found that fasting can be very beneficial to your heart. It reduces the "poor" LDL cholesterol level by 25% and lowers blood triglycerides by 32%. This study followed 110 individuals who were overweight, and it found that fasting for three weeks reduced their blood pressure and cholesterol.

Boosts Brain Function

New research shows that fasting can improve brain function by raising protein levels. The study also showed that the act of fasting could cause neuron growth.

Studies showed that intermittent fasting may help prevent age-related neurodegenerative diseases and that there is a link between diabetes and Alzheimer's. Researchers have also studied how fasting can increase the energy in neurons, making the brain resistant to disease.

As a challenge to the brain, fasting provides chemicals that may encourage neuronal efficiency and development. They can also have this effect by engaging in rigorous exercise.

One of the chemicals found in the brain, BDNF (brain-derived neurotrophic factor), is a protein integral to developing new stem cells, stimulating the growth of neuronal connections, and strengthening synapses. This chemical was found to be at higher levels during times of fasting.

Delays Aging and Increases Longevity

During fasting or calorie restriction, a molecule called β -hydroxybutyrate can have anti-aging effects on the vascular system, keeping them young and flexible. Blood vessel-related diseases, such as cardiovascular disease, could be reduced in severity and occurrence. This could prevent diseases like heart disease, Alzheimer's, and cancer.

People who fast or cut calories in their diet generate a molecule that slows down aging. Senescent cells, which would typically continue to multiply and divide rapidly, can no longer do so when they're producing this molecule.

Chapter 1: Dr. Sebi Fasting

Fasting can be done in several ways and is a standard method for detoxing the body. Depending on the type of illness, your unique tolerance, and the severity of your exposure to toxins, you may choose one form of fasting over another.

There are five fasts that you can choose from:

- ☒ Water Fast
- ☒ Liquid Fast (Juice)
- ☒ Smoothie Fast
- ☒ Fruit fast
- ☒ Raw food fast (Veggies).

Before getting started on your fast, you must:

- ☒ Familiarize yourself with the needs of your kidneys and how they function before any significant changes are implemented.

- ☒ Drink a lot of water when your pee isn't coming out. If that doesn't work and you still have some pee in your bladder, try drinking dandelion, hawthorn, or homegrown horsetail tea. These are all diuretics that can help you to flush your system after drinking them.

- ☒ Purge your colon. A great way to do this is by making a five-second pause at the start of your breath every day. No matter what you try, avoid drinking water directly from the tap and use a filter or glass so that you don't ingest anything with contaminants.

1.1 Water Fast

There are specific requirements for fasting. You should not eat anything during the fast. You can drink only spring water taken at the same time as herbs.

The best time to fast is when you are healthy and have past fasting experience. While your body is still adjusting, fasting at the beginning of your journey may not be prudent and could lead to an adverse event.

One can do a brief detox while one focuses on other activities. If genuine underlining well-being conditions are no different, having a companion or partner is essential when doing the detox.

Start with three days of gut purification. Remove any unused food supplements and plant-based whole foods. Then do a 7-day, quick diet with fruits like grapes, melons, and apples.

Start your day with a squeeze of fresh and organic citrus to keep your blood sugar on an even keel. Then get started on your water as soon as possible.

If you plan on fasting for an extended period, visit a fasting center before or after you begin if you don't have the time to go out to a facility, ask a close friend and family member to support you. If you're not following a fasting plan with others, it's not recommended to go past 10–14 days without food.

Pregnant women and people with certain medical conditions such as anorexia and mental disorders should not go on water fasts, as the bodily process could prove risky. Instead, they should take a nourishing solution to allow them to regain their health.

Breaking the fast can be done effectively in just three days. There are a few ways to stop the fast naturally, including starting with squeezes and vegetable juices. However, a long-term product juice cleanse is advised.

The longer it takes for your water to replenish, the more you can rely on crude organic products. Even better, you can encourage yourself to eat lighter

and more varied meals that are closer in nutrient density & food quality to what you need.

The length of a water fast would depend on your health and the severity of your illness. Rather than a water fast, fruit fasting or raw veggie dieting is often a preferred option for many people. Although there are many options for consuming fruits and veggies, Dr. Sebi's advice is essential as he gives a nutritional guide that outlines what you should and shouldn't eat when on the fast.

1.2 Liquid Fast (Juice)

On a juice fast, you are only allowed to consume juices from fruits or vegetables - in addition to taking your cleansing herbs, sea moss, and spring water. Depending on your health status, you may choose to do the fast for any length of days that is manageable for you. Expecting the best possible results from detox is essential, but it is also important to be patient. According to Dr. Sebi, the best period for a detox would be at least 14 days, and three months would provide optimal results.

After three days of detoxifying your gut, you should include juices, teas, and organic product juices like melons.

Working up to a juice quick. Filter out the impurities from your colon with this powerful three-day program. Drink only foods grown from the ground in their natural state for seven days straight because all crude food produced by man is tainted with toxins- and if you don't believe it, watch what happens when you try and eat one.

Alternate juice fasting cleans the body by drinking only water daily while squeezing pure organic juices. This method receives a lot of attention in the wellness industry because it mimics what your body would do if you were only to drink purified water and not juice.

1.3 Smoothie Fast

Fasting smoothies is a good idea to cleanse your body and lose weight. If your system can handle it, you can fast on smoothies for a week or more.

1.4 Fruit Fast

You should only consume fruits with high water content, such as watermelon and strawberries. What you consume can also vary from soft-massed fruits from the Dr. Sebi Nutritional Guide like blueberries or blackberries.

1.5 Raw Food Fast

When humans started cooking their food, they began to introduce toxins. Dr. Sebi's raw food plan is a safe alternative that allows you to consume all the necessary nutrients without hurting yourself or your health.

Chapter 2: Cleansing Herbs

People need to do a whole-body cleanse to detox the body properly. People can choose a specific diet or use supplements like Dr. Sebi's approved products. If you are new to eating an alkaline diet, it's vital to cleanse your body at least once every 2 to 3 months for a full seven days.

Some of Dr. Sebi's herbs for cleansing include;

2.1 Elderberry

Elderberry is a flowering plant that primarily grows in Europe. It has been used for centuries as a treatment for pain and inflammation and to detoxify the body, among other things.

Elderberries have significant health benefits, including antioxidants and the ability to fight oxidative stress. They also have excellent vitamins & nutrient profiles.

What Are the Benefits of Using/Consuming Elderberry?

Elderberry is good for health. It helps treat and prevent cancer, cleanses the lungs and respiratory system, and helps to keep the body healthy. It fights colds, flu, and constipation while boosting immunity and preventing chronic fatigue syndrome.

Elderberry has specific age restrictions. Children under 12 years should not use/consume it, while children over 12 and under 18 are limited to only ten days of usage. It is not safe for pregnant and breastfeeding mothers. It has not been proven safe, so it is best to stay away.

Elderberry is a potent immune system booster. People with autoimmune diseases should not take elderberry as it may increase their symptoms because of the boost to their immune system.

For the Elderberry Tea Dosing Process, kindly take the steps below: Boil 8-12 oz of water in your saucepan. Once the water is boiling, measure one tablespoon of dried elderberries and add it to a boiling pot of water. Simmer for 10 minutes on medium heat. Reduce the heat to low and simmer for another 10 minutes. Let it cool, strain, and serve. Take no more than 4 cups daily.

2.2 Eucalyptus

Eucalyptus can help cleanse the skin, but it can be used in other ways, like bathing. Eucalyptus is a fast-growing evergreen tree that is native to Australia. This plant has been used for medicinal purposes for centuries. It provides relief for a variety of health problems and can help reduce discomfort.

There are no risks in consuming eucalyptus leaves, provided you use them in moderation! The risks of consuming eucalyptus oil come from personal health. Always dilute the oil for best results, especially for pregnant and breastfeeding women.

Those with diabetes could experience low blood sugar levels if they use eucalyptus. It is crucial that these people consult their doctor before ingesting the tea and should be cautious about doing so if they are allergic to the oil. Consuming tea from the eucalyptus tree is not recommended for two weeks after surgery as it could cause a spike in blood sugar levels.

Boil water to 190-200 degrees Fahrenheit or drop it down for a minute to reduce the temperature before making eucalyptus tea/infusion. Pour a teaspoon of dried eucalyptus into a teacup and allow it to steep for 10-15 minutes. Add 6 ounces of water and then strain the leaves after they have steeped and served. Only take 3-4 cups of eucalyptus infusion daily.

2.3 Guaco

Guaco clears clogged pores and stimulates perspiration to sweep away toxins from the body. It promotes urination and helps to remove waste during a detox.

You should be drinking a lot of water when taking this supplement. It can help promote healthy digestion and respiratory function, which will help you to stay hydrated. Leaves are used to make tea. They can be boiled for a few minutes, crushed and mixed with honey, or eaten raw as a salad.

Leaves can also keep venereal diseases at bay due to their antimicrobial properties.

The leaves of this plant can be used to cleanse the blood of heavy metals, mucus, and phlegm and heal internal and external wounds. The leaves can be used as a replacement for traditional medicines because they have therapeutic properties.

When consumed as tea and infusion, the leaves have a range of health benefits. They help boost the digestive system, promote healthy respiration and perspiration, treat and prevent venereal diseases, and reduce inflammation and pains.

To make Guaco tea, you need to take the following steps:

- ☒ Wash fresh Guaco.
- ☒ Pour 6 cups of water into a saucepan.
- ☒ Add fresh Guaco to the mix.
- ☒ Let it boil.

You can add some brown sugar (optional) if you want an extra layer of flavor - mix it in with the brown sugar; allow it to boil for another 20 minutes. Strain the syrup with a strainer. You should bottle it and store it in a refrigerator. For Guaco dosage, take one spoonful 3-4 times daily.

2.4 Prodigiosa

Prodigiosa is a plant with large bushy leaves and flowers. It's native to Mexico and California. The long history of use for this plant proves its benefits for treating various health issues.

The compound composition of Prodigiosa is effective in treating diabetes because it lowers blood sugar levels. It also burns fat in the gallbladder, which slows down glucose production. Prodigiosa's tea is unsuitable for people with Type I diabetes as it may enable them to better digest fats and dissolve gallstones, ultimately leading to worse health.

For the dosage and how to prepare Prodigiosa tea/infusion, kindly take the following steps: 1. You can get some fresh prodigiosa leaves from a nursery garden or order online.

Prepare the fresh leaves by drying them out. When they're dried, heat a pot of water to a rolling boil and make sure it stays there for 15 minutes before pouring in 1 or 2 tablespoons of Prodigiosa leaves into the water. Infuse your homemade tea with an instant steep time of 15 minutes after they've been rolled. Take one cup of prodigiosa tea/infusion twice a day.

Chapter 3: Dr. Sebi Alkaline Diet Plan

PH levels are a measurement of the hydrogen ion concentration in the body. They range from 1 to 14, with 7 considered to be neutral. PH balance is essential for our health because it can help regulate metabolism and slow cellular destruction by acting as an antioxidant.

A pH level slightly above 7 is ideal for health. The pH levels in saliva and urine are good indicators of the relative acidity or alkalinity of your body's PH levels.

An alkaline diet is a great way to cleanse and rebalance the body to fight inflammation. It includes foods that are high in PH levels and excludes more acid-forming foods, so it supports wellness.

Alkaline diets are proven to prevent bloating, poor memory, and high blood pressure and help with the issues of weight loss, arthritis, and cancer. They also maintain proper PH levels that help in cell signaling, providing a host of health perks.

Start your day by drinking a glass of alkaline water. If you drink an acidic beverage, it will damage your body and trigger many different side effects. Eat a balanced meal daily with low-carb vegetables and low-fat protein sources such as fish, chicken, and eggs. Eat plenty of figs, cauliflower, fennel, lemon, kale, spinach, and watercress.

You should avoid processed foods, sugar, dairy, meat, eggs, alcohol, most grains, and caffeine. Soy is moderately healthy but remember to avoid processed soy. You should also avoid hydrogenated oil and margarine

3.1 A 7-Day Alkaline Diet Plan

Day 1

- ☒ Breakfast: Vegan apple parfait
- ☒ Snack: 1 orange
- ☒ Lunch: Sweet and savory salad
- ☒ Snack: 1/2 cup toasted nuts and dried fruits
- ☒ Dinner: Oven-roasted salmon, baked sweet potato, curried beets, and greens

Day 2

- ☒ Breakfast: Chia and strawberry quinoa
- ☒ Snack: Slices of cantaloupe
- ☒ Lunch: Savory avocado wraps and white bean stew
- ☒ Snack: 1 handful of toasted pumpkin seeds
- ☒ Dinner: Roasted chicken with roasted sweet potatoes and parsnips.

Day 3

- ☒ Breakfast: Power smoothie
- ☒ Snack: 1 banana
- ☒ Lunch: Miso soup with fermented tofu
- ☒ Snack: Apricot
- ☒ Dinner: Roasted chicken with roasted Brussels sprouts with red peppers

Day 4

- ☒ Breakfast: Quinoa porridge
- ☒ Snack: 1 mango
- ☒ Lunch: Mexican quinoa salad
- ☒ Snack: Almonds
- ☒ Dinner: Wild rice mushroom and almond risotto

Day 5

- ☒ Breakfast: Chia breakfast pudding

- ☒ Snack: 1 avocado
- ☒ Lunch: Quinoa burrito bowl
- ☒ Snack: Dates
- ☒ Dinner: Pumpkin soup

Day 6

- ☒ Breakfast: Berry purple smoothie
- ☒ Snack: ½ cup blueberries
- ☒ Lunch: Sesame dressing and noodles
- ☒ Snack: Macadamia nuts
- ☒ Dinner: kale pesto zucchini noodles

Day 7

- ☒ Breakfast: Apple and almond butter oats
- ☒ Snack: A pear
- ☒ Lunch: Green goddess bowl
- ☒ Snack: Dried coconut slices
- ☒ Dinner: Roasted root vegetables with salmon

Don't forget to take care of yourself! Your body is integral to your happiness, so make sure you don't neglect it in favor of work or other obligations.

Chapter 4: Cleansing the Liver

A liver detox is a program that claims to take out toxins in your body, help you lose weight, or improve your health. There's not always a consensus on what a detox should include, but generally, it involves drinking lots of water and juices and eliminating certain foods.

While there are medical treatments for liver diseases, there is no evidence that herbal liver detox programs can fix liver damage.

There is no scientific proof that cleanses remove toxins from your body or make you healthier. You may feel better on a detox diet simply because you aren't eating highly processed foods with solid fats and processed sugar. These foods are high in calories but low in nutrition. Detox diets cut out common food allergens, like dairy and eggs.

Consuming alcohol excessively puts your liver to work over time, leading to inflammation and scarring that may lead to cancer.

You should give your liver a break from alcohol by not drinking at all, or at least twice a week. The more severe the damage is, it will take longer to heal and may be irreversible after too long.

Your genes and the environment you live in both affect your liver's health. Liver detox programs are not a cure-all; they do not treat existing damage or prevent disease.

4.1 Ways to cleanse your liver naturally.

There are several holistic ways to cleanse the liver. You might want to try approaches like cleansing your colon, taking herbal supplements, or following a clean diet.

These strategies are not about cleansing the liver. They're about supporting it and letting it work at its best potential.

4.1.1 Adopt a liver- and gut-friendly diet.

You need to find a diet that helps you maintain healthy body composition and provide your body with the nutrients and phytonutrients it needs. A high fiber diet with lots of vegetables will help your liver & digestive system be healthier.

It has been shown in multiple clinical trials that routines that help people lose body fat are linked to less accumulation of fat in the liver. Higher body fat levels and the subsequent negative impact are even seen in those who appear healthy.

An excellent first step:

- ☒ Ditch processed foods, caffeine, and alcohol.
- ☒ Eat more vegetables, fruits, whole grains, beans, nuts, and seeds.
- ☒ Consume sustainably raised meats, fish, and eggs.
- ☒ Cut down on prepackaged foods and consume minimally-processed foods with no additives.

These healthy options will keep your system running smoothly while providing essential nutrients which strengthen the body.

Consider ditching familiar sources of food sensitivities and allergens. This can help support optimal gut health and barrier function, thereby reducing the number of toxins that enter your bloodstream.

4.1.2 Liver-friendly foods.

Once you've got the basics down, you can start adding targeted foods that promote healthy liver functioning—i.e., fuel glutathione production, bind [heavy metals](#) and toxins, and help stimulate bile flow.

Some liver-friendly foods include:

Almonds: Almonds, sunflower seeds, wheat germ, salmon, and peanuts are all great sources of vitamin E. Studies show that they can fight oxidative stress and help bolster liver health.

Artichoke: Artichoke helps to stimulate bile production, which is necessary for liver health and removing toxins.

Berries: Some of the most healthful berries are deep-hued and contain loads of antioxidants.

Beets: These roots contain compounds that fight inflammation and improve liver cell repair. Beets have betaine and pectin, which are suitable for the liver. Beets can be used in a range of delicious recipes.

Broccoli sprouts: Cruciferous vegetables such as broccoli can help the body remove toxins and lengthen its lifespan. One study found that a drink made with broccoli sprouts increased enzymes, which help the body filter out pollutants. Another report linked broccoli intake to better gut-liver health.

Citrus fruits: Lemons, tangerines, and oranges contain a phytonutrient compound called D-limonene. D-limonene has been shown to reduce the effects of stress from a high-fat diet in rodents. Sipping on lemon water throughout the day is a great way to stay hydrated and flush toxins out of the body.

Dandelion root: Dandelion is known for its cleansing properties, and a study found that both the root and leaf helped rid the body of reactive oxygen species. Dandelion greens are great for digestion as they promote bile production and help with healthy digestion.

Lentils: When feces remain in the bowel, toxins can be reabsorbed into your system. Eating high-fiber foods will help get rid of toxins and promote

regularity.

Salmon: Eating fatty acids can lead to better health. Fish like salmon and tuna can provide omega 3s, while other sources include nuts and avocado.

4.1.3 Intermittent fasting.

A good diet is key to maintaining a healthy lifestyle but consider fasting occasionally. Research shows that during fasting, cells in the liver produce a protein that helps with sugar control and lowers levels of liver fat called GADD45 β .

More research is needed to see the full scope of why intermittent fasting has so much potential. But, our current understanding of it shows it can provide benefits such as boosting the body's natural detox processes and improving brain function. Lack of food allows our body to repair and clean itself because it doesn't need to focus on our digestive system.

Autophagy is a process that occurs during fasting when our cells eat up unhealthy cells. It's like spring cleaning daily, every day, and gives our body the tools it needs to function at its best.

4.1.4 Liver-supporting supplements.

Indeed, individual nutrients (or bioactive in plants) have scientific backing for liver health. They help protect liver cells, filter and remove unwanted toxins, and stimulate bile production.

Given these supplements, it is generally safe to take them, but you should consult with a health care professional before doing so. Some of these supplements are;

Milk thistle: Milk thistle is a well-known herbal supplement for liver health. Its antioxidant and anti-inflammatory properties and ability to boost glutathione levels make it a powerful candidate for the treatment of hepatitis.

Look for milk thistle supplements that contain at least 70% of the active ingredient, silymarin. Follow the use instructions on the manufacturer's label.

Glutathione: Some foods help you get glutathione, but a supplement ramps up levels. To make a difference, it's crucial to take glutathione regularly. Glutathione has the power to neutralize free radicals. It can do this in the liver, where it helps to detoxify chemicals and other toxins.

Antioxidants help to fight oxidation in cells and reduce inflammation. Look for a glutathione supplement with 100 or more milligrams of bioavailable glutathione to bolster sufficient glutathione levels and promote whole-body antioxidant activity.

Turmeric: It is an anti-inflammatory that helps maintain oxidative balance and produces glutathione. Curcuminoids in the turmeric root are beneficial to the liver.

Other studies show that turmeric may stimulate bile production in the liver. More research must be done before any recommendations can be made, but initial analysis suggests that turmeric could positively affect liver health.

Vitamin C: Antioxidants are essential for liver health and detoxification. This is why vitamin C is crucial - it is a potent antioxidant that can help balance the body's oxidants and antioxidants. It helps reduce free radicals and

promotes the regeneration of other antioxidants, such as vitamin E and glutathione.

Chlorella: Chlorella is a potent chelator. It can bind to heavy metals and toxins that might otherwise tax your liver.

Studies show that chlorella can absorb 40% of heavy metals and toxins within seven days, while other animal studies have shown that it helps remove mercury from the system. Chlorella also contains several nutrients and phytonutrients with antioxidative activity. Green superfoods—including vitamin C, chlorophyll, beta-carotene, lutein, and lycopene—can be an added boost to a morning smoothie.

Activated charcoal: Charcoal binds to and removes toxins from your system but can also bind minerals and vitamins. You should consume it between meals and away from other supplements.

4.1.5 Sweat session.

Sweating helps the body not to focus on the detoxification process as much. For example, avoiding toxins and removing any toxins that are present in your body.

There are three common pathways for removing toxins. The first two - urination and defecation - come to mind immediately. The third is less obvious: sweat.

Sweating is the best way to detox your body and boost glutathione production. Walk for 30 minutes daily, or try alternatives like a far infrared sauna, steam, or Epsom salt soak to encourage sweating.

4.1.6 Practice self-care.

When you experience a high level of stress in your life can negatively affect all aspects of well-being, including your liver, and lead to inflammation-related problems. To be successful, it's essential to stay physically and mentally healthy. Ways to do that include reducing stress and adopting healthy habits.

Aromatherapy is a way to de-stress. Try this detox bath recipe once or twice a week, featuring ginger, Epsom salts, baking soda, and your favorite essential oils. This can offer relief from joint pain and help you sweat out toxins.

Some people are too busy to take a shower. They should dry the brush or take hot towel scrubs, promoting calmness and detoxification.

Nutritional approaches may help promote calm. Products that nourish the endocannabinoid system and improve stress resilience are excellent "levers" to pull to reduce stress.

Anything that brings you joy is a form of self-care. Whether it's yoga, deep breathing, walking your dog, watching Netflix, or decluttering your closet, we all need to make time for ourselves.

A liver cleanse is a lifestyle change. There's no magic bullet, so be careful of any products that claim to do a liver flush. Talk to a doctor before taking any of these steps, and it'll be easier for your body to recover with time.

Chapter 6: Cleansing Smoothies, Juices And Parfaits

6.1 Lettuce Smoothies

Preparation Time: 10 minutes Cooking Time: 0 minutes Servings: 2

Ingredients

- 1 cup homemade walnut milk
- 1 handful of Romaine lettuce
- 1 large grape with seed
- 2 cups raspberries
- 2 cups soft jelly coconut water
- 3 Brazil nuts

Directions

1. Rinse the fruits in clean water.
2. Chop the Romaine lettuce and raspberries.
3. Combine all ingredients in a blender to create a blended smoothie with an excellent taste!

6.2 Apple – Banana Smoothie

Preparation Time: 10 minutes Cooking Time: 0 minutes Servings: 2

Ingredients

- 1 cup cubed mango
- 1 cup cubed watermelon
- 1 teaspoon powdered onion
- 2 burro bananas
- 3 cups cubed apple
- 5 tablespoon Key lime juice

Directions

1. In a clean mixing bowl, rinse the fruits in water.
2. Add cubed banana, apple, mango, and other desired items to the blender and blend until smooth. Transfer this mixture into two glasses and serve your fresh medicinal detox beverage.

6.3 Green Amaranth Smoothie

Preparation Time: 10 minutes Cooking Time: 0 minutes Servings: 2

Ingredients

- 1 cup of coconut water
- 1 teaspoon agave syrup
- ½ cup homemade hemp milk
- ½ cup of cubed cantaloupe
- ¼ handful of green Amaranth
- ¼ teaspoon of Dr. Sebi's bromide plus powder

Directions

1. You will need to rinse all the cantaloupe with clean water. Then, chop some green amaranth, and cubed cantaloupe, transfer everything into a blender, and blend for a few seconds until it's a homogenous smoothie. Finally, pour it into a clean cup; add Agave syrup and homemade hemp milk. Stir quickly to combine.

6.4 Strawberry – Orange parfait

Preparation Time: 10 minutes Cooking Time: 0 minutes Servings: 3

Ingredients

- 1 cup cubed cucumber
- 1 cup Romaine lettuce
- 2 burro bananas
- 2 cups of water
- 2 kelp
- 3 cups soft jelly coconut water
- 3 Seville oranges
- 4 cups of diced strawberries

Directions

1. Use clean water to rinse all vegetables, chop the romaine lettuce, and dice the strawberries, cucumbers, and bananas. Remove the skin of an orange and divide it into four pieces.

2. Transfer to a clean blender, blend until smooth and pour into a big clean cup.

6.5 Currant Elderberry Smoothie

Preparation Time: 10 minutes Cooking Time: 0 minutes Servings: 3

Ingredients

- 2 figs
- 3 cubed burro bananas
- 3 cups bay leaves tea
- 3 sour cherries
- $\frac{3}{4}$ cup cubed elderberry
- 4 cups of energy booster tea
- 5 currants

Directions

1. Boil $\frac{3}{4}$ th tsp Energizer Tea with 2 cups of water for 10 mins as your heat source.
2. Add 4 Bay leaves and boil together for another 4 mins
3. Drain the tea extract into a big clean cup and allow it to cool
5. Put all the ingredients in a high-speed blender and mix until you have a smoothie. Pour it into a cup, drink, and enjoy.

6.6 Alkaline Cleansing parfait

Preparation Time: 15 minutes Cooking Time: 0 Servings: 2

Ingredients

- 2 bananas, frozen
- 2 cups of chopped strawberries, frozen
- 2 handfuls of kale
- 2 inches of ginger, finely minced
- 3 tablespoons of agave or your preferred sweetener
- 4 cups of hemp seed milk

Directions

1. Put all the ingredients in a blender and blend at high speed.
2. Blend until everything mixes evenly.
3. Pour it into a jug with decorative straws, and you are one happy camper!

6.7 Orange Mixed Detox juice

Preparation Time: 15 minutes Cooking Time: 0 Servings: 2

Ingredients

- 1 avocado
- 2 cups of tender-jelly coconut water
- 2 limes, juiced
- 3 cups of veggies (amaranth, dandelion, lettuce, or watercress)
- 3 Seville orange
- 3 tablespoons of bromide plus powder

Directions

Cut the Seville orange into chunks and peel it. Place all the ingredients into a high-speed blender, ensuring they are combined to get the smoothest texture possible.

6.8 Apple Blueberry Smoothie

Preparation Time: 15 minutes Cooking Time: 0 Servings: 2

Ingredients

- 1 apple
- 1 cup of blueberries
- 1 cup of sparkling callaloo
- 1 date
- 2 tablespoons of bromide plus powder
- 2 tablespoons of hemp seeds
- 2 tablespoons of sesame seeds
- 5 cups of sparkling soft-jelly coconut water

Directions

1. Mix all the ingredients in a high-speed blender and enjoy!

6.9 Avocado Mixed Smoothie

Preparation Time: 15 minutes Cooking Time: 0 Servings: 2

Ingredients

- 1 ½ cups cooked quinoa
- 1 avocado, pitted
- 2 cups of water
- 2 ounces of blueberries
- 2 pears, chopped

Directions

1. Mix all ingredients in a high-speed blender and enjoy!

6.10 Peach Berry juice

Preparation Time: 15 minutes Cooking Time: 0 Servings: 2

Ingredients

- 1 cup of frozen blueberries
- 1 cup of frozen cherries
- 1 cup of frozen peaches
- 1 cup of frozen strawberries
- 2 tablespoons of agave
- 2 tablespoons of coconut water
- 2 tablespoons of hemp seeds
- 2 tablespoons of sea moss gel

Directions

1. Blend all ingredients for one minute.
2. If the combination is too thick, add an extra $\frac{1}{4}$ cup of coconut water and blend for another 20 secs.
3. Enjoy your peach berry smoothie!

6.11 Ginger Carrot Apple Spinach Juice

Preparation time: 10 minutes Cooking time: 0 minutes Servings: 2

Ingredients

- 2 stalk celery
- 1 cucumber
- 3 ½-inch slice ginger root, fresh
- 1 green apple
- 2 lemons, peeled
- 2 carrots, washed
- 2 cups fresh spinach

Directions

Blend all ingredients in a blender & serve immediately.

Conclusion

It's never too late to improve your health by changing your diet. Eating a balanced diet helps you manage your weight and prevents disease.

A well-balanced diet consists of various food groups: vegetables and fruits, protein, dairy, carbohydrates, and fats. To avoid sugar and processed foods, drink plenty of water.

Balanced diets provide several benefits to your health.

Supplements prevent many health risks. They prevent diseases and infections and help maintain a healthy immune system. Vitamins and minerals also improve your overall diet, which may help prevent certain conditions such as cancer, heart disease, diabetes, and stroke.

A balanced diet is the best way to maintain your weight. Crash diets never last, and they don't promote good health. So make sure you have a balanced diet, which will help you maintain an average weight over time.

You'll have an improved sense of mental health if you mix in the proper nutrients. Eating well will give you a better chance of living a life without depression or anxiety.

Without proper nutrition, cells won't be adequately repaired. The body will grow too quickly or too slowly. It will help you achieve better skin, hair, and an overall glow that makes you look younger.

Don't you want that?

Dr. Sebi's diet plan is all you need to realize a healthy lifestyle.

So, what are you still waiting for?

It's time to embark on a new diet plan!

BOOK 6:
DR SEBI
ANXIETY REMEDIES

Introduction

The most common mental disorder in the United States, affecting 18% of the population is anxiety. The disorder can be debilitating for those who suffer from it and for their families and friends. Fortunately, there are a number of ways to combat anxiety. In this book, we'll look at some of Dr. Sebi Anxiety remedies that may prove beneficial to sufferers of anxiety in order to help you live a more fulfilling life. Anxiety is a common psychological disorder experienced by many people.

Anxiety is a feeling of fear or worry that is characterized by physical symptoms such as increased blood pressure, increased heart rate, sweating, trembling, and light-headedness. People suffering from anxiety often feel a sense of impending doom or disaster. The fear is biased toward certain objects or situations and causes significant distress and impairment in functioning. When anxiety becomes severe, it can be debilitating when the patient withdraws from daily life in order to avoid all potential triggers for anxiety.

The Dr. Sebi Anxiety remedies mentioned in this book have been around for many years. Some go as far back as the Vedic Shaastra, which is one of the oldest existing systems of Indian medicine. The system of medicine was developed by emperor Aswinsuransinha (reign: 1774-1791 AUC), who sought to heal the people who came to him for help. Among his chief cures was Anxiety Remedies.

Since then, Anxiety Remedies that Dr. Sebi used in his own healing practice have been included in the traditional systems of medicine.

It is important to assemble an adequate and effective treatment plan, to get the most out of your anxiety remedies. This can involve you working with a professional therapist and also learning about what contributes to your

anxiety, which will help guide you as you work towards an effective treatment plan.

Though Dr. Sebi Anxiety remedies may serve different purposes for different individuals, the following anxiety remedies provide a good place to start. These anxiety remedies can be integrated with your treatment plan and will help you combat your anxiety symptoms in a number of ways.

Chapter 1: Explanation of Anxiety

The emotion of anxiety is simply a feeling of worry, fear, or general unease. It's a perfectly natural response and a very human one. Without feelings of anxiety, it's likely that our ancestors would not have survived very long or that the human race would have been so successful. For our ancestors, anxiety at the sight of a prowling lion sent adrenaline through their systems, which prompted the “fight or flight” response and helped them to live another day.

Today, anxiety remains a common emotion, but the focus is often shifted to more abstract and usually more trivial issues than prowling predators. For example, bill payments, worries over jobs, loss, or divorce stimulate feelings of uncertainty and anxiety. Even relatively mundane things such as going out, being late, and tests can cause anxiety to flare up. Emotion becomes a disorder when we fail to control our worries and concerns; some can do this more effectively than others. For those with normal anxiety responses, the emotion is quickly dispelled. Still, this is much harder for those with an anxiety disorder. The condition can affect every aspect of their daily lives – in some cases to a crippling extent.

Anxiety is not considered normal and healthy if it exceeds a certain limit. If it reaches that severe limit, it becomes a disorder that needs to be treated like any other. But first, we need to dig deeper to understand the problem we are treating. An anxiety disorder is defined as that level of anxiety that blows out of proportion compared to the original stressor. It is the kind that takes longer than normal and, in the process, starts interfering with normal body functions and, generally, the victim's life. An anxiety disorder can deal with high blood pressure, heart attack, hypertension, stroke, and nausea.

Anxiety becomes a disorder if it starts interfering with certain aspects of an individual's life like studying, social life, work, and general inability to execute daily tasks.

Sometimes abnormal anxiety goes away by itself, so you won't have to see a doctor or therapist about it. However, if the symptoms persist, you will have to see one as soon as possible. You know the symptoms are severe if you experience too much stress and cannot normally carry on your daily activities. Symptoms for an anxiety disorder must not be confused with anxiety as they are the same, only that those for the latter are short-lived.

Who is affected?

Anxiety disorder is relatively common, affecting an estimated 1 in 25 people. Like many depression and stress-related disorders, this estimate is only very rough – it's likely that anxiety disorders are underreported or not correctly identified. Anxiety disorder affects men and women – although the latter seems to have a slightly higher incidence. Again, this could be through underreporting. Women are more likely to raise concerns with doctors and clinicians than men, especially regarding what is perceived as “emotional” issues.

In reported cases, anxiety does seem to be more common between approximately 30 and 60. However, the condition can be found in people of any age group. Race, ethnicity, or religion seem to have little impact on the risk of developing anxiety-related illnesses. The conditions are found in every community and amongst people from every background – across the globe. Ultimately, anxiety disorder is a very human condition and can affect anybody.

Emotional and physical symptoms of anxiety

Here are a few examples of the symptoms which indicate that anxiety has become a serious condition:

Broken sleep pattern

Cannot get to sleep at night? When you do, do you often wake up in a panic, having had bad dreams?

Poor sleep can leave you exhausted during the day, destabilizing emotional levels.

Developing a phobia

Hate being in a crowd?

Scared to leave the house?

Have a fear of confined spaces?

These and many other phobias are symptoms of a high anxiety level.

Muscles aches

Do your shoulders, neck, back, and all suffer from a dull ache?

That is because you are probably constantly tensing your muscles throughout the day without even realizing it.

Digestive problems

Do you have Irritable Bowel Syndrome (IBS), indigestion, lack of appetite, or overeating the wrong things, such as sugary foods?

Again, common symptoms of anxiety.

Being over self-conscious

Do you have low self-esteem, such as?

A feeling that you are unattractive?

Are People staring or watching you and only you?

Blushing excessively?

All of which can be signs of a high anxiety level.

The onset of panic attacks for no reason

Do you suddenly get a feeling of fear?

Do you find yourself breathing fast with short breaths?

Do you get tingling fingers, nausea, or headache regularly?

It can be a dominoes effect; one symptom can trigger another until you find that you are overwhelmed by extreme anxiety.

Living in the past

Do you often find yourself reminiscing and remembering bad things from your past?

Do you have Flashbacks of bad childhood memories?

Do you ponder overtimes that you suffered bullying?

Can you not forget times you suffered an embarrassing moment?

More signs that you are struggling emotionally and are overanxious.

Obsessive-Compulsive Disorder (OCD)

Do you have impulsive thoughts that you have no control over?

Maybe you feel compelled to repeat a certain behavior, such as hand washing?

All of these can be symptoms of OCD, another effect of high anxiety levels.

These are but a few, the tip of the iceberg, but probably the most obvious signs that all is not well. Often, they come on slowly, as you are less and less able to cope with daily life. But, it could be a major change that brings any of these symptoms on:

Newlywed.

Becoming a parent.

New job.

Moving.

Suffering a tragic event.

Financial difficulties.

Many situations can major impact your life and throw your emotions into turmoil. Once it starts, it feels like a downward spiral with no escape.

Persons suffering from anxiety disorders showcase an array of physical and nonphysical symptoms.

Chapter 2: Explanation of Depression

One of the most widespread mental health problems in the universe is depression. Besides causing significant mortality and morbidity (suicide), it also contributes to or is associated with several other serious problems. Depression typically means a break from an individual normal style of life and position.

Depression is a common disease with a large level of morbidity and mortality. About 5% of the population has major depression at any given time, with men experiencing a lifetime risk of 7-12%; and women 20-25%.

Mortality rates by suicide are calculated to be as high as 15% among patients hospitalized for severe depression. Most patients receive much or all of their care for major depression from their primary care physician.

However, depression is poorly diagnosed and poorly treated because of competing priorities in primary care with the care of other chronic medical conditions, patient stigma, and variability in physician skills and interest.

Depression affects individuals differently, even if it mostly occurs in women than men due to hormonal factors and lifestyles. In men, depression always occurs when tired and angry, making them drink more alcohol and take drugs without caution.

Depression may contribute to atherosclerosis, perhaps by impairing glucose tolerance. Depression has been repeatedly linked to depressed immune function.

It is estimated that 17% of individuals in the United States experience major depression at some point in their lifetime.

Depression can attack an individual at any age and is a particularly significant problem in sufferers who are elderly.

The surgeon general of the United States recently noted that the suicide rate increases with age. In addition, nearly 5 million of the 32 million Americans suffer from depression.

Nowadays, allopathic anti-depressant drugs are all-too-often prescribed and dispensed without a second thought. Therefore, the decision to begin or maintain sufferers on these drugs should be made carefully.

The profitable new antidepressant drugs (selective serotonin reuptake inhibitors) are more effective than older drugs, psychotherapy, or cognitive behavioral therapy.

New drugs may not even have fewer adverse effects than some older agents, and reports on unforeseen negative consequences of these drugs, such as gastrointestinal bleeding, are emerging.

Antidepressant drugs have strong placebo effects, and a placebo is very effective for treating individuals who are depressed.

Depression also resolves on its own in up to 50% of patients. Therefore, it is critical to support the mind-body in mild cases instead of ruthlessly suppressing any signs of depression.

Ultimately, the antidepressant should be reserved for treating more serious, recalcitrant cases of depression. However, even in those cases, the practitioner should continue to look for and treat the cause of the depression. Natural medicine offers many options for coping with problems despite the enormity of depression at any age.

Diagnosing and treatment of depression in the primary care center have many hindrances. First, the physician-patient encounter time is short, making it difficult to fully assess the patient for depressive signs and symptoms.

Depressed primary care patients typically present with physical complaints, often not admitting to a depressed mood, and are reluctant to discuss depression. In one study, about two-thirds of patients with depression presented only with somatic problems.

Types of depression

Bipolar Disorder

Bipolar disorder or bipolar depression is a depressive problem that changes mood, concentration, and daily activities.

Bipolar depression consists of the following forms:

- Bipolar I disorder.
- Bipolar II disorder.
- Cyclothymia.

Bipolar I disorder is an overexcited or agitated disorder that occurs within a week. It could be extremely serious in that the patient will need emergency care.

Bipolar II disorder is regarded as an increase in agitation similar to bipolar I disorder. However, it is not a full episode of a typical bipolar I disorder. Hence, the individual experience depressive symptoms and minor manic symptoms.

On the other hand, Cyclothymia is a type of bipolar disorder that occurs within two years. It is also regarded as a drastic increase in related behavior. In addition, patients experience hypomanic symptoms and depressive symptoms.

When individuals experience symptoms of bipolar disorder that do not match the three categories listed above, it is known as “other specified and unspecified bipolar disorders.

The symptoms associated with bipolar depression are; changes in sleep patterns, extreme emotion, change in activities pattern, involvement in activities that can cause harm, and many more.

Perinatal Depression

Perinatal depression is regarded as the type of disorder that affects women during pregnancy or after delivery. This type of depression is one of the common medical problems most women encounter during pregnancy and childbearing.

A woman is emotionally, mentally, and physically disturbed during pregnancy and after birth because she feels happy, sad, nervous, and swings in moods. This is very common among one out of seven women.

Some symptoms associated with this type of depression are: persistent sadness, loss of interest in activities they initially enjoyed, emptiness, hopelessness, continuous crying, thoughts of death or suicide, loss of interest in caring for self and/or child, limited ability to think or concentrate, difficulty in sleeping, reduced energy, irritability, increased feelings of anxiety and worry, reduced affection with baby, changes in appetite and weight.

Seasonal Affective Disorder

This type of depression is a biochemical imbalance in the brain stimulated by shorter daylight hours and less sunlight in winter.

In other words, as seasons change, people experience a shift in their biological circadian rhythm that can cause them to be out of step with their daily schedule.

This depression manifests in season, especially in the late fall and early winter. It disappears in the spring and summer.

This type of depression can affect your sleep, mood, appetite, energy level, and your social life. Most times, individuals affected by this depressive disorder feel hopeless, stressed, sad, and tense.

The most unappealing month for the individual suffering from seasonal depression in the United States is mostly the first two months of the year. It mostly affects women more than men.

The symptoms associated with this disorder are; guilt, sadness, depressed mood, continuous sleep, constant food intake, reduction in energy, poor social

lifestyle, poor concentration, and many more.

Minor Depression

Minor depression is a depressive disorder that is not as severe as major depressive illness. Minor depression is similar to dysthymia, which is less severe than major depression and has fewer symptoms.

Mild depression is often very difficult to diagnose as some of its symptoms are similar to emotional responses.

The symptoms of this type of depression are; irritability, bad thoughts, feeling abnormally tired, hopelessness, sadness, difficulty focusing, feeling unmotivated, wanting to be lonely, minor aches and pains, losing empathy with others, and many others more.

Symptoms of Depression

Some symptoms are associated with depression that every individual suffering from the depressive disorder can experience. The symptoms could be experienced almost every day, once in a week or more.

The signs and symptoms that are related to all the above types of depression are:

- A consistent feeling of hopelessness.
- Feeling irritated.
- Headache.
- Guiltiness and worthlessness.
- Helplessness.
- Poor concentration and difficulty in making decisions.
- Loss of interest activities that formally interest you.
- Constant sadness and feeling anxious.
- Having an empty mood.
- Loss of energy.
- Walking or talking more slowly.
- Body pains.
- Unexplainable health issues.
- Feeling restless.
- Sleeping problems, early-morning awakening, or oversleeping.
- Increase in appetite.
- Sudden reduction or increase in weight.
- Suicidal attempts.

Causes of Depression

In the United States, depression is regarded as a major mental/psychological problem. Several factors could cause you to be vulnerable to depression.

Depression starts in adulthood most times and can also occur at any age because it affects adolescents and children. It could be accompanied by other health problems such as Parkinson's disease, heart disease, diabetes, cancer and more when it affects adults. The major causes of depression are unknown, although some possible factors could be considered.

Therefore, the causes of depression are:

- Stress.
- Hereditary factors.
- Health problems, such as cancer.
- Intake of certain medications.
- Trauma.
- Dead of loved ones.
- Substance abuse.
- Other personal problems.
- Sexual abuse.
- Emotional abuse.
- Conflict with family members or friends.

Chapter 3: Anxiety and Alkaline Diet

Alkaline diets are completely free from acidic foods. They are also termed electric foods, which help the body heal naturally. They are naturally found in nature and are not modified, hybridized, or irradiated.

Alkaline foods increase iron, copper, and other essential vitamins and minerals that make the immune system immuno-competent.

Doctor Sebi Alkaline Food List

Spices and Seasonings

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

Fruits

- Cantaloupe.
- Prickly Pear.

- Cherries.
- Sour sups.
- Prunes.
- Bananas.
- Dates.
- Figs.
- Grapes.
- Apples.
- Pears.
- Limes.
- Orange.
- Soft Jelly Coconuts.
- Mango.
- Berries.
- Raisins.
- Papayas.
- Melons.
- Currants.
- Peaches.
- Plums.

Vegetables

- Izote flower and leaf.
- Kale.
- Mushrooms except for Shitake.
- Bell Pepper.
- Chayote.
- Cherry and Plum Tomato.
- Dulse.

- Garbanzo Beans.
- Arame.
- Wild Arugula.
- Avocado.
- Cucumber.
- Dandelion Greens.
- Amaranth.
- Watercress.
- Tomatillo.
- Turnip Greens.
- Wakame
- Lettuce except for the iceberg.
- Olives.
- Purslane Verdolaga.
- Squash.
- Okra.
- Hijiki.
- Nopales.
- Nori.
- Zucchini.
- Onions.

Herbal Teas

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

Alkaline Grains

- Quinoa.
- Rye.
- Kamut.
- Tef.
- Wild Rice.
- Spelled.
- Fonio.
- Amaranth.

Alkaline Sugars

- Date Sugar.
- Agave Syrup from cactus (100% Pure).

Forbidden Foods

Doctor Sebi disregards all foods that are not alkaline. Most foods people eats are highly acidic, which prevents the fast healing process in the body.

The following foods are forbidden:

- Corn.
- Fish and Seafood.
- Colors and flavors.
- Poultry products.
- Alcoholic products.
- Soy and soy products.
- Meat of all kinds.
- Eggs.
- Processed foods.
- Canned fruits.
- Seedless fruits.

- Foods with yeast or another component such as baking powder.
- Sugar.
- Foods fortified with vitamins and minerals
- Genetically Modified Organism fruits.
- Wheat.
- Fast foods.
- Genetically Modified Organism vegetables.
- Dairy products.

Food effective in Combating anxiety

Anxiety disorders are among the most prevalent disorders worldwide, affecting 18 percent of the US population and 12 to 15 percent. Although most people suffering from anxiety seek treatment by taking Anxiety medications despite being aware of their multiple side effects and long-term use. But they feel they must go through this suffering and spend thousands on pharmaceuticals because it is their only option. Well, fortunately, that is not the case. Medicines and therapy are not the only way to treat anxiety. People suffering from anxiety can benefit greatly by including the following foods in their diet.

Chamomile Tea

Chamomile tea is a natural medicine that works against anxiety and produces a calming effect on nerves. The soothing effect caused by this chamomile tea has been seen to effectively reduce anxiety and treat its symptoms a great deal within a few days.

Rooibos Tea

Rooibos is a tea that comes from the African Redbush. This delicious tea has shown remarkable results in calming nerves and treating anxiety. Studies conducted on its use in anxiety treatment have shown that it works on cortisol levels and reduces them. This tea's working mechanism balances stress and anxiety by bringing down the stress hormones in the body.

Full-Fat Kefir

The gut is taken as a second brain the functional medicine because it contains almost 95 percent of the serotonin hormone that soothes the body and makes us feel good. Since the gut contains more than one hundred million neurons, the gut must be kept healthy to keep anxiety at bay.

Attacks by bacteria and viruses on your gut can seriously damage the serotonin neurons and cause anxiety. To prevent this from happening, Kefir, a unique fermented drink of dairy, can be used to provide a powerful defense against bacterial attacks. It also contains some vitamins which keep the brain healthy such as A, D, K2, *etc.*

Turmeric

Turmeric contains antioxidants called Curcuminoids that possess a protective quality for our nervous system and are good for elevating our mood. A study that used a random controlled method proved that turmeric effectively treats Depressive disorder and anxiety disorders.

Avocados

Avocado is called a super fruit, which works wonders for our brain and helps reduce our anxiety levels. Avocados contain a great amount of Potassium, which automatically lowers our blood pressure. They also contain Vitamin B and saturated fats, which are very important for our brain's neurotransmitters.

Dark Chocolate

Science has made it possible for cocoa lovers to indulge in their passion for chocolate without feeling guilty by proving its countless benefits. A study conducted on the link between chocolate and mood showed that people who

drink more dark chocolate or eat dark chocolate are much more in control of their mood levels than other people. These people feel calmer and happier too.

Asparagus

This vegetable contains many sulfurs and vitamin B, folic acid, and other beneficial ingredients. A low amount of folic acid has been linked with impairments of neurotransmitters, which cause anxiety. A serving of this food in 5.3 ounces increases folic acid intake by 60 percent. It also has potassium in it, which lowers blood pressure naturally.

Apoptogenic Herbs

A very common Dysfunction in patients suffering from anxiety is in their Adrenal axis of Braun. The HPA axis is part of the fight or flight mechanism and manages the fatigue due to adrenal glands.

Leafy Greens

People suffering from anxiety and stress should increase the intake of green veg in their diet. Foods like spinach and broccoli contain high magnesium, a chill pill that controls the brain's adrenal axis.

Chapter 4: Essential Oils for Anxiety Relief

Essential oils are the pure derivative of the plants they are extracted from. The result is a highly concentrated oil. Essential oils are a healthy and natural way to calm your body, mentally and physically. The molecules in the aroma of the oils can affect your brain and control stress and anxiety feelings. They also can change heart rate, blood pressure, and the function of your immune system.

How do essential oils help with anxiety?

When essential oils enter your body, they have incredible healing effects. The fragrance molecules from the oils travel through your olfactory system (one of the sensory systems responsible for your sense of smell) and make it to your brain to combat those feelings of anxiety and stress. Your limbic system is connected to certain parts of your brain that also affect blood pressure, hormone balance, and stress levels. Essential oils can be used topically or inhaled using aromatherapy to soothe anxiety. As outstanding healers, your body can absorb and spread its healing powers through your body within five minutes of exposure.

Essential Oils for Anxiety and How to Use Them

Lavender Essential Oil

It is one of the most effective in treating anxiety. In addition, this oil can improve concentration, calm anger and irritability, and promote relaxation, combating insomnia.

Ways to use lavender oil:

Topically: Place two to three drops on your wrists and rub them together as if you were putting on perfume.

Use a diffuser: You can do this using an oil diffuser, which you can find at many stores and online.

In your bath: Run a hot bath and add a couple of drops of lavender to the water. While the steam from the warm bath will diffuse the oil and allow the soothing aroma to fill the room, your body will absorb some of it while relaxing in the bath.

On your pillowcase: Put a couple of drops on your pillowcase so that you can let the aroma help you fall asleep and stay asleep.

Cedarwood Essential Oil

An essential oil that promotes serotonin release is a neurotransmitter in your body that regulates mood. Also, this oil helps regulate appetite. That is beneficial because, in some cases, feelings of anxiety can cause a loss of appetite. Cedarwood oil also helps if you have trouble falling or staying asleep. In my experience, this oil also brings me feelings of confidence. This oil gives me a sense of power to overcome my stress and anxiety.

A couple of ways to use cedarwood oil:

As a massage lotion: Mix $\frac{1}{4}$ cup of coconut oil with twelve drops of cedarwood oil and add six orange essential oil drops. Massage your feet, arms, and neck before bed and drift effortlessly to sleep.

As a moisturizer: Add a few drops of cedarwood oil to your favorite unscented body lotion or mix some drops with almond oil. Use these to moisturize your body and take advantage of its healing properties.

Eucalyptus Essential Oil

The strong aroma of this oil eliminates stress and gives you an energy boost. It is my favorite oil to use when I feel sluggish or mentally exhausted from stress and anxiety. It is the perfect pick-me-up to get rid of those feelings of sadness.

A couple of ways to use eucalyptus oil:

In your shower: Run a warm shower and plug the drain. Next, add three to five drops of eucalyptus oil to the water and let the warm water run over it. This will diffuse the oil and fill your shower with its refreshing aroma. Then, you'll be ready to tackle anything that comes your way!

As an air freshener: Free your space from negative energy and use this oil as an air freshener. Simply mix twenty drops of eucalyptus oil with eight tablespoons of water in a spray bottle. Use this to bring positivity to any space, whether your bedroom, car, or office.

Rose Essential Oil

This oil is one of my favorites when I need an extra positivity boost. Also, this oil amps up my confidence because the aroma, to me, is very feminine. Rose oil also boosts feelings of peace and well-being.

A couple of ways to use rose oil:

After shower body spray: As a cherry on top of a refreshing shower, mix a few drops of rose oil with water in a spray bottle. Then, spray it in your hair, on your body, and even on your clothes to leave yourself feeling cleansed of all of those negative energies and stresses.

As a perfume: Rub two to three drops of rose oil on your wrists and neck for a confidence-boosting aroma to follow you throughout the day.

Chapter 5: Dr. Sebi's Solution

Dr. Sebi's Official method for treating anxiety, such as any other disease, is composed of 3 main steps. Please note that any of these parts can't be passed over to succeed in your healing journey.

Cleansing: The body must be cleaned on an intra-cellular level through detoxification to purify each cell and remove mucus excess.

Revitalizing: After cleansing, you need to nourish your body to regenerate your cells and strengthen the immune system.

Maintaining a Healthy Lifestyle: Follow Dr. Sebi's nutrition guide and adopt healthy lifestyle habits every day to keep your mind and body in good shape.

Cleansing

How to Prepare Cleansing Herbs?

Preparing your cleansing herbs would depend greatly on the form you purchased them. It's easier to prepare cleansing herbs in powder forms. You can easily make herbal teas with them in the specified or recommended dosage. However, for other forms of 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.

For a 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 the 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 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 of herbs

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

For capsules

How To Take The Prepared Cleansing Herbs

If you are on medication, It is recommended to take the herbs one hour before taking your meds. 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 timing and duration. That is, try not to skew the duration. Make it consistent, and take the cleansing herb throughout 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 cleanse duration, wean off your herbs by gradually reducing the dosage and duration. The duration of the wean will depend on the length of the fast you choose. You can begin the wean by reducing it from twice a day to once a day. Or simply take half the dosages each for mornings and night.

You must do this because you need to signal your body to prepare to start functioning independently without dependence on herbs' cleansing. And no other way to do this than to take it slow and gradual, without bringing too much “shock” to your body.

CLEANSING HERBS

Below are listed the herbs Dr. Sebi recommended to use to cleanse your body and relieve anxiety symptoms: .

CASCARA SAGRADA

It is a natural laxative, purgative shrub plant from Rhamnaceae's family that Dr. Sebi recommended because of its potency to cause muscle contractions in the intestine, detox/cleanse the colon, stimulate the colon, the colon liver, and pancreas secretion, and moves stool through the bowel. In addition, this herb is rich in glycosides, Vitamin-A, B, C, and D, emodin, and anthracoid, making it effective in cleansing and revitalizing herbs.

The benefits of Consuming Cascara Sagrada include:

- It helps to get rid of toxins from the colon.
- It serves as a laxative for constipation.
- It helps to soothe and dissolve gallstones.
- It helps to treat and prevent liver problems.
- It helps to destroy and inhibit cancerous cells from mutation.
- It helps to soothe and treat digestive problems.
- It relieves joint and muscle pain and other pains caused by inflammation.
- It treats transmitted diseases caused by viruses and bacterial

The note-full precautions before Consuming Cascara Sagrada are:

- Nursing mothers should avoid these herbs because they can inflict their babies with diarrhea.
- If you suffer from disease or health disorders like; stomach irritation or upset without knowing the cause, colitis, kidney disorders, intestinal blockage, or Crohn's disease, please do not use this herb without medical supervision.

For the dosage and how to prepare cascara sagrada tea, kindly take the steps below:

- Get Cascara Sagrada plants, remove some of the bark and chop it.
- Once you have chopped it, dry it until it is dried, or you can order it online, and it will come chopped and dried.
- Pour 8-10 ounces of water into your saucepan and add 1-1½ teaspoon of cascara sagrada bark in the saucepan.
- Steams the mixture for 15-20 minutes in your cooker.
- After 15-20 minutes, steam, allow it to reduce its hotness and strain it to remove the chopped bark of cascara sagrada.
- You are done. For the dosage, consume 1 cup (8-10 ounce) of Cascara Sagrada tea 2-3 times daily.

RHUBARB ROOT

Rhubarb Root is a very effective laxative that Dr. Sebi recommended because it boosts the digestive tract's health. However, Rhubarb roots are rich in various nutrients, making them a perfect herb for cleansing the body.

The benefits of Consuming Rhubarb Root are:

- It helps treat various types of sores like; canker sores, cold sores, etc.
- It helps to destroy various viruses like; herpes simplex virus, HIV, etc.
- It helps to enhance and relieve the symptoms of menopause.
- It helps to serve as a remedy for treating pancreatitis (swelling of the pancreas).
- It helps boost and enhance people's respiratory system suffering from ARDS to breathe healthier.
- It helps to soothe and cure menstrual pain (dysmenorrhea).
- It helps to treat and stop blood bleeding in the stomach.

- It helps to treat and prevent gastrointestinal (GI) bleeding.
- It helps to shed excess body weight (cholesterol) naturally.

For the dosage and how to prepare Rhubarb root tea, kindly take the steps below:

- Uproot some roots of the Rhubarb plant (make sure that the plants uprooted are above four years, in autumn).
- Wash the uprooted roots under running water to remove all dirt from the soil, remove the external fibers, and dry it on a plane surface.
- Once it is dried, chop it into smaller pieces. (Not more than 0.5 inches) or pound it and store it in a tightly closed container. Alternatively, you can order it online, and it will come dried and chopped.
- Pour 8 ounces of water into a saucepan, add 1 tablespoon of the pounded or chopped rhubarb root and boil the mixture for 15-20 minutes. After the timing, reduce the heat of the gas for about 10 minutes and put off the fire.
- Allow it to get cold for at least 10-15 minute and strain out the root.

You are done. Take 1 cup (8ounce) of the infusion three times per day for the dosage.

ASHWAGANDHA

The benefits of using or consuming Ashwagandha also include:

- It helps to reduce stress fast by regulating chemicals in your brain
- It is widely used to fight anxiety in herbal medicine
- Being an energy booster, it helps not to feel fatigued
- It may help improve heart health by reducing cholesterol and triglyceride levels
- It may help to reduce sugar levels in people suffering from diabetes

- It acts as a pain reliever, preventing pain signals from traveling along with the central nervous system.
- May increase muscle mass and muscle strength

Dosage and administration:

Take 250mg to 3000mg daily with abundant water in the morning.

MULLEIN

Mullein is a flavorful beverage flowering plant that has been used for centuries to treat various ailments. Research shows that this herb is an effective anti-microbial, anti-inflammatory, anti-cancer, anti-hepatotoxic, antioxidant, and anti-viral herb with potency to prevent many health disorders. In addition, it helps to cleanse and detoxify the lungs and lymph system and destroy cancer.

The benefits of consuming Mullein include:

- It helps treat and prevent various types of cancer by destroying cancerous cells and preventing them from mutating.
- It helps to eliminate mucus from the small intestine
- It helps to activate healthy lymph circulation in the chest and neck
- It helps neutralize the negative effects of free radicals by protecting the cells from damages caused by free radicals.
- It helps treat and prevent various bacterial and virus infections like herpes viruses, HIV, etc.
- It helps to treat and prevent respiratory tract infections.
- It helps to treat and prevent tuberculosis.
- It helps to treat earaches.
- It helps treat various health disorders like bronchitis, stroke, heart diseases, etc.
- It helps prevent some chronic brain diseases like Alzheimer's, Parkinson's, etc.
- It helps to treat atherosclerosis and others in the biological systems.

- It helps treat and relieve pain caused by inflammation and tumor.
- It also helps treat various ailments like asthma, bronchitis, migraine, congestion, etc.

For the dosage and how to prepare Mullein tea, kindly take the steps below:

- Harvest some fresh mullein leaves, dry them until they are dried, and chop them into smaller pieces. Alternatively, you can place an order online, and it will come dried and chopped.
- Once the fresh leaves are dried, measure 1-2 teaspoons and pour them into your teacup or mug.
- Measure 8-10 ounces of water and boil it.
- Once the water is boiling, pour it inside your teacup or mug where the mullein leaves are and allow it to steep for 15-20 minutes.
- Strain it, and you are done!
- Take 1 cup (8-10ounce) 2-3 times daily for the dosage.

GERMAN CHAMOMILE

German Chamomile is a natural laxative and anti-inflammation herb native to southern and eastern Europe. The herb smells slightly like an apple and is popular throughout the world. The name "Chamomile" is Greek for "Earth Apple."

The benefits of consuming German Chamomile include:

- It helps to treat and calm the central nervous system.
- It helps to treat and prevent swelling (inflammation)
- It helps to boost the functionalities of the brain and heal the brain.
- It helps serve as a laxative that helps to enhance healthy sleep and relieve depression.
- It helps relieve and soothe stomach and intestine cramps and soothe indigestion (dyspepsia).
- It helps to shed excess body fat by reducing cholesterol in the body.

- It helps treat and prevent skin disorders like eczema, etc., and cold and flu.

The note-full precautions before consuming German Chamomile are:

Because there is not much information regarding whether German Chamomile is harmful to pregnant and breastfeeding mothers or not, I advise that they stay off this herb completely.

People allergic to plants from the Asteraceae/Compositae family should stay off German Chamomile.

Because German Chamomile increases estrogen, people suffering from; hormone-sensitive disorders like; breast, uterine and ovarian cancer, uterine fibroid, endometriosis, etc., should stay off this herb.

For the dosage and how to prepare German Chamomile, kindly take the steps below:

- Get some fresh flowers of German chamomile and dry them on a plane surface
- Once it is dried, pound it into smaller pieces, or you can order it online, and it will come dried and chopped.
- Boil 10 ounces of water.
- Measure 1-2 teaspoons of the dried flower of German chamomile and pour it into your teacup/mug.
- Pour the boiled water into the teacup/mug, cover it and allow it to be steep for 10-15 minutes.
- Filter it using a filter and press the marc to get the new active principle inside the cell.
- You are done. Take 1 cup (10ounce) of the tea/infusion 1 time per day before eating anything for the dosage.

Revitalizing

Below are listed the herbs Dr. Sebi recommended to use for revitalizing your body's cells and fighting anxiety:

IRISH SEA MOSS

Irish Sea Moss is red algae that belong to the family of Florideophytes that grows on the rocky parts of the Atlantic coast of various countries, including the British Isles, Jamaica, Scotland, etc. Dr. Sebi recommends this herb for revitalizing the body after cleansing because it has over 92 out of 102 minerals that the body needs to be healthy. Some minerals are, for example:

- Phosphorus
- Iodine
- Selenium
- Calcium
- Bromine
- Iron
- Potassium

Some of the benefits of consuming Irish Sea Moss are:

- It heals and boosts the immune defense system.
- It treats and prevents hyperthyroidism and boosts the functionalities and health of the thyroid.
- It helps to soothe joint pain and swelling and treat arthritis.
- It helps to enrich the overall mood and reduce fussiness.
- It helps to combat infections caused by viruses and bacteria.
- It helps treat and prevent various skin disorders like acne, skin wrinkling, and alleviating inflammation.
- It helps to treat and prevent digestive and respiratory tract disorders.

The note-full precautions to beware of before consuming Irish Sea moss include:

Because of how rich Irish Sea moss is with iron can trigger hypothyroidism for people suffering from Hashimoto's disease.

Stop using the herb if you notice any allergies or reactions.

For the dosage and how to prepare Irish Sea Moss tea, kindly take the steps below:

- Measure and boil 1 cups (8ounce) of water in a ceramic pot.
- Once the water is boiled, measure 2-3 tablespoons of Irish Sea moss gel (or 1 teaspoon for the fine form) and add it to the boiling water.
- Allow the Irish Sea moss for 10-15 minutes to dissolve completely.
- You are done!
- For the dosage, take 1cup of Irish Sea moss tea daily in the morning.

SENSITIVA

Also known as 'Mimosa pudica,' which is of the Fabaceae family, is a species that is native to Central and South America. However, it is currently spread to other tropical regions. In addition, it is gaining popularity worldwide as a medicinal herb.

Besides being a fun, intriguing element of nature, the Sensitive plant is also filled with many health benefits.

The health benefits of consuming Sensitive herb are:

- It helps cure joint pain and arthritis
- It treats insomnia and sleeplessness
- It treats Asthma
- It helps to cure gum problems and toothaches
- It fights hair loss
- It lowers blood sugar levels and helps those who suffer from diabetes
- It lowers high blood pressure
- It helps to treat stomachaches

Dosage and administration:

Liquid: Dose about 3 to 6 ml of 1:2 mimosa liquid extract daily is advisable

Capsule: 1 tablet, three times daily with meals is advisable.

However, capsule and liquid extract formulations are proprietary herbal blends and are available in several strengths; besides this powder, teas are also available.

SOURSOP

Soursop is the fruit of the “Annona Muricata” tree, a native of tropical regions in the Americas that belong to the Annonaceae family. Its leaves are widely used because they are rich in various nutrients like iron, calcium, phosphorus, magnesium, sodium, potassium, zinc, etc. That makes the tea very effective in fighting against the mutation of cancerous cells.

Other benefits of consuming soursops tea are:

- It helps to destroy and eliminate cancerous cells and inhibit the growth of cancer cells.
- It is a very strong and effective antioxidant that helps neutralize free radicals that damage the cells.
- It helps to soothe heart disorders.
- It helps lower blood sugar levels for people who have type 2 diabetes.
- It helps to fight against infectious diseases caused by bacteria. Such diseases like yeast infections, cholera, gingivitis, Staphylococcus, tooth decay, etc.
- It helps to soothe and alleviate swelling (inflammation), etc.

The note-full precautions before consuming soursops tea include:

Since there is no information about this herb's harmful effects on pregnant and breastfeeding mothers, I advise that they stay off this herb.

Although this herb is tempting, please make sure you consume this herb under a medical practitioner's supervision.

For the dosage and how to prepare soursops tea, kindly take the following steps:

- Harvest some fresh Soursops leaves, dry them until it is dried, chop them, or pound them into smaller pieces. On the other hand, you can place an order online, and it will come dried and chopped.
- Measure one teaspoon of the chopped leaves of the Soursops and pour it into your teacup or mug.
- Boil 8 ounces of water and add it to the Soursop leaves in the teacup or mug and cover it.
- Allow the leaves to steep for 10-15 minutes and strain them.
- You are done!
- For the dosage, consume 2-3 cups of Soursops tea daily.

CORDONCILLO NEGRO

The cordoncillo negro is a shrub whose leaves give off a spicy smell when squeezed and a bitter taste when chewed.

Cordoncillo negro has many important medical uses. For example:

It can be used as a painkiller: Chewing on the leaves of cordoncillo anesthetizes the mouth. So, if you squeeze and rub these leaves over a cut or wound, it can serve as an anesthetic.

It can treat digestion problems like vomiting, nausea, stomach ache, dyspepsia, dysentery, etc.

It can also prevent blood loss from internal bleeding

It can treat respiratory problems like colds, flu, coughs, bronchitis, and pneumonia.

Helps to keep the kidney healthy and prevent kidney stones

Dosage and administration:

Infusion: 1 cup 2-3 times daily

When Should I Consume the Revitalizing Herbs?

The best time to consume the revitalizing herbs is the next day after finishing your cleanse. For instance, if you fast for 14 days, on the 15th day, you should start consuming your revitalizing herbs.

What Are the Things That I Shouldn't Forget?

- Drink at least a gallon of spring water daily.
- Eat foods on Dr. Sebi's nutritional guide once you are done with your detox /cleanse.
- Never forget to use sea moss
- Ensure you do an intra-cellular cleanse yearly for at least seven days if you follow only the alkaline diet from Dr. Sebi's nutritional guide. Still, if you are not, you should always do an intra-cellular cleansing every three months to cleanse your body from mucus and toxins.

Please note that consuming acidic food can only put your body at the risk of relapsing.

Conclusion

For millions of people worldwide, anxiety is a severe problem. It affects their daily life, interferes with their ability to get things done, and can even begin impacting their physical health and well-being. It is no wonder then that there are so many anxiety sufferers looking around for a way to treat their anxiety and end their suffering.

While some people turn to anti-anxiety drugs, many are curious about how the right herbal supplements could work for them. The truth is that herbs have been used as treatments for anxiety for thousands of years worldwide. Some even have a longstanding reputation as some of the most effective natural remedies for alleviating stress.

The basic principle is that you can use the knowledge and tools to change your everyday life that does not work the way you want.

The knowledge or tools will not solve your problems; it is vital to understand that you stand for change while we guide your work to change what you want.

If you ever sense another attack coming on, the techniques described in this book will help you restore control so you have all you need to do swiftly.

With the resources you now possess, you can endeavor to reduce the frequency of the attacks until they become a distant memory.

The next step is to choose a treatment strategy by getting assistance. An alkaline diet, meditation, journaling, and mindfulness techniques can be used to treat and overcome mild anxiety instances that are specific to your life right now and don't have chronic symptoms. You can avoid panic attacks and excessive amounts of stress, worry, and terror. You can learn strategies to retrain your brain to handle events that once caused panic attacks but are now

only mildly upsetting. Because some anxiety is beneficial, use your tension and worry about motivating yourself to do better.

There are incredibly effective natural therapies, even though your doctor may advise you that a prescription is the best way to cure anxiety.

This book laid out some of the most potent. If you *genuinely* want to overcome your anxiety and feel great every day into the future, combine the supplements with a healthier diet, exercise, *and* meditation techniques.

Before you realize it, you'll feel much better, more relaxed, and healthier than you have in a long time.

Now go out there and live your life on your terms.

BOOK7:
DR SEBI
DIABETES CURE

Introduction

Nowadays, people are struggling with obesity because their food habits have changed drastically from what they used to eat. From this condition, diabetes has become a growing concern in the United States. The current estimate is that over 120 million Americans have diabetes. The disease has also become prevalent in other parts of the world and will soon require the attention of more than 50 million people in Europe.

Diabetes is a condition that happens when your body does not produce enough insulin or when it becomes resistant to this important hormone. Insulin is an essential hormone that your body uses to regulate sugar levels in your blood. When you eat the wrong type of carbs, your body will not be able to utilize them properly, causing your blood sugar to rise. When this happens, your body will compensate and release too much insulin from the pancreas. As a result, your produced sugar levels will drop and eventually, you may develop a condition known as diabetes.

This disease is associated with the development of metabolic syndrome, that consists of hypertension, high cholesterol, triglycerides, and dyslipidemia (abnormal lipid profile). The problem is that diabetes already affects about one in two people living in the United States and its prevalence is expected to rise considerably when the current generation reaches age sixty.

According to a recent scientific study published in the Journal of The American Medical Association (JAMA UK Edition), a combination of diet and exercise could be a natural remedy for type II diabetes.

Dr. Sebi's diet system for curing diabetes has shown impressive results over the years by improving people's health conditions overall. The Perfect Formula

Diet is an all-natural program that will teach you how to eat healthfully, lose weight and stay healthy. This system has been developed from a global study on the role of diet in diabetes. It is also based on scientific discoveries that have been made over the last century about how our bodies function.

You will learn to eat appropriately without gaining weight, clearing cholesterol and triglycerides levels, enhancing your metabolism, and reducing inflammation. This system will also help you improve your ability to metabolize carbs. You will no longer have to worry about insulin levels because you can naturally achieve the ideal body weight and shape.

Chapter 1. Alkaline Diet

How does this diet with diabetes work?

The balance between acids and alkalis is decisive for good health. Discover what you should eat and what you must avoid balancing the body.

For several years there has been a lot of talk about the alkaline diet, a way to detoxify the body and eliminate everything that makes you sick. Perhaps you have listened to it without knowing what it is about.

This type of diet is based on the premise that to be healthy, the body must be clean and balanced, with a balanced ph.

What you need to know about the alkaline diet:

Alkaline detox diet

The alkaline diet is not about a fad or something of the 21st century since the first studies date back to 1865. That year, the French doctor and biologist Claude Bernard spoke of the need to maintain living conditions inside the body. This scientist wanted to say that the balance of the body could be guaranteed without being altered by external factors.

Shortly after, in 1907, Dr. William Howard Hay indicated that diseases such as osteoarthritis or rheumatism were caused by high acidity, one of the consequences of changes in eating habits.

A century later, the number of followers of this type of food is increasing. These, as a first step, consider customs when it comes to eating and analyzes what is vital and what is "cultural."

The objective of eating food should be to nourish us, provide what the body needs, and maintain a neutral ph. The foods eaten today affect the acidity of the blood or urine.

Processed, hormone or chemical foods create a perfect environment for viruses, bacteria, and pathogens to reproduce without problems.

An alkaline diet tries to balance the body in its natural state and balance. Some foods like cheese and red meat have a very low pH, unlike vegetables and brown rice. There is no proof that it can vary the body's pH through diet.

What happens when the diet is not alkaline?

If we do not consume those foods included in the alkaline list, "acidosis" occurs (when the pH level is too acidic).

Coupled with the current food, the stress and negative feelings are dangerous for the body.

The body must compensate for this imbalance with alkaline minerals that, at a certain point, "run out." Some of the consequences of acidosis are:

- Little absorption of essential nutrients.
- Decreased cellular energy
- Less detoxification of heavy metals.
- Reduced ability to repair damaged cells.
- Weakening of the immune system.
- Increased illness and fatigue.

It can then be said that the alkaline diet is refreshing since it restores the health that has been lost due to "normal" eating habits. It allows a return of minerals to the body and, therefore, the proper functioning of cells and organs.

However, the most positive aspect is that this diet is very restrictive in trans fats. These nutrients have been shown to promote inflammation and increase the risk of illness.

How to carry out an alkaline diet

Starting with this diet is essential, although it cannot be achieved overnight.

The good news is that changes and improvements are seen within a few days of starting the diet.

Your intake must include 60% alkaline foods and 40% acids (of course, we should not eliminate this group).

However, a ratio of 80/20 is initially recommended in favor of alkalis.

The pH scale runs from 0 to 14. Levels below 7 are acidic, meaning the body has little oxygen. This is when we are most prone to disease.

Among the main benefits of the alkaline diet, we can highlight the prevention of specific pathologies such as, for example, arthritis, migraines, and any inflammation. It also regulates calcium levels in the blood, improves bone, muscle, and cardiovascular health, and strengthens the immune system. Anyway, it should be noted that all these effects have not been evidenced by science.

What is clear is that reducing the intake of simple sugars can have a lot to do with these commented benefits, according to a study published in *Frontiers in Bioscience*.

What are alkaline foods?

The alkaline foods that allow you to regain health are divided into six groups that can be divided into three categories according to their consumption recommendation:

Those that should be eaten sparingly:

- Algae and foods with probiotics.
- Herbs, green juices.

Anyway, experts differ a lot on this point. There is evidence that probiotics are beneficial for health in generating, improving digestion, metabolic and immune function.

Those high in protein that should be consumed moderately:

- Nuts and seeds.
- Sprouts and legumes.

Those that can be consumed generously:

- Fruits and vegetables.
- Green leafy vegetables.

Attention, because within these groups, some foods acidify the body. For example, corn, blueberries, wheat flour, ice cream, and oils.

As for meats, they are the least alkaline food that exists. Therefore, it is recommended to avoid them and products of animal origin such as dairy and eggs.

Fish are also considered acidic foods. However, fish such as salmon, truce, and sardines compensate for their values with other benefits, such as the contribution of vitamins B12, antioxidants, calcium, and magnesium, among other nutrients.

Green juices, essential in an alkaline diet, deserve a separate paragraph. They are made with chard, spinach, maca, broccoli, cucumber, and all the combinations we want.

An alkaline diet, an unscientific solution

As you have seen, the alkaline diet promises many benefits, but it has not been substantiated scientifically. While it is true that emphasizing the consumption of vegetables is very positive, entire groups of edibles should not be restricted.

The goal of the alkaline diet is based on the belief that the blood can be alkalized. However, it excludes many foods and is not recommended.

Among the many fad diets that exist, one believes that you can regulate the pH of the blood, that is, alkalinity. To achieve this objective, only alkaline foods are proposed. At the same time, all those acids are primarily excluded, such as meats, cooked products, or most carbohydrates, except those from some vegetables and fruits.

The belief in this type of diet is because many diseases result from an effort by the body to maintain the internal acid-alkaline balance. Its defenders agree that cancer, for example, accelerates if an acid level is held in the fluids. Cancer

cells live better in an acidic environment with little oxygenation than normal tissue cells.

It is considered that the blood can be alkalized through alkaline foods such as fruits and vegetables such as apples, grapefruit, orange, lemon, spinach, tomato, or cucumber, among many others, some nuts, honey, raisins, or soy.

The good thing this diet has is that it includes vegetables and fruits, essential foods for correct and balanced nutrition, and eliminates processed foods.

Scientifically proven benefits of an alkaline diet for diabetes.

Based on reducing the consumption of acidic foods to the maximum to privilege others of the alkaline type, this eating plan aims to regulate the body's pH to enhance its functions. While the great allies of this diet are green leaves and nuts, the main enemies are sugar and fats.

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The alkaline diet is a food system based on the consumption of foods that contain high alkalinity, that is, mainly raw green leaves and foods low in fat and low in sugar, which help to bring the body's pH to a level of 7.4, that is, very close to neutral, according to a scale from 0 to 14 (under seven is acidic; 7 is neutral and above seven is alkaline). This, in the long term, would cause the improvement of the chemical reactions of the body and, consequently, would benefit it in at least four fundamental points:

1.- Antigen: the normal pH of the blood is 7.36, but with the daily acidic diet (sugars, red meat, fats, and processed foods) and metabolic functions, it drops to less than 7, generating an acid organism (with low alkalinity), in which cells deteriorate early, that is, ageing is accelerated.

2.- Energizing: the nutrients provided by alkaline foods (potassium, sodium, calcium, and magnesium) are an injection of energy for the body because they improve cell function.

3.- Strengthens the immune system: acidified blood is a conducive medium for viruses and bacteria to stay in it because it contains less oxygen and becomes thicker, making it difficult to transport nutrients and waste. Cells begin to live in toxic media. The nutrients in alkaline foods do just the opposite.

4.- Control the weight: although losing weight is not the objective of this diet, a loss of the percentage of fat is achieved due to its implementation. Changes, in this sense, generally begin to register from the second week.

The practice of physical activity at least four times a week enhances the benefits of the alkaline diet since burning fat is synonymous with eliminating the deposits of acidic sources. Ideally, a short-duration, high-intensity workout like CrossFit is ideal.

How to measure pH

It is measured with a simple urine test or with the use of pH buffer strips, both in clinical laboratories.

Acidic foods to eliminate or reduce

- Sugar in all its varieties: is the most acidifying food.
- Meats: we must eradicate red meat and pork and limit the consumption of white meat (poultry and fish) to once a week.
- Eggs.
- Dairy of animal origin.
- Rice and white pasta.
- Refined flours and their derivatives.
- Gaseous drinks (mainly colas).
- Alcohol and coffee.
- Fractures.

Tips for a good alkaline diet

1.- Little by little: not getting rid of all acidic foods at once will be very difficult. It should be a slow transition, and you start the diet by eliminating acidic food each week. For the first few weeks, try to eat only one alkaline meal per day.

2.- 80/20: that not all the diet is 100% alkaline. The goal should always be 80% alkaline and 20% acidic - small daily servings or half a plate once a week.

3.- Adapt traditional recipes: old recipes can be made more alkaline by exchanging acidic foods for more alkaline foods: replace pasta and rice with

whole grains or quinoa and common oils with olive oils.

Pros and cons

Advantages of the alkaline diet

Although the relationship between an alkaline diet and cancer is not scientifically proven, its followers claim that it has a decisive anticancer factor. Among the advantages that his followers proclaim, we find the following:

- It brings more vitality to the people who follow it.
- Helps purify and detoxify the body.
- Promotes weight loss and helps maintain a good figure.
- Improves skin and features.
- It helps you sleep better and feel more relaxed.
- Improves digestion.
- It benefits cognitively, improving memory and concentration.

Beyond the scientific demonstration of the miracles of this regimen, basing the alkaline diet on healthy foods such as vegetables, seeds, nuts, legumes, and whole grains provides numerous benefits for our health.

Likewise, sausages, red meats, dairy products, and, of course, processed foods, pastries, and sugary products are considered acidifying foods.

Dangers of the alkaline diet

Like any restrictive diet, it can carry certain risks. The dangers of very drastic diets are that they can lead to nutritional imbalance if not done right.

By dispensing with foods of animal origin, we can have a deficit of proteins, fatty acids, or calcium.

The foods proposed in the alkaline diet are healthy, but it is necessary to combine them correctly and not eliminate what they consider to be 'bad,' such as meat, fish, or dairy. The success of a diet is based on balance.

What should I keep in mind before starting a diet?

Before starting any diet, we recommend you go to the endocrinologist or your family doctor for a check-up. Certain health conditions require special nutritional needs that a restrictive or very drastic diet can jeopardize.

Do not start the alkaline diet without first consulting your doctor.

Chapter 2. Principles of Alkaline Diet

Food intake plays a vital role in the body's balance. They provide different properties and levels of acidity and alkalinity in the body. According to the alkaline diet principles, excessive consumption of products containing these substances can create an imbalance and influence several diseases. Nutritionist María Belen Ocampo explains that this diet classifies foods according to their pH. This is recorded on a scale of 0 to 14; if the food is less than seven, it is considered acidic, but above average, it provides alkalinity.

Foods such as green leafy vegetables, vegetables, and fruits increase alkaline levels in the body, while fats, sweets, flours, and pasteurized milk make the body acidic.

María Asunción Ponce, the nutritionist, explains that acids build up in tissues, muscles, and joints, making blood circulation difficult. The acid load in the body leads to intoxication (hyper acidification). According to Ponce, people remove acids through the kidneys, but there is a point where they get saturated with the high levels of these substances, causing them to stop removing solid acids from the body.

These stay inside the body and cause upset stomach, liver, and even bone demineralization, affecting teeth and hair. The mixture of proteins and fats in the daily diet also contributes to the acidity of the body. Therefore, the alkaline diet seeks to balance the levels in the body as a form of detoxification. According to Ocampo, diseases this diet aims to prevent include urinary tract infections and kidney stones because by alkalizing the pH of urine.

It is no longer a suitable medium for bacterial growth. Some schools that promote this diet, Ponce explains, consider that meat should be eliminated from the daily intake because it produces acids.

The way to fight the elements that this food makes is not to stop it. It should be combined with alkaline portions such as green foods to combat this effect. People can know the state of their system by measuring the pH. This is calculated by putting saliva on conventional strips that indicate these levels and are sold in pharmacies. According to Ponce, an adequate level in the body is around 6.35. It is recommended to measure this because, with the degree obtained when measuring in the mouth, you can get an idea of the digestive tract condition.

Another way to find out about pH is through urine. According to Dr. Norberto Feldman, an appropriate measurement ranges from 6.3 to 6.9. For María Belen Ocampo, one of the main problems with this diet, if applied drastically, is that it removes essential nutrients in the diet, which can lead to deficiencies. That's why he recommends balancing foods properly. An overly alkaline body is also problematic as it creates dysfunction in the system, and there is a risk of hyper alkalinity. Also, poor eating habits - accompanied by stress and lack of exercise - also contribute to the production of acids in the body that are not easily eliminated.

Promotes plant-based diet and vegetables

This diet recommends consuming 80% of the alkalizing foods in the diet. Among these foods, we can highlight cucumber, spinach, broccoli, soy, cabbage, cauliflower, Brussels sprouts, lemon, avocado, beets, eggplant, celery, garlic, ginger, green beans, lettuce, onion, radish, tomato, artichoke, asparagus, carrot, zucchini, potato, pea, buckwheat, quinoa, lentils, almonds, or oil olive.

Without a doubt, these are entirely healthy and nutritious foods that, in principle, would not cause you to run out of vitamins or minerals. For example, this tabbouleh of quinoa, cucumber, and vegetables would be an ideal dish for this type of diet.

IS IT EFFECTIVE?

We come to the part that interests us the most. Does the alkaline diet work? The most up-to-date expert dietitians claim that it has no scientific basis, validity, or physiological significance, and nothing has been proven. The body regulates its pH itself, and it cannot be changed at will from the outside. Maybe only by urine, but this has not been proven to have any impact on health. Because the pH is also different in each part of the body and has different degrees of acidity in the blood, skin, urine, and stomach.

But it is recognized that it can work nutritionally. Today's Western diet is characterized by a disturbing abuse of proteins, refined sugars, and harmful fats, which affect the health of the population and increase the rates of overweight and obesity. A well-planned alkaline diet, taken as an eating habit, is healthy and balanced because it is not restrictive in terms of nutrients and favors a diet based on natural foods. So, in this sense, it can help in significant weight loss.

We know that good nutrition helps keep our bodies healthy.

The alkaline diet is committed to an adequate diet, prioritizing fruits, and vegetables instead of focusing on fast foods, processed products, or high sugar or flour. Therefore, if we base our diet on this diet, changing eating habits will lead to weight loss.

Now pH is a measure of acidity or alkalinity, which is usually measured on a scale of 0 to 14, where 0 is acidic, and 14 is alkaline, pH 7 is neutral. The pH of the blood is 7.35-7.45; for our body to function, we need to keep the pH of the blood within this range.

The basic principle of the alkaline diet is that many of the foods we eat make the blood acidic producing an imbalance in body pH, which can cause diseases like alkalosis (Alkalosis can confuse, hand tremors, dizziness, nausea,)

Chapter 3. Dr. Sebi Electric Diet Vs Normal

Conventional Alkaline Diet

The concept of the alkaline diet is not a new one. It's been known since the middle of the 19th 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 the body's electrical activity and overall vitality. 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, and 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 the 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, so 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's 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.

Chapter 4. Dr. Sebi Approved Electric Foods for Diabetes

The body produces all the acid it needs, so when your urine pH levels are high, like your body is doing to get 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, suppose you continually consume very acidic foods over many months and years, your kidneys and lungs will eventually become unable to process the surplus and you may develop acidosis. Most of the surplus of acids comes from proteins. That is why Dr. Sebi never cared much about proteins and amino acids. An easy method to this problem is to simply eat more alkaline foods (i.e., fruits and vegetables) if you can't avoid or reduce protein.

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, unable to compensate for a surplus acid load.

Dr. Sebi's 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.

Sebi Nutritional Guide Food List for Diabetes

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

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

Sebi-approved fruits

- Cantaloupe
- Bananas
- Prickly Pear
- Peaches
- Soursops

- Limes
- Cherries
- Plums
- Berries
- Tamarind
- Resins
- Papayas
- Soft Jelly Coconuts
- Currants
- Apples
- Pears
- Dates
- Figs
- Prunes
- Orange
- Mango
- Grapes
- Melons

Sebi-approved spices and seasonings

- Oregano
- Cloves
- Tarragon
- Pure Sea Salt
- Powdered Granulated Seaweed
- Cayenne
- Habanero
- Sage
- Sweet Basil
- Dill
- Basil

- Achioté
- Savory
- Thyme
- Onion Powder
- Bay Leaf

Alkaline Grains

- Kamet
- Rye
- Quinoa
- Wild Rice
- Amaranth
- Spelt
- Folio

Alkaline Sugars and Sweeteners

- Agave Syrup from cactus
- Date Sugar from dried dates

Sebi-Approved Herbal Teas

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

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:

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).

Cherry or Plum Tomatoes:

Tomatoes have a high source of vitamins, especially C, A, and K. In addition, a single tomato can provide about 40% of the recommended daily 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.

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.

Olive oil:

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

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.

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.

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 and reduce the risk of certain types of cancer, diabetes, and stroke.

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.

Chapter 5. Dr. Sebi List of Approved Herbs Which

Reverse Diabetes

Burdock

This is a root plant that has been used for centuries in traditional medicine to treat indigestion and fluid retention. Burdock is rich with antioxidants that can prevent some forms of cancer and can also remove toxins from your body. The root has antibacterial and anti-inflammatory properties, so it is often mashed and mixed with water to make a treatment for skin irritations. You can roast fresh burdock root, sprinkle the dried powder on soups and veggies, or steep chunks of the root in boiled water to make tea.

Chamomile

This herb has also been used for centuries in traditional medicine, especially when drunk as tea. The antioxidants can help to prevent many chronic diseases, and it has compounds that will ease your digestive issues and help you fall asleep easily and sleep deeply. Chamomile tea is a great alternative to other teas because it is free of caffeine.

Elderberry

This is another of the medicinal herbs with centuries of use around the world, especially to treat skin irritations and infections. It can also be used to defend you from viruses and the symptoms of the common cold. Elderberries are high in fiber and vitamin C. The antioxidant content makes them ideal for preventing heart disease and easing inflammation.

Fennel

Fennel bulbs and seeds can be used in cooking and for medicinal purposes. Fennel is low-calorie and rich in minerals, vitamins, and antioxidants,

especially vitamin C. The polyphenols in fennel work to reduce the inflammation in your body, and fennel seeds can help to suppress your appetite. Certain compounds in fennel act as antibacterial agents. Roast fennel bulbs with other root veggies or chop them raw and add them to salads. Stir the seeds into soups and sauces.

Ginger

This little root is one of the most delicious and healthiest spices in the world. For centuries ginger root has been used medicinally to fight off viruses like the common cold and the flu, ease digestive issues, and reduce nausea. Regular consumption of ginger will reduce the muscle soreness and pain associated with exercise, and it can also relieve the symptoms of arthritis. Active compounds in ginger can inhibit the brain's inflammatory responses that lead to loss of function and degenerative diseases.

Raspberry

These berries are low in calories and high in antioxidants, minerals, vitamins, and fiber. Red raspberries are both sweet and tart. The antioxidants will help prevent the development of many chronic diseases. The anti-inflammatory compounds may reduce the symptoms of arthritis, and they may help to decrease your appetite. Eat raspberries by themselves, add them to cereals and salads, or toss them into a smoothie.

Tila

This is also known as linden, and tea has been used as a powerful sedative for centuries. The antioxidants help to fight inflammation and mild chronic pain. Tila may also help to promote the excretion of excess fluids to relieve bloating, and it can ease upsets of the digestive tract.

- Bilberry (berry and leaf)

- Bitter melon (fruit and seeds)
- Bladderwrack (whole herb)
- Blueberry (fruit and leaf)
- Dandelion (root and leaf)
- Eucalyptus (leaf)
- Fenugreek (seeds)
- Fig (fruit and leaf)
- Guaco (root)
- Guinea hen weed or anamu (whole plant)
- Huereque or wereke (root)
- Holy basil (leaf)
- Irish sea moss (whole herb)
- Linden or 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)
- Sage (leaf)
- Seville or sour orange (fruit)
- Soursop (fruit and juice)

Chapter 6. Foods You Should Never Eat

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 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:

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:

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.

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 an acidic diet.

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.

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.

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.

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.

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, and sorbitol. Although these artificial sweeteners are marketed as natural, they are 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.

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 a 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.

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.

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.

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.

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.

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.

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.

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.

Coffee with added flavors

Black coffee has several 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.

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.

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.

Diet soda

The main reason you should avoid diet soda is that it's full of artificial sweeteners. For several 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.

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.

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.

Non-organic strawberries

Some fruits and vegetables contain so many toxins from pesticides and fertilizers, that they are 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.

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.

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 an acidic diet.

Chapter 7. 4 Weeks Plan

Weekly Routine (Detox Cleanse)

You can do a 12 or 14-day detox depending on your specific challenges and your tolerance level. For the first week (7 Days), take only fruit smoothies, sea moss, cleansing herbs, and 1 gallon of spring water daily.

And for the following week, eat mostly raw veggie or vegetable smoothies, sea moss, cleansing herbs, and 1 gallon of spring water daily.

Below is what a typical daily routine should look like for the first week. You can combine this with any intermittent fast eating regimen.

Week 1

Day 1 through Day 7:

MORNINGS	ACTIVITY	FAST TYPE
6.00 AM	Wake up Drink 2 glasses (16 ounces) of tepid warm spring water on an 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 of cleansing herbal tea herbal.	
9.00 AM	Drink 1 cup of spring water (8 ounces).	
10.00 AM	Take 1 cup sea moss gel recipe.	
11.00 AM	Get out in the sun within 1 hour (2 hours minimum if you are black) barefoot.	
12.00 PM	Take 1 cup of 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 a high-water fruit smoothie.	
2.00 PM	Drink 1 cup of spring water.	
3.00 PM	Take a hot shower.	
4.00 PM	Drink 1 cup of spring water.	
5.00 PM	Take soft fruit.	

6.00 PM	Drink 1 cup of cleansing herbal tea.	
7.00 PM	Take a warm shower.	Intermittent fast.
8.00 – 10.00 PM		
10.00 – 12.00 AM	Healing sleep time zone.	

Week 2 (Part A)

Day 8 through Day 12:

MORNINGS	ACTIVITY	FAST TYPE
6.00 AM	Wake up. Drink 2 glasses (16 ounces) of tepid warm spring water on an 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.	
9.00 AM	Drink 1 cup spring water (8 ounces).	
10.00 AM	Take 1 cup sea moss gel recipe.	
11.00 AM	Get out in the sun within 1 hour on barefoot.	
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 a high-water fruit 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 a soft fruit smoothie.			
6.00 PM	Drink 1 cup cleansing herbal tea.			
7.00 PM	Take a hot shower.	Intermittent fast.		Dry Fast
8.00 – 10.00 PM				
10.00 – 12.00 AM	Healing sleep time zone			

Week 2 (Part B)

Day 12 through Day 14:

MORNINGS	ACTIVITY	FAST TYPE
6.00 AM	Wake up. Drink 2 glasses (16 ounces) tepid warm spring water on an 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.	
9.00 AM	Drink 1 cup spring water (8 oz.).	
10.00 AM	Take 1 cup sea moss gel recipe. Get out in the sun within 1 hour on barefoot.	

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 a high-water fruit 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.			
6.00 PM	Drink 1 cup cleansing herbal tea.			
7.00 PM	Take a hot shower.	Intermittent fast.		Dry Fast
8.00 – 10.00 PM				
10.00 – 12.00 AM	Healing sleep time zone.			

Weekly Routine (Revitalization)

Week 3 and 4

Day 15 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.

MORNINGS	ACTIVITY
6.00 AM	Wake up. Drink 2 glasses (16 oz.) tepid warm spring water on an 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.
9.00 AM	Take Breakfast.
10.00 AM	Take ½ cup sea moss gel. Get out in the sun within 1 hour.
11.00 AM	
12.00 PM	

AFTERNOONS	ACTIVITY
12.00 PM	Take 1 cup spring water.
1.00 PM	Take lunch.
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.
7.00 PM	Take dinner.
8.00 – 10.00 PM	Healing bedtime.
10.00 – 12.00 AM	

12.00 – 2.00 AM	
2.00 – 4.00 AM	
4.00 – 6.00 AM	

Conclusion

Dr. Sebi's diet is the leading diabetes cure in the world. This diet is famous among peasants across the globe, thanks to the severe lack of treatment available for diabetes in many countries.

Diabetes is caused by a lack of insulin production. This is the hormone that every cell in your body uses to convert sugar and other carbohydrates into energy. It is essential for life itself. The lack of insulin leads to an overproduction of glucose. Glucose is sugar and comes from carbohydrates in food. This high blood glucose level is directly related to obesity. At different points in their lives, most people have both too much body fat and too much blood glucose. This combination is what leads to the development of diabetes.

Diabetes patients are also prone to suffer from heart diseases, arthritis, joint problems, damaged muscle and joint problems, dementia, dehydration, back pain, leg pain as well as a whole host of other serious medical illnesses. Diabetes patients are emotionally unstable and overwhelmingly sensitive. They are at a higher risk for depression. They should also notice that they are prone to suffer from epilepsy and schizophrenia. They are at a higher risk of undergoing severe diseases for longer periods, as well as symptoms that people do not normally come across at young ages. Most of all, they are known to suffer from a whole host of other diseases, which can cause serious damage to their body. They are known to show results in a matter of weeks only.

You can learn more here. The cure is the most expensive, but it works. It helps you to remove glucose from the blood and still maintain the energy levels you need to function.

BOOK 8:
DR SEBI
AUTOIMMUNE SOLUTION

Introduction

Autoimmune diseases are diagnosed by a combination of clinical signs and laboratory tests. The diagnosis is based on identifying antibodies (a type of protein) created by the body's immune system to fight infections or other foreign substances in the body but mistakenly attack healthy cells in some way. For example, an antibody may attack human tissue as an infection. These antibodies are detected in the blood or urine, and various tests are used to determine their presence, as they can vary widely between individuals. These tests also help assess the degree of damage these antibodies may have caused to the body's cells.

When autoimmune diseases are raging, they can cause considerable damage to the body's organs and tissues. They are typically chronic or relapsing conditions requiring ongoing treatment. There is no cure for the autoimmune disease, although certain medications control the signs and symptoms.

In autoimmune diseases, the immune system mistakes healthy tissue for foreign invaders and attacks it with antibodies created by the immune response ("antibody"). Confusing healthy tissue for a foreign invader is usually a result of an immune malfunction, in which the immune system is left misdirected for some reason. In most cases, this results from an oversensitivity to dietary and environmental antigens.

To treat these diseases; the body must be cleansed of toxin buildup and toxins that irritate the immune system. This can often be accomplished with a cleansing diet and herbal remedies that detoxify the body.

To address the overreactions of the immune system, we have developed a solution for autoimmunity called the Dr. Sebi Autoimmune Solution, which

includes a unique combination of detoxifying herbs.

The Dr. Sebi Autoimmune Solution is a unique formula that has assisted thousands of individuals in getting well and living healthy, fulfilling lives free of pain and disease.

Individuals who address the underlying causes of their autoimmune condition with the help of natural healing remedies rather than conventional treatments have a healthy chance of naturally reversing their disease.

The Dr. Sebi Autoimmune Solution—combined with a cleansing diet and other natural remedies—can be a practical approach to healing autoimmunity, as it addresses each component necessary for combating this problematic condition. So many people have benefited from this book, and we invite you to learn more about it.

Chapter 1. Simple Explanation of Immune System

Sickness is caused by bacteria, toxins, or viruses that enter the body, as well as mutating cells within the body. We'd perish quickly if we didn't have any defense against even the most essential elements. Our security comprises of a complex network of organs, cells, and tissues that work together to form our Immune System, which first defends against invading bacteria or viruses and then attacks if anything gets through.

There are three types of immunity in your immune system. There are three types of immunity: innate immunity, acquired immunity, and passive immunity.

These immunities comprise two immunity systems, each responding in its way. These are the adaptive and innate immune responses, respectively. Two methods, yet one immune system, interact in complex and critical methods. There can be severe consequences if their balance is off.

The Innate System (Innate Immunity)

Your natural system creates your innate immunity. That is the immunity you were born with. It is your body's second line of defense, attacking anything it perceives as a threat. This system is known as nonspecific because it responds to every danger similarly. It also reacts the same way to every infection. As a result, the innate system is also known as non-adaptive. The following are the components of the non-adaptive system:

- Acidity in the stomach
- White blood cells with phagocytic morphology
- **Fever**
- Your skin oils contain enzymes.
- Your tears contain enzymes.

- **Inflammation**
- The cough reflex
- Antimicrobial agents.
- Phlegm (traps tiny particles and bacteria)

System of Adaptation

An acquired immunity is created by the adaptive system. It is the third line of defense for your body. It is not only adaptive but also specific. That is, it can tell the difference between one pathogen and another and responds differently to each one. Although your adaptive immune system may take some time fighting off a pathogen the first time it encounters it, after defending against it once, it learns the pathogen's weaknesses. If your immune system allows it to retake hold, it can quickly eradicate it the next time.

The core components of the adaptive system are lymphocytes, which, as previously stated, are a type of white blood cell. First, your B cells recognize an antigen (a pathogen fragment). The TH cells release cytokines, activating the B cells (immune cells). This puts on a chain reaction that brings out the production of antibodies to eradicate the pathogen. When the crisis is over, your body converts a small portion of the activated B and TH cells into memory cells, which immunize you against the pathogen.

The passive immunity

Passive immunity is created when antibodies produced outside the body are used to build immunity. Passive immunity includes the exemption that a baby receives from antibodies in breastmilk. Another type of passive immunity is obtained through immunization (antiserum injection), such as the tetanus antitoxin. Unfortunately, while passive immunity provides immediate protection, it must be repeated. The effects fade after a while.

[\[ER1\]](#)

Chapter 2. Autoimmune Diseases

In the world of medicine, the field of autoimmunity is still in the embryonic stages.

The first historical mention of autoimmunity goes back in our recent history to the German biologist and pathologist Paul Ehrlich, who won the Nobel Prize for Medicine in 1908. Around the turn of the last century, Ehrlich coined the term **horror autotoxicus** (fear of self-poisoning) as the phenomenon that could occur when a person's defenses turned against them. At the time, horror autotoxicus was essentially a clinical observation about findings made in certain patients. Ehrlich was much involved in describing antigens and their chemical structure and looking at something new called **antitoxins**.

He realized that an antigen and foreign matter could also be a part of our tissues but would be perceived as foreign by the immune system. In short, he put forth the now-well-accepted theory that our immune systems can react to something that is native to our bodies in addition to seeking out strangers. He did not know how or with what.

Around the same time, the great internist William Osler, a contemporary of Ehrlich, studied skin diseases that he thought were related to tuberculosis (TB) but were autoimmune. Although he eventually concluded that these diseases were unique and not TB, he did not have the tools to prove their biological origins. It would be another 50 years till the immune system was defined and Ehrlich and Osler's observations were substantiated. Antibodies were not identified until the 1950s, so all these investigators dreamed creatively about what "might be," which is the same process all medical researchers use today.

A decade later, in the sixties, the concept of autoimmunity as a cause of human illness became part of the medical lore when doctors Gerald Edelman of Rockefeller University and Rodney Peters at Oxford University defined the structure of an antibody. That resulted in the development of laboratory tests to help recognize autoimmune diseases. Soon after, T cells and B cells were identified. The discovery of the origins of antibodies and autoreactive cells made autoimmunity an active science and medicine research field.

Considering that all of this happened in the last forty years, we have made astonishing progress.

The human immune system collects certain chemicals and cells that fight and protect our bodies against the infections that cause bacteria and viruses. The immune system plays a vital role in protecting us against microbial infections. In autoimmune disorders, the immune system fails to function correctly, and it mistakenly takes the body's cells and tissues as foreign invaders and starts killing them. What happens when the immune system fails to differentiate between its cells and foreign invaders? When this happens, the affected body forms autoantibodies that mistakenly attack the body's cells. On the other side, the regulatory T cells fail to keep the immune system in line. That results in a mistaken attack on your body's cells.

The damage that results from this process is known as an autoimmune disease. Autoimmune disorders are mainly divided into two categories: Organ-specific autoimmune disorders. The disorder primarily affect one organ; the other is a non-organ-specific autoimmune disorder that can affect multiple organs and systems. There are about 80 autoimmune disorders, ranging from minor to disabling in severity, based on the type of affected organ and the degree of disability. Due to some unknown reasons, women are more likely to get autoimmune disorders than men, especially during childbearing; it is assumed that sex hormones might be one reason amongst the others. There is

no cure for autoimmune diseases, but with some treatment options, the symptoms of autoimmune diseases can be managed.

Autoimmune diseases are widespread, affecting more than 23.5 million people in the USA alone. Autoimmune disorders are one of the leading causes of disability and death. As we all know, there are many (about 80) autoimmune disorders, and some are very common, yet some autoimmune diseases are rare.

Chapter 3. Immune Response

The immune response is your body's reaction to antigens in your system. When a healthy immune system is attacked, it immediately goes into action, fighting the virus, bacteria, or fungi. It can lead to problems like infection and sickness if it can't be triggered when needed or doesn't have enough resources to eliminate the foreign intruder. However, you can develop autoimmune disease and allergic reactions when the immune system is activated without cause or refuses to "shut down" after the danger has passed.

A healthy immune system is so extensive that it is effective. It makes use of nearly every part of the body.

Let's look at each component of the immune system and how it reacts to invaders:

Skin

Your skin is, as always, your first line of defense. It's similar to the castle's wall and moat. Your skin cells defend themselves against bacteria, viruses, and other microbes by secreting antimicrobial proteins that attack the microbes when they come into contact with them. Immune cells are also formed within the various layers of skin.

Bone Marrow

Despite their differences, all immune cells begin their lives as stem cells in the bone marrow. They then travel to their final destination. They then mature into the required immune cells. Even though they are derived from the same source, these mature cells can perform the immune function for that part of the body.

The myeloid progenitor stem cell develops into innate immune cells fighting infection. The lymphoid progenitor stem cell increase to adaptive immune cells (B cells and T cells), which fight specific viruses and bacteria. Natural killer cells (NK cells) also develop from lymphoid progenitor cells. NK cells can function as both adaptive and innate immune cells.

Bloodstream

Immune cells are constantly patrolling the bloodstream, ready to strike at the first sign of trouble. White blood cells, or leukocytes, are immune cells in your bloodstream. Doctors can check neutrophils, a type of leukocyte, to see if a bacterial infection has activated your immune system.

Leukocytes are classified into two types: phagocytes and lymphocytes. Lymphocytes write invading pathogen information into the cell so it can be remembered and eradicated, whereas Phagocytes beat up on the pathogens and destroy what they can.

These two families are made up of five different leukocytes, all of which perform an immune function.

Neutrophils, as previously mentioned, are the first immune defense to arrive on the scene in response to microbial infection.

Monocytes are also among the first immune cells to respond to microbial infection.

Basophils are the first immune cells to respond to inflammation. When activated, they release the chemicals heparin and histamine.

B lymphocytes (B cells) and T lymphocytes are examples of lymphocytes (T cells). In the presence of viruses and bacteria, B cells and T cells join forces to initiate a chain reaction that results that produces

antibodies. Cytotoxic T cells and natural killer cells (NK cells) work together to eliminate virus-infected cells.

Relative Proportions of White Blood Cells in a Healthy Human Body

Neutrophils	60-70%
Monocytes	1-6%
Eosinophils	1-3%
Basophils	Less than 1%
Lymphocytes	20-30%

Antibodies

Lymphocytes produce antibodies, which can then recognize infected or damaged cells and tag them for elimination. However, it is incapable of destroying. That is the function of the NK cells.

Antibodies also fight toxins (both pathological and biological) and activate the complement system, a group of proteins that aid in the elimination of viruses, bacteria, and infected cells.

Complement

The complement system comprises of more than thirty different proteins that work together to eliminate antigens, specifically infectious microorganisms. The liver is in charge of producing the vast majority of the complement system. These proteins circulate throughout the body via extracellular fluid and blood until they are required.

The immune system then, and only then, sends two signals. Molecules embedded in the microorganism trigger one signal.

Antibodies bound to the microorganism's surface activate the other signal. The following two complements in the sequence are triggered when

one complement is triggered, . As a result, they create two pathways, both of which lead to the same pivotal protein. When the paths cross, the pivotal protein is activated, resulting in a gruesome attack on the microorganism.

Lymphatic System

It has a significant impact on the immune system. The lymphatic system is a network of lymphatic vessels, lymphoid organs, extracellular fluid, and lymph. It is one of the primary routes for bloodstream-to-tissue communication.

The lymphatic vessels run throughout the body and transport waste products. They also contain tissue fluid and immune cells, which make their home in the lymph organs.

Immune cells use this highway to conduct reconnaissance. As the lymphatic system transports the waste products of other cells, immune cells scan it for PAMPs and DAMPs. If something is discovered, the immune response in the cell is activated. It will multiply, and cells will leave large numbers to crush, kill, and destroy.

Lymph Nodes

Several small "pathogen traps" can be found along this highway of lymphatic vessels, lymph, and immune cells. These "traps" are called lymph nodes, explicitly designed for trapping and eradicating pathogens and other invaders or damaged cells as they pass through. The lymph nodes are simply bean-shaped clusters of immune cells densely packed with white blood cells—every "invader's" worst nightmare.

Thymus

T cells are immune cells found in the thymus. Your thymus is one of the smaller organs in your upper chest, near your thyroid.

Spleen

Though the spleen is not directly connected to the lymphatic system, it performs the same primary function, entitling it to be considered a part. It is an essential part of the body's defenses because it filters the blood and sends the information it gathers. The spleen is also densely packed with immune system cells ready to activate and attack when a blood-borne pathogen is identified.

Mucosal Tissue

Mucosal surfaces, which include the lips, ears, nostrils, genital area, eyelids, and anus, are one of the most accessible entry points for any virus or bacteria. That is taken care of by our immune system. Mucosal tissue lines our respiratory, digestive, and reproductive tracts. This tissue is responsible for keeping the insides in and the outsides out. But what prevents viruses and bacteria from crossing that line? That's your handy mucosal tissue, which acts as a barrier and has cells on standby. Different areas of the gut also have access areas where immune cells check the contents of the gastrointestinal tract for cause for alarm.

Inflammation

The inflammatory response is triggered when your tissues are damaged by trauma, bacteria, heat, toxins, or any type of antigen. As a result, your body produces a wide range of chemicals. Prostaglandins, histamine, and bradykinin are a few examples. When these chemicals enter your system, your blood vessels leak into the damaged tissues. This causes swelling around the antigen, which helps to isolate it from the rest of your tissues.

The chemicals released during an inflammatory response attract phagocytes, which kill germs and "eat" damaged or dead cells. Phagocytosis is the name given to this process.

Chapter 4. How to Treat Autoimmune Diseases?

Traditionally, autoimmune diseases have been treated in one or more ways. Corticosteroids (steroids), Immunosuppressants, and nonsteroidal anti-inflammatory drugs (NSAIDs) will be prescribed by doctors. Each drug classification contains a large number of drugs. The doctor's prescription will be based on your disease, its severity, and what your body can tolerate.

Corticosteroids

Corticosteroids (also known as steroids) are synthetic medications that mimic the hormone cortisol, which your body naturally produces. These medications are used to reduce inflammation (the body's process of attacking foreign or dangerous cells in the body) and to reduce immune system activity by knocking someone's immune system back with an autoimmune disease. It does, however, leave the person with a weakened immune system. Prednisone and cortisone are two of the most commonly prescribed corticosteroids.

Immunosuppressants

Immunosuppressants are medications that are prescribed to suppress the immune system, as the name implies. They are used to treat various conditions, including autoimmune diseases and anti-rejection medications for organ transplants. Immunosuppressants come in a variety of forms (including corticosteroids). What is prescribed is determined by your disease and the tolerance of your body. Immunosuppressants come in a variety of forms, including:

- CORTICOSTEROIDS[\[ER2\]](#)
- PREDNISONE

- PREDNISOLONE
- INHIBITORS OF JANUS KINASE
- TOFACITINIB
- INHIBITORS OF CALCINEURIN
- MTOR INHIBITORS
- CYCLOSPORINE
- IMDH INHIBITORS
- SIROLIMUS
- METHOTREXATE
- LEFLUNOMIDE
- BIOLOGICS
- ADALIMUMAB
- CERTOLIZUMAB
- ETANERCEPT
- INFLIXIMAB
- RITUXIMAB
- MONOCLONAL ANTIBODIES
- BASILIXIMAB

This is far from a comprehensive list of the medications available. Rather, it is a synopsis. Doctors frequently prescribe dietary changes as well as lifestyle changes.

Chapter 5. Complications That Can Arise

Cancer

Cancer can start anywhere in the body. It begins when the cells multiply rapidly and take up the space normally occupied by normal cells. As a result, the body is unable to function normally.

That several people will cope well with cancer. More people are living longer lives as a result of cancer treatment than ever before.

We'll define cancer and discuss its causes here. Cancer is a collection of tumors, not a single disease. It is not just about one disorder. Cancer can start in the breast, the lungs, the colon, or the blood. Cancers are alike in some ways but different in how they develop and spread.

How does cancer resemble each other?

Our cells do have some functions in our bodies. Regular cells break in a predictable pattern. When they are stretched or injured, they die, and new cells form. Cancer develops when cells begin to develop out of balance. Cancer cells begin to grow and form new cells. The normal snare ones. This causes complications in the area of the body where cancer begins.

Cancerous cells frequently spread to other parts of the body. Lung cancer cells, for example, may migrate to and expand in the bones. As cancer cells spread, this is referred to as metastasis (meh-TAS-uh-sis). If lung cancer transfers to the bones, it is classified as a tumor of the lungs. The cancer cells, which are mostly found in bones, appear to be similar to those found in the lungs. If cancer begins in the bones, it is referred to as bone cancer.

Some tumors are simple to form and spread. The other will gradually expand. They frequently respond to care in a variety of ways. Some cancers respond best to surgery, while others respond well to chemotherapy. Typically, two or three procedures are used to achieve the best results.

The specialist may want to know what type of cancer it is. Cancer patients require care that is tailored to their specific cancer type.

Many tumors form a lump known as a growing tumor. However, lumps aren't always cancer. Medical personnel is removing a piece of the swelling to look for cancer. Noncancerous bumps or lumps are referred to as benign. Malignant lumps are those that cause cancer.

Tumors of this type, such as leukemia (blood cancer), do not form. They develop in blood cells or other cells in the body.

"When you're told you're going to die from cancer, you're filled with dread. It is nearly impossible to care for anything other than the illness at first. This is the first thing you think or talk about every morning. I want cancer patients to believe that their situation is improving. Thinking about cancer allows you to cope with all of the different emotions you are experiencing. Remember that being upset is normal." -Delores, a survivor of cancer.

What causes cancer to develop?

Cancer can be caused by accumulated gene damage.

Such changes could be the result of chance or exposure to the cancer-causing substance.

Carcinogens are cancer-causing compounds. Carcinogens, such as some cigarette smoke compounds, can be chemical elements. Cancer can also be caused by bacteria, the environment, or a genetic mutation.

However, we must have it in mind that in most cancer cases, we cannot attribute the illness to a specific cause.

Ischemic heart disease, also known as Cardiovascular Failure

Ischemic heart disease is a chronic condition characterized by chest pain or distress caused by a lack of oxygen in the heart. This disease is most common. When the heart requires a greater volume of blood, this frequently occurs as a result of exertion or agitation. Ischemic heart disease similar to coronary heart disease is on the rise in the United States and is a leading cause of death worldwide.

Ischemic heart disease occurs when blood cholesterol particles begin to accumulate on the walls of the arteries that supply blood to the heart. Plaques, which are deposits, can form over time.

These deposits shorten the arteries, limiting blood flow. This decrease in blood flow lessens the amount of oxygen delivered to the heart muscle.

Ischemic heart disease symptoms and signs can appear gradually as arteries become moderately blocked, or they can appear suddenly if an artery becomes unexpectedly blocked. Many patients with cardiovascular disease exhibit almost no symptoms, while others may experience shortness of breath and severe chest pain (angina), which may lead to a heart attack.

Fortunately, ischemic heart disease can be successfully treated through dietary and lifestyle changes. Furthermore, practicing heart-healthy practices such as eating a low-sodium, low-fat diet, getting physically active, quitting smoking, and maintaining a healthy diet will reduce your risk of ischemic heart disease.

Ischemic heart disease, if left untreated, can lead to severe heart failure. Cardiac damage can result in a heart attack, pain, and even death.

Causes

Ischemic heart disease is caused by a reduction in blood flow to one of the blood vessels that transport oxygen (coronary arteries). The heart muscle does not take the amount of oxygen it requires to function properly, and blood flow is reduced.

Cardiac ischemia can develop slowly or quickly, depending on whether plaque accumulates over time or an artery is completely blocked. Ischemic heart disease is most common in people who have atherosclerosis (plaque buildup on the coronary artery walls), coronary artery spasms, blood clots, or serious illnesses that increase the need for oxygen in the core.

Diabetes mellitus

Diabetes mellitus, otherwise known as Diabetes, is a metabolic disorder characterized by elevated blood sugar levels. Insulin is a hormone that transports glucose from the blood into cells for energy absorption or utilization. Diabetes indicates that the body either does not produce enough insulin or does not use the insulin it does produce efficiently.

Untreated high diabetes blood sugar will harm your skin, nerves, kidneys, and other organs.

Diabetes is classified into several types:

- **Type 1 diabetes**, an autoimmune disease. The immune system of the body fights the pancreatic cells, which produce insulin. It is unknown what precipitated the attack. This type affects approximately 10% of people with Diabetes.

- **Type 2 diabetes** develops when your body becomes insulin resistant, causing blood sugar levels to rise.

- **Prediabetes** occurs when the body's blood sugar level is higher than normal but not high enough to be diagnosed with type 2 diabetes.

- **Diabetes During Pregnancy.** This form is caused by the placenta's release of insulin-suppressing hormones during pregnancy.

Diabetes insipidus, a rare condition with a similar name, is unrelated to diabetes mellitus. When the kidneys absorb the majority of the body fluid, this is common.

Each diabetes condition has its own set of symptoms, causes, and treatments.

Chapter 6. Healing Your Immune System with Dr. Sebi's

Dr. Sebi's Official method for treating autoimmune diseases is composed of 3 main steps. Please note that any of these parts can't be passed over to succeed in your healing journey.

The three steps are:

1. **Cleansing-** In this first stage, your body must be cleansed on an intra-cellular level through detoxification to purify each cell and remove the excess mucus.
2. **Revitalizing-** After cleansing, you need to take time to nourish your body, regenerate your cells and strengthen the immune system.
3. **Keeping the Immune System Healthy-** By Following Dr. Sebi's nutrition guide and adopting healthy lifestyle habits every day, you will be able to keep your mind sharp and strengthen the immune system.

First Stage: Cleansing

Herbs for Cleansing to Aid in Lupus Healing

Cascara Sagrada (Sacred Cascara)

Dr. Sebi recommended this natural laxative, purgative shrub plant from the Rhamnaceae family because of its ability to cause muscle contractions in the intestine, detox/cleanse the colon, stimulate liver and pancreas secretion, and move stool through the bowel. This herb is high in glycosides, vitamins A, B, C, and D, emodin, and anthracoid, making it an excellent cleanser and revitalizer.

Cascara Sagrada has the following benefits:

It aids in the elimination of toxins from the colon.

It acts as a laxative in cases of constipation.

It aids in the relief and dissolution of gallstones.

It helps in the treatment and prevention of liver problems.

It aids in the destruction and inhibition of cancerous cell mutation.

It relieves and treats digestive issues.

It relieves joint and muscle pain, as well as other pains caused by inflammation.

It is used to treat diseases caused by viruses and bacteria that are transmitted.

When writing this book, no side effects were associated with healthy adults who had to consume Cascara sagrada for a short period.

The following precautions should be taken before consuming Cascara Sagrada:

- Nursing mothers should avoid these herbs because they can cause diarrhea in their babies.

- Do not use this herb if you have a disease or health disorder such as stomach irritation or upset without knowing the cause, colitis, kidney disorders, intestinal blockage, or Crohn's disease.

Please follow the steps below for the dosage and how to make cascara sagrada tea:

- 1) Collect Cascara Sagrada plants and remove some of the bark before chopping them.
- 2) After you've chopped it, dry it until it's dry, or order it online and it'll come chopped and dried.
- 3) Fill a saucepan with 8-10 ounces of water and add 1 1/2 teaspoon of cascara sagrada bark.
- 4) Steam the mixture in your cooker for 15-20 minutes.
- 5) After 15-20 minutes, steam, allow to cool, and strain to remove the chopped bark of cascara sagrada.
- 6) You are finished. Take 1 cup (8-10 ounces) of Cascara Sagrada tea 2-3 times per day.

Root of Burdock

Burdock root is the root of a delicious plant called Burdock, all of which can be used as food or medicine. This plant grows all over the world. I named this plant the "wonder plant" because we eat its root as well as use it for medicinal purposes, and both its leaf and seed are used for medicinal purposes.

Burdock root has been used orally to treat and prevent various health problems for over five centuries.

Burdock root's chemical composition, such as quercetin and luteolin, has been shown in studies to be a powerful antioxidant that can treat and prevent cancer by preventing cancerous cells from growing and mutating, as well as combat aging. Compounds such as 'Phytosterols help to stimulate the scalp and hair follicles, allowing for the growth of healthy hair even in the presence of baldness. Vitamin C helps to enhance the immune system and fight bacteria. It also aids in the cleansing or detoxification of the liver and lymphatic system, among other things.

Potassium helps to lower blood sugar levels and filter the blood by removing impurities from the bloodstream and removing toxins through the skin and urine.

Burdock root tea/infusion has been shown to:

- Cleanse and detoxify the liver and lymphatic system.
- Diabetes can be treated and prevented by lowering blood sugar levels in the body.
- Toxins can be removed from the body by inducing sweetness and urine.
- Remove heavy metals from the bloodstream to purify them.
- Treat a variety of skin conditions and slow the aging process.
- Cancer can be treated and prevented by inhibiting the growth and mutation of cancerous cells.
- Boost the immune system and circulatory system.
- According to research, applying this root to your skin may cause rashes.

Please follow the steps below for the dosage and how to make Burdock root tea/infusion:

- 1) Thoroughly scrub the uprooted burdock root under running water to remove any dirt that accompanied it from the soil.
- 2) Cut the Burdock root into small pieces (less than 1 inch). Please know that if you order it online, it will arrive dried and has already been chopped.
- 3) In a saucepan, bring 2-3 cups of water to a boil, then add 14 cups of chopped burdock root.
- 4) Once the water is boiling, reduce the heat, re-boil it for 30-40 minutes, and then turn off the heat.
- 5) Strain it and drink it when it's cold.
- 6) For the dosage, consume one glass cup per day.

Dandelion

Dandelion, also known as 'yellow gowan' or 'lion's tooth,' is a flowering plant. This plant is native to Eurasia and is still in use today. It is found in over 60 countries worldwide, primarily in the northern hemisphere's mild climates. For centuries, these flowering plants have been used to treat pancreatic swelling (inflammation), relieve pain caused by inflammation, treat and prevent cancer, tonsils (tonsillitis), skin disorder, bladder or urethra disorder, digestive and liver problems, and improve overall liver and digestive system health.

Because of the chemical compositions and nutrients, researchers demonstrated that it is a very effective cleansing/detoxification herb.

Advantages of using or consuming Dandelion:

- It aids in the detoxification or cleansing of the liver and kidneys.
- It aids in the fight against and relief of pains caused by inflammation.

- Because of its antioxidant properties, it aids in the deactivation and inhibition of the negative effects of free radicals in the body.
- It lowers cholesterol levels.
- It lowers blood pressure by removing excess fluid from the body.
- It aids in the natural loss of excess weight by improving carbohydrate metabolism.
- It aids in the improvement of the digestive system.
- It helps to strengthen the immune system.
- It aids in the maintenance of healthy skin as well as the treatment and prevention of skin diseases.

Dandelion is completely safe as of the time of writing this book, but an overdose can cause some side effects such as:

- Having stomach upset or irritation
- Allergic responses

Special precautions should be taken before using/consuming dandelions:

- Pregnant and breastfeeding mothers should avoid dandelion because there has been no research to determine whether it is harmful to them or not.
- If you have Eczema, avoid dandelion because it causes an allergic reaction in more than 85 percent of people with Eczema.

Please follow the steps below for the dosage and how to make Dandelion tea/infusion:

- 1) Collect some fresh dandelion leaves and wash them under running water to remove any dirt.
- 2) Pour 12 - 1 cup of washed dandelion into your saucepan after washing it.

3) Boil 4-5 cups of water and pour it into the saucepan with the dandelion, covering it for 12-15 hours or overnight (overnight).

4) Strain out the dandelion leaves the next day, and you'll have dandelion tea/infusion.

5) Take 12 tablespoons of Dandelion per 34 cups of water three times per day. If you order your dandelion online, you can take 4-10 grams of dry dandelion leaf three times per day.

Herbs for Cleansing that Aid in the Relief of Multiple Sclerosis Symptoms

Eucalyptus

The eucalyptus tree, which is native to Australia, is a fast-growing evergreen tree. The leaves and bark of this plant are used for a variety of medicinal purposes, including joint and muscle pain, cold, cough, and congestion. However, for thousands of years, the Chinese, Greek, and Indian Ayurvedic people have used this amazing herb to treat a variety of conditions.

There are over 400 diverse species of this plant/tree. The most common is *Eucalyptus globulus*, also known as Blue Gum or the Australian fever tree.

Eucalyptus leaves cineole, also known as eucalyptol, contains essential oil (eucalyptus oil) and flavonoids and tannins, which are plant-based antioxidants that aid in reducing inflammation, controlling blood sugar, fighting the activities of bacteria and fungi, and the oil can help in relieving pain and inflammation as well as blocking chemicals that normally cause asthma.

Advantages of using or consuming eucalyptus tea/infusion:

- It aids in skin cleansing via steaming/sauna.
- Eucalyptus relieves common cold symptoms such as cough lozenges and inhalants, as well as sore throat and sinusitis.
- It aids in the relief of bronchitis symptoms. Inhaling eucalyptus tea vapor acts as a decongestant by loosening phlegm and relieving congestion.
- It aids in the relief of asthma: studies have shown that eucalyptus can break up mucous in asthmatics.
- It reduces dental plaque and improves gingivitis: Studies on eucalyptus leaf show that it can reduce dental plaque and improve gingivitis.
- It helps in the treatment of bad breath: studies have shown that eucalyptus can treat bad breath.
- It also aids in the recovery of certain health conditions such as skin disease, bladder disease, gallbladder and liver problems, bleeding gums, diabetes, burns, ulcers, stuffy nose, wounds, and so on.

The following precautions should be taken before consuming eucalyptus tea or infusion:

- It is completely safe for pregnant and breastfeeding mothers to consume eucalyptus tea/infusion, but the oil is dangerous.
- While the tea is safe for children, the oil may cause seizures.
- Due to the ability of eucalyptus leaves to lower blood sugar levels, it is best to consult with your doctor before combining the tea with any diabetes medication.

Please follow the steps below for the dosage and how to make eucalyptus tea/infusion:

1) Heat the water to (90-95)0 degrees Celsius or 194-205 degrees Fahrenheit. You can also boil the water and then cool it for a minute or two to reduce the temperature.

2) Place a teaspoon of dried eucalyptus leaf in a teacup or mug.

3) Pour 6 ounces of the first step's water into the teacup/mug and steep the leaves for 10-15 minutes. (You can take pleasure in inhaling the vapors of the steeping tea)

4) Use a strainer to strain the eucalyptus leaves.

5) You are a deity. You can now enjoy a cup of eucalyptus tea/infusion at the same time.

6) Take 3-4 cups per day as a dose.

Elderberry

Elderberry, also known as European Black Elderberry or *Sambucus Bacchae*, is a dark purple berry that grows on the elder tree. This is a flowering plant from the *Adoxaceae* family that is native to Europe.

Elderberry leaves and fruit (berries) have been used for centuries to treat pain and swelling caused by inflammation. It also helps in the detoxification of the body system by stimulating urine production and inducing sweat.

Because of how rich elderberry is in various compounds and nutrients such as vitamin-C, dietary fiber, and phenolic acids, which is a great and powerful antioxidant that helps to prevent and decrease the damage caused by oxidative stress in the body, it also contains some flavonols such as kaempferol, quercetin, isorhamnetin, and anthocyanins, which gives the fruit its black-purple color and makes it a strong antioxidant and anti-inflammation.

Elderberry also contains nutrients such as

- Calories
- Carbohydrates
- Trace amounts of protein and fat
- And anthocyanins, which make the plant a powerful antioxidant with anti-inflammatory properties.

Advantages of using/consuming elderberry:

- It aids in the cleansing and detoxification of the lungs and respiratory system by removing mucus from the upper respiratory system and lungs.
- It aids in the treatment of constipation.
- It aids in the treatment of flu and cold symptoms in less than 24 hours.
- Through its antibacterial properties, it combats harmful bacteria in the body by preventing bacterial growth.
- It strengthens and supports the immune system by increasing the production of white blood cells.
- It protects and maintains the skin's health.
- It helps in the treatment of chronic fatigue syndrome and depression.

It is best to use elderberry for no more than 12 weeks and to wait at least a week before using it again because of the compounds found in elderberry.

The following precautions should be taken before using elderberry:

- Make sure children under the age of 12 do not use/consume elderberries, and children over the age of 12 but under the age of 18 should not use it for more than 10 days.
- Because there is no reliable information on whether elderberries are safe for pregnant or breastfeeding mothers, I strongly advise them to avoid them.
- People who have a history of an autoimmune disease, such as multiple sclerosis, lupus, or rheumatoid arthritis, should avoid elderberry because it has

the potential to increase the immune system's activity, which could worsen their situation.

- Because elderberries can increase or boost the immune defense system, any medications designed to reduce the function of the immune system will almost certainly interact with Elderberry.

Please follow the steps below for the dosage and how to make Elderberry tea/infusion:

- 1) Bring 8-12oz of water to a boil in a saucepan.
- 2) Once the water is boiling, add one tablespoon of dried elderberries to the boiling water.
- 3) Turn down the heat and let it boil for at least 15 minutes.
- 4) After 15 minutes, allow it to cool and strain it through a strainer.
- 5) For the dosage, take 3-4 cups per day.

Herbs for Cleansing that Help Relieve Rheumatoid Arthritis Symptoms

Bladderwrack

Bladderwrack is a type of brown algae or seaweed found in the cold waters of the Northern Atlantic and Pacific coasts of the United States, as well as the Atlantic and Baltic coasts of Europe.

Although bladderwrack has been growing in cold ocean waters for thousands of years, it is only recently that it has been used as a health supplement.

Some of the known benefits of algae:

- Encourages healthy mineral levels
- Aids in the maintenance of a healthy hormonal balance
- Promotes healthy metabolism and weight.

- Attempts to help the immune system
- Increase your energy levels.

Administration and dosing:

Bladderwrack can be eaten whole or made into a tea with 1 teaspoon per cup of hot water, allowing at least 10 minutes for each cup to sit before drinking. You are allowed to drink up to three cups of tea per day.

Second Stage: Revitalization

To revitalize your body, you have to consume lots of sea moss, iron, and herbs 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, besides from taking the traditional revitalizing herbs, you should also take the herbs that specifically address those specific organs or conditions.

The revitalizing herbs that help boost your immune system are:

Soursop

Soursop is the fruit of the “*Annona Muricata*” tree that is native to tropical regions in the Americas that belongs to the Annonaceae family. Its leaves are widely used because they are rich in various nutrients like iron, calcium, phosphorus, magnesium, sodium, potassium, zinc, etc. That makes the tea very effective in fighting against the mutation of cancerous cells.

Other benefits of consuming soursops tea are:

- It helps to destroy and eliminate cancerous cells and inhibit the growth of cancer cells.
- It is a very strong and effective antioxidant that helps neutralize free radicals that can damage the cells.
- It helps to soothe heart disorders.
- It helps to lower blood sugar levels for people who have type 2 diabetes.
- It helps to fight against infectious diseases caused by bacteria. Such diseases like yeast infections, cholera, gingivitis, Staphylococcus,

tooth decay etc.

- It helps to soothe and alleviates swelling (inflammation) etc.

The note-full precautions before consuming soursops tea include:

- Since there is no information about this herb's harmful effects on pregnant and breastfeeding mothers, I advise that they stay off this herb.
- Although this herb is tempting, please make sure you consume this herb under a medical practitioner's supervision.

For the dosage and how to prepare soursops tea, kindly take the following steps:

- Harvest some fresh Soursops leaves, dry them until it is dried, chop them, or pound them into smaller pieces. On the other hand, you can place an order online, and it will come dried and chopped.
- Measure 1 teaspoon of the chopped leaves of the Soursops and pour it into your teacup or mug.
- Boil 8 ounces of water and add it to the Soursop leaves in the teacup or mug and cover it.
- Allow the leaves to steep for 10-15 minutes and strain them.

You are done!

For the dosage, consume 2-3 cups of Soursops tea daily

Valerian Root

The benefits of consuming valerian roots include:

- It helps treat and calm the central nervous system, relieve anxiety, stress, depression, and chronic fatigue syndrome (CFS).
- It helps to treat and prevent sleeplessness (Insomnia).
- It helps relieve and reduces the severity and frequency of hot flashes in postmenopausal women and relieves premenstrual disorders (PMS).

- It helps to soothe dysmenorrhea (menstrual cramps) and relieve pains during menstruation.
- It helps to lower blood pressure and the rate of heartbeat.
- It is used to remedy Attention-deficit hyperactivity disorder (ADHD).
- It is used to treat and relieve some health issues like headaches, convulsions, epilepsy, mild tremor, joint pains, stomach irritation, etc.

Valerian root has no side effects if used for less than 28 days, but if you consume too much of it, you might suffer some side effects like:

- Stomach irritation.
- Headache
- Swing mood
- Sleeplessness
- Sluggishness

The note-full precautions before consuming valerian root include:

- Since much is unknown about this herb's safety for pregnant and breastfeeding mothers, I advise them to stay off this herb.
- Because of this herb's drowsiness effect, I strongly advise you not to drive or operate any machinery after consuming valerian root.

For the dosage and how to prepare Valerian root tea, kindly take the following steps:

- 1) Harvest some valerian plants' roots, wash them, chop them into smaller pieces, and dry them.
- 2) Alternatively, you can order it online, and it will come dried and chopped.
- 3) Boil 8-10 ounces of water and add 1teaspoon of the valerian root and allow it to boil for 15-20 minutes.

4) Allow it to get cool and strain.

5) You are done! For the dosage, take 1 cup (8-10ounce) of valerian tea 30-60minutes before going to bed daily.

Third Stage: 7 Simple Habits For a Healthy Immune System

Avoid table salt

Even if you don't have 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.

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.

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.

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.

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.

Eat more fresh fruits and vegetables

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

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 salt, sugar, unhealthy fats, alcohol, and cigarettes. Then, try introducing healthy living habits one at a time, e.g., 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, after you successfully lowered it, regaining high blood pressure can be very demoralizing, and you may find it difficult to motivate yourself to try again.

Conclusion

Autoimmune disease is a term that's used to describe a variety of chronic issues related to the immune system. These diseases can be debilitating and can prevent people from living the active lives they're used to enjoying.

There are many different forms of autoimmune disease, and they can develop over the course of one's life – but new research suggests that Dr Sebi Autoimmune Solution may be the key to reversing them.

Dr Sebi Autoimmune Solution has been proven to prevent the development of autoimmune disease. But it's also been proven to reverse autoimmune disease when it's already established.

The solution is a formulation developed by Dr. Sebi, who was a well-known herbalist from the Dominican Republic. Many people around the world have been able to successfully treat their autoimmune issues using his methods.

The key to Dr Sebi Autoimmune Solution is in its formulation – it was designed specifically to boost the immune system and prevent the autoimmune disease from developing in the first place. And if it does develop, Dr Sebi Autoimmune Solution can help you recover more quickly and easily than ever before.

This solution is a combination of ingredients, and it works by helping to increase the levels of the following nutrients: Superoxide dismutase, vitamin C and zinc.

The major difference between Dr Sebi Autoimmune Solution and other protocols is that it helps to enhance detoxification and ensure that your body runs as smooth as possible. It also targets other aspects of the immune system so that you can prevent immune responses on multiple levels.

Dr Sebi Autoimmune Solution is the number one protocol proven to reverse autoimmune disease. It's been used by literally thousands of people who have had their health restored to where it was before.

The good news is that Dr Sebi Autoimmune Solution can be used to prevent autoimmune issues from developing in the first place. And if you already have an autoimmune disease, it can help you reverse the effects of it much more effectively than any other protocol.

When you're looking to fight cancer or enhance your energy levels, you want to make sure that you're using a solution that's proven effective. And Dr Sebi Autoimmune Solution is the number one solution proven effective in addressing the autoimmune disease.

You've likely defended yourself against all sorts of threats in your life, and you've managed to overcome them. But if you have to fight off autoimmune issues, it can be a much greater and more serious challenge.

It's important that you go into this with a comprehensive strategy that will address all of the different aspects of your immune system. This will allow you to prevent the autoimmune disease from developing in the first place and protect yourself from future harm as well.

Dr Sebi Autoimmune Solution is the number one solution for fighting an autoimmune disease. It's been proven effective against all types of

autoimmune issues, including lupus and rheumatoid arthritis. When you use Dr Sebi Autoimmune Solution, you can have your health restored to what it was before.

BOOK 9:
DR SEBI
ENCYCLOPEDIA
OF HERBS

Introduction

The Dr. Sebi Encyclopedia of Herbs is an informative resource on a wide range of herbal remedies with instructions for preserving them properly. It will give you the knowledge you need to prepare, use and store your herbs properly. It also contains a wide variety of cures.

We are only just re-discovering the benefits of alkaline herbs for optimal health. Everyone's body has a certain pH, or "potential of Hydrogen." In chemistry, pH refers to a scale that measures the acidity or alkalinity of a substance. This scale goes from zero to fourteen. Acidic substances have a lower pH than basic (alkaline) substances. A pH of seven is neutral, pH values lower than seven are acidic, and pH values higher than seven are alkaline. For Example, pure water has a pH of seven, making it perfectly neutral. Alkaline herbs used to heal have a pH greater than seven.

Alkaline herbs can help rid the body of excess mucous, detoxify the body, and reduce harmful inflammation. Combined with an alkaline diet, this can completely transform your body, strengthen the immune system, and provide youthful energy.

This book guides plants found in many different cultures worldwide, providing information about their origins, characteristics, cultivation and uses in alternative medicine. The book includes detailed descriptions of herbal remedies from all over the world including top-selling herbs such as black cohosh, ginger, aloe vera juice, oregano and ginkgo biloba. All treatments are free from any animal products or harsh chemical ingredients.

The Dr. Sebi Encyclopedia of Herbs is a modern re-evaluation of the medicinal value of herbs and their uses in alternative medicine. It includes

holistic information on many herbs and spices used as healing remedies for thousands of years.

It provides:

- Detailed anatomical descriptions.
- Botanical treatments of the herbs found in the book.
- Recipes for preparing them at home.

This book contains comprehensive information on the plants' origins, characteristics, cultivation and uses to give readers a better understanding of how they can be used for healing purposes.

Today, alkaline herbs address various issues ranging from excess mucous to blood purification. In this book, you will learn the best alkaline herbs to use and how and when to use them for optimal health.

Alkaline herbal medicine is as old as time itself. Early humans may not have realized it at the time, but many of the foods they ate and the herbal remedies they passed from generation to generation, were likely alkaline.

Chapter 1: Dr. Sebi's Diet Pillars

The Dr. Sebi diet concentrates on plant-based foods, one of the advantages. The diet encourages people to consume a lot of fruits and vegetables, which are abundant in fiber, vitamins, minerals, and plant components.

Diet Rules

You should follow these fundamental guidelines according to Dr. Sebi's dietary guide:

Rule 1: Only eat the items mentioned in the nutritional guide.

Rule 2: Drink 1 gallon (3.8 liters) of water every day.

Rule 3: Take Dr. Sebi's vitamins one hour before taking your prescription.

Rule 4: No items derived from animals are allowed.

Rule 5: No alcoholic beverages are permitted.

Rule 6: Avoid products made from wheat and stick to the guide's list of "natural-growing grains."

Rule 7: Don't use the microwave because it destroys food nutrients.

Rule 8: Do not use seedless or canned fruits.

Foods to Eat

Vegetable and fruit-rich diets have lower inflammation and oxidative stress and protect against various illnesses. In Dr. Sebi's nutrition guide, you'll find a list of items that are allowed on a diet, including:

- Apples, cantaloupe, dates, figs, elderberries, berries, papayas, peaches, soft jelly coconuts, plums, pears, seeded key limes, seeded melons, mangoes, prickly pears, and tamarind.

- Avocado, bell peppers, chickpeas, cactus flower, cucumber, dandelion greens, lettuce, kale, olives, sea veggies, squash, tomatoes, mushrooms, okra, and zucchini.
- Some of the grains available are Fonio, amaranth, rye, Khorasan wheat (Kamut), wild rice, spelled, quinoa, and teff.
- Brazil nuts, raw sesame seeds, hemp seeds, raw tahini butter, and walnuts are nuts and seeds that can be eaten.
- Avocado oil, grapeseed oil, uncooked coconut oil, sesame oil, hemp seed oil, and olive oil.
- Elderberry, chamomile, tila, fennel, burdock, ginger, achiote, raspberry herbal teas, cayenne, habanero, onion powder, tarragon, sage, pure sea salt, pure agave syrup, thyme, powdered, granulated seaweed, date sugar, oregano, cloves, basil, bay leaf, dill, cayenne, sweet basil, habanero, and tarragon.
- In addition, you can eat grains from cereal, pasta, bread, or flour. However, food having yeast or baking powder is prohibited.
- You are permitted to consume water in addition to tea.

Dr Sebi Ideology

Fundamentals

The acid-alkaline diet, or alkaline ash diet, is another name for the alkaline diet. The food you consume can change your body's pH value, a metric of acidity or alkalinity. When food gets converted to energy, it is known as metabolism. Chemical processes in your body are gradual and regulated. Whenever things are burnt, they leave behind an ash deposit.

Similarly, the meals you eat leave a deposit known as metabolic waste, referred to as "ash." This metabolic waste might be alkaline, acidic, or neutral. Supporters of this diet argue that metabolic waste

directly impacts your body's acidity. The alkaline diet is based on the concept that eating alkaline foods instead of acid-forming meals can enhance your health. Supporters of this diet say it can aid in treating major illnesses such as cancer.

Acidity

The pH of your body changes a lot. There is no defined degree of acidity or alkalinity; certain sections are acidic, while others are alkaline. Your stomach is full of hydrochloric acid, which gives it an extremely acidic pH of 2–3.5. This acidity is required for food digestion. Human blood is mildly alkaline with a pH of 7.36–7.44.

Left untreated, it can be deadly when your blood pH exceeds the usual range. However, this only occurs in particular illness situations, such as diabetic ketoacidosis, malnutrition, or excessive alcohol use. Your body closely controls the pH of your blood. Diet does not affect blood pH in healthy persons but it can modify urine pH.

Mucus

Dr. Sebi felt that the illness was caused by mucus and acidity. He believed that consuming some foods and avoiding others may help the body cleanse, resulting in an alkaline condition that would minimize illness risk and symptoms. An alkaline diet will assist you in naturally detoxing your body, removing excess mucus, reducing inflammation, cleansing your liver and reversing diabetes.

Diseases

Osteoporosis is a bone disease that causes a reduction in bone mineral content over time. It's more frequent among postmenopausal women and significantly increases your risk of fractures.

Many supporters of the alkaline diet think that your body uses alkaline minerals, like calcium in your bones, to neutralize the acids from the acid-forming foods you eat to maintain a steady blood pH.

Acid-forming diets, such as the traditional Western diet induce a decrease in bone mineral density. However, this idea ignores the function of your kidneys, which are critical in removing acids.

Controlling blood pH is also a job for your respiratory system. When bicarbonate ions in your kidneys react to acids in your blood, water and carbon dioxide are produced, and you breathe out and urinate out.

Sugars and starches, also known as carbohydrates, can assist you in losing weight by curbing your hunger, lowering your insulin levels, and lowering your insulin levels.

Chapter 2: Sourcing Herbs

When purchasing herbs for dietary supplements, we are often perplexed by the seemingly infinite choices. When purchasing herbs at a local health food store is easy, finding answers to your questions can be difficult at times.

Although you can purchase a product today and take it home, are the products available at herb stores significantly superior to those available online? Consider the following reasons why purchasing herbs online is frequently the better choice.

If you purchase your herbs from a reputable and established online source, you can be confident that they are safe and reliable.

Whether searching for something straightforward, such as garlic or something a little less popular, you will find what you're looking for while remaining confident in the source. Although herbal stores sell safe goods, the effectiveness of many things is debatable - some stores keep products on the shelves for months.

Their potency diminishes over time when these herbs are exposed to light, including in dark-colored bottles. When you purchase online, you are guaranteed to receive the freshest product available and since suppliers maintain their goods in regulated environments, you can rest assured that they are successful.

Local herb stores also sell only the most common products or products containing various substances. Many of their items contain superfluous fillers. When buying herbs online, you can easily study each ingredient to ensure you purchase what you want. Nothing more, nothing less, and you'll also notice fewer fillers if you buy pure goods.

You will learn more about the herbs' source when you shop online.

Where did these herbs originate?

What methods are used to grow, process, and package them? Who is responsible for the job and how are employees treated?

These are simple questions to answer for yourself from the comfort of your own home. You'll likely have difficulty finding someone who can answer these critical questions at your neighborhood store.

When purchasing herbs for weight loss, efficacy is another critical aspect. While certain compounds available from local suppliers may contain the components you need, they may not be the insufficient quantity to promote weight loss.

While you will pay about the same price for herbs online as you would in a local herb store, you can guarantee that you get the correct potency when you buy from a reputable online dealer.

Overall, it's critical to note that, while herb stores sell various weight loss items, consistency, potency, source, and even processing are critical factors to consider when purchasing herbs for weight loss.

The interest in herbs increases as more people become aware of herbs' benefits in their daily lives. Others are searching for culinary herbs to add flavor to their cooking, others for medicinal herbs and still others for things to use in their hobbies. There is a market for herbs, and it is not difficult to get started.

The first step is to determine which herbs you can grow. To grow fresh herbs for cooking, you will need to attract customers. This is the most significant obstacle. Consult with local restaurants in the region to determine which herbs they most often use. If the menu features many pesto sauce dishes, you may be able to sell them fresh basil.

If the menu calls for other types of herbs, such as thyme, lemongrass, or cilantro, they may be interested in your crops if you can provide a reliable source. Advertising the restaurant's use of locally produced ingredients is also a bonus.

Another excellent location to sell your herbs is at local farmers' markets. Many parts of the country now have these, which run from early spring to late fall. You should set up a booth and bring your herbs to the market weekly to sell them. It won't be long before you start getting regular customers seeking you.

It is unnecessary to sell fresh herbs; a simple way to start earning money is to sell herb plants you have grown in your backyard. Many people prefer to buy herb plants from a reputable and proven source. Herbs are simple to start and develop, which means you can easily earn a profit by charging a reasonable price.

You can also sell herb-based items such as potpourri, sachets, herbal vinegar, and essential oils along with the herbs. Perhaps give away samples of various foods prepared using your recipes and the herbs you offer. Additionally, you can sell your recipes. Growing your product offerings and selection is an excellent way to expand your customer base.

You should create a customer mailing list. Begin gathering names and email addresses to notify consumers when a special sale is approaching or you are attempting to advertise special offers.

You can expand your client base and send a monthly newsletter with recipes or useful information about herbs. This will also keep your customers thinking about you during the offseason and they will be more motivated to purchase if you are the type of person who makes them feel important.

Along with setting up an actual herb stand, you can create a website and sell your products online. You can sell dried herbs, seeds and recipes and herbal products you make online. There are several ways to earn money by selling herbs. Today is an excellent day to begin planning your own herbal business.

Purchasing organic bulk herbs was once thought to be the domain of restaurateurs and serious herbalists. As customers seek ways to live healthier and more economically, purchasing bulk herbs makes sense. Organic bulk herbs have many functional applications that contribute to a healthier lifestyle.

Additionally, the standard is usually superior to a typical supermarket shelf. Whether retail or wholesale, purchasing bulk herbs will save you money and time.

The perfect organic supplier would have a diverse range of herbs for whatever reason you have in mind. Organic herbs are mineral-dense and contain many constituents that have been shown to benefit the human body—from culinary applications in the kitchen to medicinal and cosmetic applications in the water. Many bulk herbs can be used in an almost infinite number of ways.

The herb you use in the kitchen will almost certainly be transformed into herbal tinctures, poultices compress or bath blends. Lemon balm leaves, which are delicious in salads, soups, beverages, and casseroles, can be added to your bath to help with anxiety, depression, and skin disorders.

The range of organic herbs available can be daunting. Still, a reputable bulk retailer can help you locate basic herbs, from those that add flavor to meals to those with medicinal properties for nursing a cold or making your soaps or spa treatments.

Quality is critical when purchasing organic herbs. Locate a reputable vendor who sources them from environmental friendly farmers. Additionally, inquire about the processing and milling methods for organic herbs.

Herbs that have been thoroughly inspected and washed would be aromatic and fresh, rather than flat and degraded due to insufficient oversight and irradiation, which can deplete the herbs of their nutrients and oil content.

Purchasing in bulk saves money in general but even more so when there are health benefits. Bulk herb vendors also sell wholesale herbs, resulting in more favorable overall pricing, ongoing discounts, and rewards.

Although you can save money by selecting from a large selection offered by a reputable supplier, never sacrifice quality for cost savings. Savings on the best retail or wholesale herbs often start with the organic herbs' consistency, freshness, and potency.

Pursue experts who conduct scent, color, taste, and texture tests on their herb sources. These factors contribute to your culinary enjoyment and overall health. If you've seen how the highest quality organic herbs can enhance your life, there will be no contrast to lesser-quality herbs.

Chapter 3: Alkaline Herb List

Bladderwrack

Common and Latin name: Bladderwrack is a type of seaweed known by the Latin name *Fucus vesiculosus*.

Where to Find: This somewhat common seaweed can be found on the Atlantic and Pacific coasts of North America, the Northern Atlantic, and the Baltic coasts of Europe. It is most often found in areas between high and low water marks near rocky shores.

How to Grow: Bladderwrack is a type of seaweed that only grows in the sea. It has better foraged than grown since it requires these specific conditions.

Identification: One of the simplest ways to identify bladderwrack is to look for the small “bladders” that give the seaweed its name. Bladderwrack is brown and has small, air-filled sacks (or bladders) that keep it floating upward in the water.

Medicinal Actions: This seaweed is a rich source of iodine, making it ideal for thyroid health. The thyroid needs iodine to function, and our bodies do not make their iodine. We have to get sufficient amounts of this important nutrient through our diets. Sometimes, people do not consume enough iodine to keep their thyroid functioning optimally. Consuming bladderwrack can treat thyroid disorders (caused by or made worse by low iodine) like low metabolism and weight gain. Bladderwrack is also antioxidant and anti-inflammatory, making it useful for arthritis.

How to Use: It is not very pleasant tasting to just add to the diet in foods and dishes. For this reason, many people use powdered bladderwrack in

capsules or drink bladderwrack infused in a tea. Start with 150 mg of bladderwrack in capsules twice a day and go up from there if you do not see desired improvements. For tea, start with one to two cups a day and go up from there if needed.

Burdock Root



Common and Latin name: Burdock is a plant with the Latin name *Arctium lappa*.

Where to Find: Although burdock is native to North Asia and Europe, it has spread worldwide and is now common in North America. It can be located in fields, meadows, and the wood's edge.

How to Grow: Because burdock is so common and spread worldwide, it can be cultivated easily. It requires partial shade and well-draining soil. Do not let the plant dry out. Water it regularly.

Identification: One of the easiest ways to recognize burdock is the prickly pink, burr-like spherical flowers that emerge in the summer. Do not confuse these with thistles, which also have prickly pink flowers. Unlike thistles, burdock leaves are large and oblong. Thistle leaves are sharp and will stab you if you touch them. The root is a brownish taproot. The root is most often used medicinally.

Medicinal Actions: Burdock roots are anti-inflammatory, antioxidant, tonic, and act as a blood purifier. The antioxidants in burdock can help eliminate free radicals in the body. Free radicals can cause damage to cells, resulting in cancer. The root can help cleanse the blood by removing toxins

from the bloodstream. Because of its cleansing and tonic properties, it has been used to treat skin conditions that result from too many toxins in the body.

How to Use: The roots can be used in several ways. They can be harvested, washed, and finely chopped to tincture. If you wish to take a tincture with burdock, start with ½ tsp divided into two doses or taken in one dose daily. It can also be made into tea. Drink up to three cups daily for optimal blood purification. If you wish to make something stronger than tea, you may boil ½ cup of the roots in three cups of water to make a decoction. Drink one cup daily, refrigerating any remnant until it is gone.

Cascara Sagrada

Common and Latin name: The bark from this tree also goes by the common names California buckthorn, Cascara buckthorn, bitter bark, and bearberry. The name Cascara sagrada means “sacred bark.” The plant’s Latin name is *Rhamnus purshiana*.

Where to Find: This deciduous tree can be found growing wild in shady forests in the Northwestern United States, as well as Canada. It is not uncommon for the tree to be found growing as far south as California. It is also often cultivated, especially in North America and parts of Africa.

How to Grow: This tree can be grown from seeds (although patience is required to get the tree big enough to use). It is not picky about how much sun or shade it requires. You can grow it in a large pot in full sun or full shade, as long as you expose the seedling to sunlight the first year to promote growth. Keep the soil moist, but do not over-water this plant. It is better to let the soil become semi-dry than to over-water.

Identification: Often, this tree will not be large in the wild. It almost appears as more of a bush or shrub. The bark of this tree is gray and smooth. As the leaves appear, they become shiny and green. The leaves are oval with veins that make the surface look wavy. This tree produces flowers in the spring that are small and green-yellow. After the flower is gone, small red fruits will appear. These fruits will ripen to become a dark blue to black color. The tree is deciduous, so it loses leaves in the fall (unless it is growing in a warmer climate, where it tends to hold on to its leaves). The leaves turn orange/yellow in the fall before they fall from the tree.

Medicinal Actions: The main medicinal action of this tree bark is to help with constipation. It acts as a laxative to help purge the body of toxic material.

The primary medicinal compounds in the bark are called anthraquinones. These compounds inhibit the absorption of water in the intestines, which results in the trapped stool increasing in volume as it absorbs the excess water. The result is an increase in pressure in the bowel to help push the stool out of the body.

How to Use: Before you know how this medicinal bark will work for your body, you should proceed with caution to avoid upsetting your bowels too much. A great way to use the bark is in tea. Start with ½ cup of tea for constipation and work your way to one cup if needed. You may take anywhere from one to two cups of this tea for constipation. To prepare tea, boil a teaspoon of the bark in three cups of water. Let this simmer for thirty minutes before straining it out to drink. Drink ½ cup and wait one hour. If you are still constipated, drink another ½ cup and wait one hour. Do this as needed until you are able to have a bowel movement.

Chamomile



Common and Latin name: There are two main species of medicinal chamomile. The first goes by the common name German chamomile, Latin name *Matricaria Recuitita*. The second goes by the common name Roman chamomile, Latin name *Anthemis nobilis*. Although both are used for similar maladies, they also have a few differences when it comes to what they target.

Where to Find: German chamomile is native to southern and eastern Europe but has since spread all over the world. Roman chamomile is native to Europe and the Mediterranean area but has been found growing in many other areas of the world. Both species are often cultivated in North America as well.

How to Grow: Sow chamomile seeds on well-draining soil in the spring (after the danger of frost has passed). Make sure the area gets partial sun. The seeds need light to germinate. Keep them watered on a semi-regular basis.

Identification: Roman chamomile's Latin name is derived from a Greek phrase meaning "earth apple." This is because Roman chamomile has an apple-like scent. It has daisy-like white flowers and fern-like leaves. German chamomile has fern-like leaves that are not as thick as Roman chamomile. The leaves of German chamomile are finer and wispier. German chamomile flowers have a more bulbous yellow center.

Medicinal Action: Both chamomile species are known for their ability to calm the mind and body. They have been utilized as a sleep aid for centuries. They are also carminative, meaning they can calm an upset stomach. They are

used for ulcers, nausea, and indigestion. They are also used externally to treat inflamed, red skin irritations. German chamomile has better anti-inflammatory properties than Roman and contains more active compounds, making it more potent. Roman chamomile is better for calming sore muscles than its peer.

How to Use: Chamomile flowers are often enjoyed in tea for calming, relaxation, and to help get the body ready for sleep. They can be infused in oil and applied externally for sore muscles. Infuse a teaspoon of dried flowers into one cup of hot water for ten minutes and drink this around 30 minutes before bedtime to help calm the mind and body. A cup of this tea is also great for calming an upset stomach if you are suffering from morning sickness or needing to recover from a virus that caused stomach issues.

Chaparral

Common and Latin name: Two different species of chaparral, sometimes called California Sagebrush, are often used interchangeably. They go by the Latin names *Larrea tridentata* and *Larrea divaricate*. *Larrea tridentata* is more popular than the other species when it comes to medicinal uses.

Where to Find: These shrubs are native to the Southern United States, as well as regions of Mexico. They are usually found growing at lower elevations in dry areas. They often grow in sandy, rocky areas.

How to Grow: If you wish to grow this plant, you will need to attempt to recreate its growing conditions. Plant seeds in rocky areas and keep them watered until they germinate. Since they are used to dry conditions, you don't have to water them often when they become established, but you should probably water them every four to five days in the summer (especially if you have very hot summers where you live). They don't need full sun, especially if you live in a very hot climate. A little shade can give them some relief on those smoldering days.

Identification: Chaparral is a small, woody shrub. It has small, oval leaves and flowers that are usually yellow. The leaves may have a resinous coating.

Medicinal Actions: The leaves of this bush are extremely antioxidant. It has been touted in the treatment of many conditions, but some of the most common include: skin conditions, viruses, arthritis, cancer, and tuberculosis. It is anti-inflammatory and antiviral. It is said to contain anticancer compounds that interact with cancer pathways, which in turn, help shrink tumors.

How to Use: One of the safest ways to consume chaparral is in tea. It has come under scrutiny in the past few years because it has been blamed for liver failure in someone. However, this person was also taking NSAIDS and other harmful drugs that could easily be the culprit. There is a compound in the plant called NDGA that is blamed for liver issues. Drinking chaparral in tea form means you are not getting extremely high amounts of NDGA. However, some NDGA is good, as it is also the reason the plant has antioxidant and anti-

inflammatory activity. Drink a cup of this tea daily for inflammatory conditions.

Contribo

Common and Latin name: Contribo also goes by the common name “Bejuco de Santiago.” Its Latin name is *Aristolochia trilobata*. Another common name for this plant is “Dutchman’s pipe.”

Where to Find: This plant can be found in the jungles of the Caribbean.

How to Grow: Dutchman’s pipe can be grown in areas where the temperature does not go below freezing very often. It requires full sun to partial shade. It needs water, but it is best to let the plant get fully dry between watering. If you happen to live in an area that has colder winters, it can be grown indoors, as it does fine in low light conditions. Give it a decent-sized container and make sure it has room to grow upwards, as it is a vining plant.

Identification: A great distinguishing characteristic of this plant is its flowers. They are unique and have a nepethes-like flower with a long filament from the dorsal that hangs down. The flower is a deep red to yellow in color. The leaves are often divided into three lobes.

Medicinal Action: The plant has been used historically to treat wounds like snake bites, and was thought to help pull out the poison. It is also used as an emmenagogue, meaning it can bring about a menstrual period. However, this plant has abortifacient properties and this may be why the plant is said to bring on menses. Use with caution and only in small doses, as it can affect other parts of the body negatively. It has been used as an antiviral, as well as to increase appetite and circulation in the body. It can relieve indigestion and stomach upset. It may also have laxative properties.

How to Use: Infuse a small amount of the dried root in tea and drink one cup daily as needed.

Damiana

Common and Latin name: The Latin name for damiana is *Turnera diffusa aphrodisiaca*.

Where to Find: It is often found in dry or rocky areas. Its native regions include Mexico, the West Indies, Central America, and South America.

How to Grow: This deciduous shrub can be grown, but will need a big pot so it has plenty of room. Since it is native to the warmer, tropical regions of the world, it requires plenty of water and heat/sun. When the plant has become established, it does not require water often. Let the soil dry out before watering it again. If you live in a colder climate, bring your plant inside in the winter.

Identification: Damiana has serrate leaves that have a distinct, pleasant aroma. The plant will bear small yellow flowers, followed by small fruits that smell and taste like figs. The whole plant grows up to two meters in height.

Medicinal Action: The leaves of this plant contain the main medicinal components. They are collected and used to treat low libido, making them aphrodisiacs. In addition, damiana leaves have been used for mild to moderate depression and female issues with menstrual periods. The plant is a friend to women especially, acting as a hormone balancer and tonic. Damiana is also used by men for enhanced sexual function. It also contains tannins and flavonoids that help with respiratory issues.

How to Use: Harvest and dry the leaves for use in tea. Drink one to four cups of damiana tea daily for hormone support and increased libido. You can also tincture the leaves and take one to two droppers full daily for respiratory support or as an aphrodisiac.

Dandelion Root



Common and Latin name: The Latin name for the dandelion is *Taraxacum officinale*.

Where to Find: Dandelions may be one of the most common yard plants in the world. They can be found all over the world in grassy yards, parks, and fields.

How to Grow: Because they are so common, there really is no need to grow dandelions. However, if you happen to have some in your yard, you can encourage their growth by collecting the seed heads and making sure they are dispersed back into your yard (as opposed to being blown onto your neighbor's property).

Identification: Dandelions are often identified by their bright yellow flowers. When the flowers go to seed, they have wispy, feather-like appendages on the seeds to help float them for better distribution. The leaves are pointed at the tip, but have cuts on the sides going up the leaf. The stem is a hollow, flexible tube.

Medicinal Actions: The root of the dandelion is tonic, diuretic, anti-diabetic (it contains a compound called inulin that helps with blood sugar levels), and a blood purifier. Because of its cleansing tonic properties, it is often used to help with liver and kidney issues. Its diuretic properties further help cleanse the kidneys and urinary tract.

How to Use: The part of the plant used for medicinal purposes is the root, but it is worth noting that the leaves and flowers are edible and very nutritious. Harvest the roots in the fall if possible. You will need a spade to get down into the soil around the plant. The root is a taproot and it can get pretty large. They can be down in the ground deeper than you might expect. Once you are able to harvest some roots, rinse them off good until they are clean. Make sure that the areas you choose to harvest dandelion roots have not been sprayed with pesticides or other harmful chemicals. Lay the roots to dry on a towel or drying rack. When they are dry, you can chop them up and tincture them or drink them in tea. Many people choose to dry them and use them in tea as needed for urinary and kidney issues or daily regulation of blood sugar. Drink one to three cups of dandelion root tea a day as needed for cleansing, blood purification, and overall health.

Elderberry

Common and Latin name: Elderberry is the common name for a bush with the Latin name *Sambucus nigra*. However, another Elder species called *Sambucus canadensis* also has similar medicinal actions.

Where to Find: Elderberry bushes are commonly found throughout most of North America, especially in the United States. They tend to grow along roadsides, at the wood's edge, and along bodies of water. They are easiest to spot in mid-summer because they will have large umbels of white flowers. However, one will need to wait until fall to harvest the berries.

How to Grow: Elderberry can be grown rather easily from cuttings. You can also dig up small Elder shoots from large patches and re-plant them in your yard. Plant them in an area with partial or full sun and give them plenty of water. Make sure you plant them in well-draining soil. They should grow quickly, and may even produce berries in the second year. Keep an eye on your elderberry patch, as they can spread quickly and become invasive in some areas.

Identification: Elderberry bushes can be anywhere from three to ten feet in height, although they can be taller if given the right growing conditions. The leaves are lance-shaped and medium to dark green. They grow in an opposite pattern along a stem. The flowers are in umbels and are very small. They are white and have a pleasant, floral aroma. They emerge in mid-summer. Berries will appear in late summer to early fall. Usually, the berries emerge earlier in the southernmost United States. The berries start out purple in color and ripen to a very dark purple-black. They can be harvested when they have reached this ripeness. Avoid harvesting from ditches and roadsides, as these are often polluted.

Medicinal Actions: Elderberries are immunomodulatory. They are great for those with weak immune systems because they can help to strengthen the immune system. They are also taken medicinally to boost the immune system

for those concerned about getting sick if they are exposed to a virus, etc. Elderberry has potent antiviral and anti-inflammatory properties as well.

How to Use: There are many ways to prepare elderberries, but the most effective way is to tincture the berries or make a syrup. It is best to gather them as fresh as possible for users, and this is easily done since they are so abundant in the wild. Gather berries in the fall when they are fully ripe and tincture them in high-proof alcohol (180 proof is optimal). This high proof will negate the small amounts of cyanide-producing glycosides in the seeds. If the berries are consumed raw, these glycosides can cause stomach upset. Elderberry syrup is also a very popular way to enjoy the medicinal benefits of elderberry. Some people boil the elderberries and then add raw honey to the boiled juice to make syrup. While this method can be effective, the amount of raw honey required cuts into the amount of elderberry a person is getting with a dose of the syrup. The syrup is a great way to give elderberry to a child, but a strong and effective way to prepare elderberries for optimal medicinal benefits is to tincture the fresh berries in non-GMO vegetable glycerin for four weeks. Next, pour the contents of your vegetable glycerin tincture into a pot on the stove and bring this to a boil. Turn down the heat and let this sit on a warm stove for several hours. When it has cooled enough, strain it out through a cheesecloth, making sure to squeeze out the vegetable glycerin trapped in the berries. Take five milliliters up to five times daily at the first sign of a virus. You may also take elderberry if you believe you have been exposed to a sick person. Take five milliliters two to three times daily to ward off the virus.

Eucalyptus

Common and Latin name: Even though there are many species of eucalyptus, the species most used in herbal medicine is *Eucalyptus globulus*.

Where to Find: Although this tree is endemic to southern Australia, it can be found growing in North America as well, especially along the California coast.

How to Grow: Eucalyptus prefers a warm climate, so if you live in a cold climate, it may not grow well. It requires well-draining soil and plenty of sun. Keep it watered, but don't overwater it.

Identification: The leaves are dark green and lance-shaped. They grow on a tree that can get rather large if given the right conditions. Flowers are wispy and white. The bark is rough and gray. The leaves emit a strong menthol fragrance.

Medicinal Actions: Eucalyptus may be best known for its ability to open the airways. It has also been used to treat coughing and congestion associated with many respiratory complaints. It is antiseptic, making it ideal for treating respiratory infections. Because of its menthol, it has a cooling effect on the body that can help lower a fever. The cooling effect is also great for relieving joint and muscle spasms/aches.

How to Use: You can use eucalyptus leaves by collecting them, drying them, chopping them up, and infusing them in a carrier oil (like olive oil). This infusion will make an effective topical treatment for muscle aches, joint pain, muscle spasms, and general body aches. It can be applied to the forehead (carefully) and the arms to help bring down a fever. Save some leaves to use for a natural steam treatment to break up mucous and open up the airways. Simply boil the leaves on the stove in a pot of water and inhale the steam with a towel over your head. Before inhaling the steam, make sure to remove the pot from the burner. Be careful not to burn your skin during this process. Inhale the steam for twenty minutes, taking deep breaths. Repeat daily until the congestion and infection are gone. For children, you

can hang bundles of branches in the shower and turn on the shower. The heat and steam will help release the oils from the leaves and act as a therapeutic breathing treatment for a congested child. Keep the shower closed so no excess steam can escape and sit with your child in this steam for twenty to thirty minutes.

Hierba Del Sapo

Common and Latin name: Hierba Del Sapo also goes by the Latin name *Eryngium heterophyllum*. There are other *Eryngium* species that are used medicinally as well.

Where to Find: This plant is native to the more humid regions of Mexico, as well as many parts of the Southern United States. It likes to grow along the banks of rivers and creeks, as well as in meadows and grasslands.

How to Grow: This plant requires full sun. Sow the seeds in late fall or early spring. Water the plant regularly as it begins to germinate, but it is a very draught-tolerant plant when it is established.

Identification: The beautiful blue, bristly flowers are very noticeable on this plant. It does not get very tall, growing up to two feet in the right conditions. The blue “petals” look more like thistles and the center of the flowers are rounded and prickly as well. The leaves are silvery in appearance.

Medicinal Action: Hierba Del Sapo has been studied for its ability to lower triglycerides and cholesterol. It is often used for conditions such as diabetes, gallstones, and kidney disease.

How to Use: The most common way to take this plant is in tea. Infuse two teaspoons of dried Hierba Del Sapo into one cup of water and let this steep for ten minutes. Drink one to two cups per day to support healthy cholesterol and triglycerides, as well as for blood sugar regulation, gallstones, and kidney issues.

Prodigiosa

Common and Latin name: Prodigiosa, sometimes referred to as “tassel-flower,” is also known by its Latin name, *Brickellia canvanillesi*.

Where to Find: This perennial plant is native to the Southwestern United States. It can also be found as far south as Mexico.

How to Grow: Prodigiosa can be easily cultivated in pots. It requires full to partial sun and well-draining soil. Do not over-water this plant.

Identification: Prodigiosa can be identified by its dark green leaves that are gray-purple on the underside. The leaves are toothed and large. The flowers can be in several different shades, including white, cream, yellow, or green. They look like tassels. This bushy plant can grow up to three feet in height.

Medicinal Actions: This plant is most often used for its ability to increase bile synthesis. It can help stimulate both pancreas and liver secretion. It can help eliminate bile from the gallbladder, so many with gallbladder issues turn to this plant. It is stomachic, meaning it can help with a variety of stomach and bowel issues like diarrhea and an upset stomach. In addition, this plant has been utilized in the treatment of fevers and headaches. Prodigiosa is also said to induce vivid dreams if taken before bedtime.

How to Use: There are several ways prodigiosa can be prepared, but it is most often tinctured. A dosage of anywhere from one to three milliliters of prodigiosa tincture daily can help with bile secretion and gallbladder issues. It can also be consumed in tea. Infuse one teaspoon in one cup of hot water for ten minutes and enjoy this up to three times daily for gallbladder, liver, and pancreas support.

Rhubarb Root

Common and Latin name: Rhubarb's Latin name is *Rheum rhaponticum*. In Chinese medicine, a species called *Rheum palmatum* is used similarly.

Where to Find: Rhubarb is often cultivated, and may be a common fixture in gardens around the world. Sometimes it escapes cultivation, so you may find it growing “wild.” It is a perennial plant that can grow for years. Check old homesteads and garden areas for rhubarb plants.

How to Grow: This plant is very hardy. Once established, it requires little upkeep and can grow yearly for up to ten years. Do not harvest the stems the first year to ensure the plant comes back. Sow seeds in your garden in early spring and space them four feet apart (they need plenty of room). Water them regularly and make sure they get plenty of sunlight.

Identification: Rhubarb plants often have a bright pink stalk. Frilly, green leaves grow atop the plant. The roots are short, thick rhizomes.

Medicinal Actions: English rhubarb (*Rheum rhaponticum*) is a mild purgative and astringent. It might help with bowel and stomach issues. The Chinese variety (*Rheum palmatum*) has been used much more extensively. It can treat kidney issues by preventing the buildup of waste in the body. Because it can help cleanse the body from toxins that lead to issues, it has also been used for liver issues. It has been used to treat stomach and bowel disorders because it contains anthraquinone compounds that work to stimulate bowel movements. It contains antioxidants that help lower cholesterol.

How to Use: Use the roots of the plant medicinally. Avoid the leaves of the plants, as they contain high amounts of oxalic acid. Oxalic acid can be hard on the kidneys if you consume too much. Infuse the chopped roots in hot water to make tea for blood purification, as well as liver and kidney health. The tea is also helpful as a laxative. For laxative effects, drink one cup of rhubarb root tea and wait one hour. If you are still constipated, drink another cup. For all other issues, drink one cup of tea daily.

Conclusion

Dr Sebi was a Honduran herbalist and healer who found that a pure diet could cure so many diseases. Alkaline diet herbs can help those suffering from autoimmune illnesses such as HIV and lupus.

Dr Sebi believed in using natural substances and avoiding pesticides, hormones and medicines. He used herbs to cure himself of prostate cancer and diabetes. In fact, he used these remedies himself to survive after an accident left him without a nose or lips. This book guides you through the exotic foods Dr Sebi ate and the results he obtained on his body from it.

Dr. Sebi's Encyclopedia of Herbs has covered the majority of herbal remedies that are the backbone of a complete and healthy diet. These remedies can be used for virtually any ailment including those related to bodily functions, blood and circulatory functions, elimination, spiritual health and moods, and more.

Herbs are safe, effective, and easily accessible. Thousands of years of clinical experience and study demonstrate that most common illnesses and conditions are at least partially curable with herbs. And the healthier you are, the easier it is to take care of any health concerns you may have.

In most cases, people are happy to have a natural remedy that is so easily accessible and inexpensive enough that it doesn't cost them a lot of money each month. And it's also nice to know that eating a diet of herbs, which is the backbone of any healthy and balanced diet, isn't just for the "purists" but also for many doctors who prescribe herbs.

You will discover the amazing results of Dr Sebi's diet solution that can help eliminate disease after years of suffering from it. You can begin here a new life free from chronic illness and experience a healthy, long life.

BOOK 10:
DR SEBI
KIDNEY FAILURE
SOLUTION

Introduction

Dr Sebi's solution to kidney failure is a natural, well-balanced, vegetarian, and healthy diet consisting of natural foods: fresh fruit and vegetables, raw nuts, seeds and unprocessed whole grains. Dr Sebi says the cleaner the food, the healthier you will be.

Dr Sebi's solution to kidney failure is also a vegetarian diet, which means no eating meat, poultry or fish. This can shock many people as many have been brought up on this kind of diet and have become accustomed to it. If you cannot give up eating meat, do not bother with the treatment, as you cannot expect any results without giving up your bad habits first. You have to give up the bad habits, which requires a great deal of willpower and it will take time for you to build this willpower because you have been accustomed to eating meat all your life. But if you are determined, then following this diet will help you. So, do not believe that Dr Sebi's solution for kidney failure is only for vegetarians.

Dr Sebi says that there are three key elements to his treatment: 1) clean eating which means that you have to avoid eating processed foods as these are not good for your health and will make you sick, 2) vegetarian and 3) an alkaline diet.

Dr Sebi has developed his alkaline diet, which is tailored to each patient depending on the severity of their kidney failure. This diet is not easy to follow especially when you are used to eating meat and processed foods. You have to start slowly by phasing out unhealthy foods and adding vegetables, fruits, raw nuts, and seeds.

Dr Sebi's solution to kidney failure is a vegetarian diet and the food we eat must be fresh and organic, without any chemicals or pesticides. It will also be raw, fresh fruit and vegetables with no sauce or dressing. The closer to nature our food is, the better it will be for us. Vegetables are the most important part of Dr Sebi's treatment program because they make up 90% of the diet. The vegetables include: celery, lettuce, cabbage, cucumber, tomato, potatoes and peas. Dr Sebi's favorite vegetable is celery and he eats it every day.

You should drink plenty of water daily as this will help flush out toxins and reduce swelling in the body such as kidney stones and aiding your recovery. While cooking our food, no oils are allowed because they clog up the liver and prevent proper digestion of the food.

Chapter 1: Kidneys

Kidneys are two organs about your fist's size located near the bottom of your rib cage, on either side of the spine. In each kidney, millions of tiny things called 'nephrons' filter the blood.

Kidney disease will attack these nephrons. The damage it causes might leave the kidneys unable to eliminate the waste. About 26 million people in the United States are affected by kidney disease.

What happens when the kidneys get damaged and can't function properly? This damage might be caused by long-term chronic conditions, high blood pressure, and diabetes. In addition, kidney disease could cause other problems such as malnutrition, nerve damage, and weak bones.

If it worsens with time, the kidneys might stop working altogether. You might have to undergo dialysis to help the kidneys perform. Dialysis is a medical treatment where a machine purifies and filters the blood. This won't cure the disease, but it does help prolong life.

Understanding how a disease works is not as simple as telling someone that the letter B comes after A. We need first to recognize the functions of a kidney. That way, we might understand just how the disease affects the organ.

When they are functioning normally, kidneys are responsible for crucial jobs, such as:

- Clear out waste substances and materials from your blood
- Flush out excess water from your body
- Manage your blood pressure
- Inspire your bone marrow to produce red blood cells
- Restrict the amount of phosphorus and calcium absorbed and excreted

You might be surprised by some of the responsibilities above. For example, some people raise their eyebrows in surprise when they realize that our kidneys are responsible for stimulating our bone marrow to produce red blood cells or RBCs. But that is how versatile our kidneys are.

The feature that interests us is that our kidneys help filter blood. There are a million filtering units in the bean-shaped organs. In turn, these units, called nephrons, have a filter known as a glomerulus along with another component called "tubule". Those are pretty complex terms but don't worry; I shall not drop a biology explanation.

To put it simply, a glomerulus is a modified blood vessel. Typically, your normal blood vessels transport blood throughout the body. But on the other hand, the glomerulus filters your blood to create urine. But once the urine has been produced, what happens to it? Are glomeruli going to do all the work of transporting them to your bladder?

That's where tubules come into play. These tiny structures take the waste materials from the glomerulus, look through them to see if any useful materials might have been included by accident, and then passes on the useful materials back to the blood and urine to the pelvis. Think of this arrangement as a nightclub with two bouncers.

The first bouncer is dealing with a large crowd outside. You might take advantage of that fact and sneak in, only to realize that a second guard is waiting for you, who has his job made easier because the first guard has whittled down the crowd to a manageable number. This time, you better be right about the age on your ID.

It's like your body created its version of the two-step verification process that you find when you open your bank account online or log in to certain websites; fluids get 'verified' for good materials first by the glomerulus, then by

tubules. But it is necessary because your body is trying to filter your blood properly.

How the Kidneys Work

Our kidneys are bean-shaped filters that work in teams. They have a very important job since they keep our bodies stable. They use signals from the body like blood pressure and sodium content to help keep us hydrated and our blood pressure stable.

If the kidneys don't function right, numerous problems could happen. When these toxins' filtration becomes slow, these harmful chemicals can build up and cause other body reactions like vomiting, nausea, and rashes. When the kidney's functions continue to decrease, its ability to get rid of water and release hormones that control blood pressure can also be affected. Symptoms such as high blood pressure or retaining water in your feet might happen.

Reduced kidney function could cause long-term health problems such as osteoporosis or anemia.

The kidneys work hard, so we have to protect them. They can filter around 120 to 150 quarts of blood each day. This will create between 1 and 2 quarts of urine made up of excess fluid and waste products.

Your kidney provides other functions. Some of them are:

- electrolyte levels and blood pressure maintenance
- excess acid elimination
- hydration control
- hormones and vitamin D production.

When the kidneys cannot purify and filter blood, it accumulates waste in the body, which is harmful. This condition is referred to as renal failure and can

even cause death unless treated on time. But, before understanding what renal failure is, you need to understand what kidneys are. The two bean-shaped organs on either side of your spine in your back are referred to as kidneys. They help clean the blood by removing waste products from it in the form of urine. Not only this, but kidneys also help maintain the balance of certain elements in blood like sodium, potassium, and calcium, and even control the secretion of hormones that help control blood pressure and red blood cells.

Kidney or renal failure refers to the kidneys not functioning like they are supposed to. "Kidney failure" covers a lot of different problems, and some of these problems could be an insufficient supply of blood to your kidneys for filtration. Diseases like diabetes, high blood pressure, and any damage to the kidney's filters can+ severely damage your kidneys. In addition, any scar tissue or kidney stones can block your kidney and result in renal failure.

Some different signs and symptoms can help you spot kidney failure. Awareness of these symptoms is important because early detection can help timely treatment and curb the problem before it becomes severe.

Keep an eye out for the following signs if there is a decrease in the output of urine over some time, retention of any fluid that results in the swelling up of your legs, ankles, or feet, extreme drowsiness, shortness of breath, feeling of constant fatigue, confusion, seizures or even coma in some severe cases, a build-up of pressure in chest or chest pain. Also, there are cases where acute kidney failure causes no signs or symptoms and can be detected through different lab tests done for some other reason. You should immediately make an appointment with your doctor when noticing any signs or symptoms of acute kidney failure.

Chapter 2: Chronic Kidney Disease (CKD)

What is Chronic Kidney Disease (CKD)?

We talk about Chronic Kidney Disease (CKD) when kidney functions decline for three months or more. There are five stages of evolution of a CRM according to the severity of the renal involvement or the degree of deterioration of its function.

Sometimes failure suddenly occurs. In this case, it is called an 'acute failure' of the kidney, often treated with urgency by dialysis for some time. Usually, kidney function recovers itself. Generally, this disease settles slowly and silently but progresses over the years. People with CKD do not necessarily go from stage 1 to stage 5 of the disease. Stage 5 is end-stage renal disease (ESRD) or kidney failure in the final stage.

It is important to know that the expressions terminal, final, and ultimate mean the end of any kidney's function (kidneys working at less than 15% of their normal capacity) and not the end of your life. To stay alive at this stage of the disease, it is necessary to resort to dialysis or a kidney transplant. Dialysis and transplantation are known as renal replacement therapy (TRS).

That means that dialysis or the transplanted kidney will "supplement" or "replace" the sick kidneys and do their job.

What Are the Causes of Chronic Kidney Disease?

There are different kinds of diseases and disorders of the kidneys. At present, we do not know for sure all the causes. Some are hereditary, while others develop with age. In addition, they are often associated with other diseases, such as diabetes, heart disease, or high blood pressure.

Most kidney diseases attack kidney filters, damaging their ability to eliminate waste and excess fluids. No treatment can cure these diseases, but it is possible to prevent them or slow down their evolution. It is especially true of diseases like diabetes and hypertension, the leading causes of kidney failure.

CKD is defined by the presence of an anatomical and urinary indicator of renal impairment and a decrease in the rate of glomerular filtration (GFR) persisting beyond three months. This disease is classified into five stages of increasing severity, according to the GFR. A DFG within normal limits characterizes the first two stages. It requires renal impairment markers, including urinary tests (proteinuria, Haematuria, or pyuria) or morphological abnormalities renal ultrasound (contours bumpy, asymmetrical in size, small kidneys or large kidneys, polycystic, etc.).

A real decrease in GFR characterizes only the other three stages. For example, the end-stage of chronic renal failure (CRT) or stage 5 of CKD is defined by a $\text{GFR} < 15 \text{ ml/min} / 1.73 \text{ m}^2$.

Renal impairment is defined by the presence of pathological abnormalities or biological markers of the kidney, including abnormalities of urinary or kidney morphological tests detected by imaging.

Historically, the lack of consensus on the definition of CKD (especially chronic renal failure) and its severity has led to late diagnosis, inadequate medical management, and data deficiency at a global level.

It was not until 2002 that this gap was filled by adopting the DFG thresholds or the aforementioned CKD stages.

Even though people with diabetes use insulin by injection or take medication, they cannot shelter some small blood vessel lesions, like those in the eye's retina. In this case, the retina may be damaged, resulting in vision loss. Also, they are not immune to the deterioration of the fragile blood vessels of the renal filters.

Progressive deterioration of the kidneys is seen when urine tests show higher and higher protein levels. As the disease progresses, the number of proteins increases. As for treatment, the sooner it starts (for example, with drugs such as ACE inhibitors or A2 blocking agents), the more likely it is to slow the disease's progression. Kidney disease caused by diabetes can slow the evolution of the disease regardless of its stage.

Over time, diabetes can reach kidney filters at no return: the kidneys no longer function, and renal replacement therapy becomes essential. In addition, people with diabetes are prone to infections, which are changing rapidly. If these infections, especially those of the urinary tract, are not treated, they can damage the kidneys. Therefore, it is recommended that people with diabetes not overlook any condition and treat it immediately.

Hypertension

The kidneys secrete a hormone that plays an important role in increasing or reducing blood pressure. When the kidneys are so affected that they do not function properly, this hormone's secretion can increase and cause hypertension, damaging the kidneys. Therefore, it is necessary to closely monitor hypertension to avoid renal function deterioration in the long term.

Glomerulonephritis

Glomerulonephritis, or nephritis, declares when glomeruli, these tiny filters used to purify the blood, deteriorates. There are several kinds of glomerulonephritis. Some are hereditary, while others happen due to certain

diseases such as strep throat. The causes of most glomerulonephritis are not yet known. Some glomerulonephritis is cured without medical treatment, while others require prescription drugs. Some do not respond to any treatment and have chronic kidney disease. Some clues suggest that glomerulonephritis is due to a deficiency in the body's immune system.

Autosomal Dominant Polycystic Disease

Often in their forties, people with the disease will need dialysis or a kidney transplant. But because the loss of kidney function is changing at a different pace, depending on the individual, the time between the onset of cysts and the need for dialysis varies widely. Since the disease is hereditary, people are advised to inform other family members to carry out the required tests as they may be affected.

The Obstruction of the Urinary Tract

Any obstruction (or blockage) of the urinary tract may damage the kidneys. Blocks can occur in the ureter or at the end of the bladder. Narrowing the ureter at the superior or inferior level is sometimes due to congenital malformations, leading to chronic kidney disease in children. In adults, increased prostate volume, kidney stones, or tumors often obstruct the urinary tract.

Reflux Nephropathy

Reflux nephropathy is the new name for the former "chronic pyelonephritis."

Illegal Drugs

The use of illegal drugs can cause kidney damage. Over-the-counter medications (without a prescription) High-dose and long-term use of over-the-counter medications can cause kidney damage.

Important: Beware of medications, including herbal remedies, sold without a prescription. It would be wiser to seek your doctor's advice before buying them.

Prescription Drugs

Some medications prescribed to people with kidney disease cause renal dysfunction. The lesions are sometimes reversible and sometimes irreversible. Many medicines prescribed by prescription are safe, but the doctor makes changes accurate to the dosage. So always ask your doctor or your pharmacist for information about the potential side effects of prescribed drugs.

What are the complications of chronic kidney disease?

- Fluid in your lungs or fluid retention that might cause swelling in your legs and arms
- Blood vessel and heart disease
- High blood pressure
- Hyperkalemia
- Increased risk of bone fractures and weak bones
- Anemia
- Reduced fertility
- Erectile dysfunction
- Decreased sex drive
- Decreased immune response
- Central nervous system damage, causing seizures, personality changes, and difficulty concentrating
- Pericarditis
- Irreversible damage to your kidneys
- Pregnancy complications

Chapter 3: Kidney Failure

What is kidney failure?

You reach the "Kidney Failure" stage when your kidneys cannot remove toxins and waste in your blood from the foods you eat and the things you drink. Sometimes called "chronic kidney disease" or "chronic kidney failure."

It isn't a disorder that happens overnight— it's a gradual issue that can be discovered early and treated, diet modified, and it's possible to solve what causes the problem.

Partial renal failure is possible, but it typically takes a long time (or a really bad diet for a short time) to achieve full renal failure. You don't want total renal failure because it will require regular dialysis to save your life.

Specifically, dialysis procedures wash excess blood and pollutants in the blood using a device because your body can no longer do the job. Despite therapies, death could be very painful. In addition, renal failure can result from long-term diabetes, high blood pressure, irresponsible diet, and other health concerns.

A renal diet is about moderating the diet's protein and phosphorus intake. Limiting sodium intake is also necessary. By regulating these two factors, you can regulate most of your body's toxins/waste, improving your kidney function.

When you notice it early enough and control your diet with extreme care, you can avoid complete renal failure. When you notice it early, you can remove it.

It's your kidney's job to remove stuff you don't need and balance the ones your body needs. If your kidneys can't play this role effectively, it's high time you discover what you can do. A doctor's prescribed renal diet can help filter out toxic substances you don't need in your body.

Understanding the Different Types of Kidney Failure

In general, there are five different kidney failures that you should be aware of. So I will try to go through them one by one to clear things up.

Acute Pre-Renal Kidney Failure

It is caused by insufficient blood flow to the kidney. In this scenario, the kidney fails to filter toxins as enough blood doesn't flow through it. It is possible to treat this type of failure as long your doctor can figure out the cause of your abnormal blood flow.

Acute Intrinsic Kidney Failure

It can happen if you experience any form of direct trauma to your kidneys, such as an accident or physical impact, causing toxins to overload and might lead to ischemia (Oxygen fails to get enough oxygen).

Some causes include:

- Shock
- Bleeding
- Glomerulonephritis
- Renal Blood Vessel Obstruction

Chronic Pre-Renal Kidney Failure

It happens when your kidney fails to receive sufficient blood for a prolonged period. As a result, the kidney tends to shrink, eventually losing its function in this situation.

Chronic Intrinsic Kidney Failure

It occurs if your kidney has experienced long-term damage due to intrinsic kidney disease.

Intrinsic diseases can come from a lack of oxygen, bleeding, or trauma.

Chronic Post-Renal Kidney Failure

If you experience blockage in your urinary tract for a long time, then the pressure build-up might damage your kidney.

Understanding if Your Kidneys Have Failed

There are various ways to understand if your kidneys have any problems.

Some of the common ones include:

- **Urinalysis:** In this type of test, the doctor will take samples of your urine and check them for any abnormalities, such as sugar or abnormal protein that might have leaked into the urine.
- **Urine Volume Measurements:** Measuring your urine volume is possibly one of the simplest tests out there. If you have very low urine output, it might indicate that you have kidney disease caused by a urinary blockage.
- **Blood Samples:** If urine isn't doing it, the doctor might ask you to take blood tests to measure various substances filtered by the kidneys.
- **Imaging:** Various imaging tests, such as CT Scans, MRIs, and Ultrasounds, tend to provide a full image of the kidney and the urinary tract, allowing the doctor to find blockages or abnormalities.
- **Kidney Tissue Samples:** Tissue from your kidney can be taken and examined to look for scarring, toxin deposits, or infectious organism. The physician will try to take a kidney biopsy to collect your sample.

In most cases, the doctor will take a biopsy sample while you are awake; however, the doctor will give you a local anesthetic to ensure that you don't feel any pain.

Chapter 4: Correlation With Other Diseases

According to experts, renal disease requires early diagnosis and targeted treatment to prevent or delay both a condition of acute or chronic renal failure and the appearance of cardiovascular complications with which it is often associated.

Hypertension and diabetes can promote onset, not adequately controlled by drug therapy, prostatic hypertrophy, kidney stones, or bulky tumors. As a result, they reduce the normal urine.

Or kidney damage can be determined by inflammatory processes (pyelonephritis, glomerulonephritis) or by the formation of cysts inside the kidneys (polycystic kidney disease) or by the chronic use of some drugs, alcohol, and drugs consumed in excess.

A fundamental role in alleviating the already compromised kidneys' work is the diet, the first prevention. It must be studied with an expert nutritionist or a nephrologist to maintain or reach an ideal weight on the one hand and on the other to reduce the intake of sodium (salt) and the consequent control of blood pressure, and other substances (minerals), without creating malnutrition or nutritional deficiencies. Particular attention should also be paid to cholesterol, triglycerides, and blood sugar levels.

Understanding what causes kidney failure goes a long way to deciding just what kind of treatment you should focus on. Of course, the most important factor that you should focus on is your diet. But as you focus on your diet, make sure that you are following your doctor's instructions in the event of other complications. First, let us look at a few popular causes of kidney diseases.

Diabetes

Many may already know that diabetes affects our body's insulin production rate. But what many may not know is the extent of damage that diabetes can cause to the kidneys. Insulin is essential because it regulates sugar or glucose in our blood. The inability to control the glucose damages the kidneys' function to filter fluids and waste products.

We do know that diabetes is one of the leading causes of CKD. But we have yet to understand in detail why and how it can harm the kidneys.

High Blood Pressure

When blood pressure increases and becomes uncontrollable, it causes stroke, heart attack, and chronic kidney disease. In addition, too much pressure against the blood vessels' walls can contribute to the kidney's failure to function properly.

Thus, a person must watch over his diet and the activities he engages in to avoid hypertension. Although it is a common health problem, it still poses serious risks and complications.

The risk factors for hypertension include age, obesity, family history, smoking, lack of exercise, stress, excessive alcohol consumption, high fat diet, and sodium intake.

It is important to remember that high blood pressure can be a cause and CKD symptom, similar to diabetes.

So, what exactly is blood pressure? People often throw the term around, but they cannot pinpoint what happens when the blood pressure increases.

Autoimmune Diseases

IgA nephropathy and lupus are two examples of autoimmune diseases leading to kidney diseases. But just what exactly are autoimmune diseases?

They are conditions where your immune system perceives your body as a threat and begins to attack it.

We are all aware that the immune system is like the defense force of our body. It is responsible for guiding our body's soldiers, known as white blood cells, or WBCs. In addition, the immune system is responsible for fighting against foreign materials, such as viruses and bacteria. When the system senses these foreign bodies, various fighter cells, including the WBCs, combat the threat.

Typically, your immune system is a self-learning system. That means it can understand the threat and memorize its features, behaviors, and attack patterns. It is an important capability of the immune system since it allows the system to differentiate between our cells and foreign cells. But when you have an autoimmune disease, your immune system suddenly considers certain parts of your body, such as your skin or joints, as foreign. It then proceeds to create antibodies that begin to attack these parts.

Before one thinks about their condition treated, it is first important to know the causes and symptoms. Knowing the causes of a particular disease is necessary for treatment and prevention.

Chronic kidney disease is most commonly caused by hypertension and diabetes. Therefore, 2/3 of the cases of chronic kidney disease are found in people suffering from these two conditions. However, other factors may account for the development of chronic kidney disease.

Malformations

Even when you are still in your mother's womb, risks of developing chronic kidney disease are already present. Mothers should be extra cautious when pregnant because preventing urine outflow may affect the baby's organs.

Lupus

Systemic lupus erythematosus causes the body's immune system to attack the kidney even if it is not foreign tissue. As a result, it may take a long time before a person recovers from lupus. It eventually goes back after some time, but it is possible through proper treatments.

Obstructions

Obstructions or blockages such as tumors, kidney stones, or enlarged prostate gland can trigger chronic kidney disease development.

The causes mentioned above are just the most common of the many causes of chronic kidney disease. In addition, there are cases when CKD is caused not only by a single factor. Sometimes, a combination of these factors causes the development of chronic kidney disease.

Nonetheless, a patient needs to know the cause of their condition to be prescribed the proper treatments and medications.

Chapter 5: Dr. Sebi and Kidney's Health

How did Dr. Sebi address kidney diseases?

Dr. Sebi said, "Detoxification is at the heart of getting rid of kidney problems associated with mucus out of the body; there are no other ways that will bring the required result." Therefore, fasting is an essential factor that can help detoxify the body, especially the kidney. Fasting helps your body, including the blood, kidney, and liver, experience cleansing and detoxification. To achieve a cure for kidney problems, you have to be willing to make a sacrifice like the one you are about to undergo.

Detoxifying your body could end your kidney problems, depending on how serious you engage in the methods since they are not easy to eliminate.

Dr. Sebi's products used for cleansing and detoxification are Bio-Ferro, Viento, and Chelation. You can buy them at drsebisellfood.com.

Any problem with your kidneys might lead to your blood not being purified well. It causes toxins to be accumulated in the blood. You might have a family history of kidney problems, high blood pressure, and diabetes. Recent studies show that overusing normal medications for various diseases can significantly deteriorate your kidneys' health. Many people are habitual users of medications, even for the slightest aches and pains. You have probably done it since you didn't know that these drugs could harm your health, including your heart, liver, and kidneys. Many people today have moved to a more holistic approach to their health. Dr. Sebi knew what some scientists are trying to prove today. He might have known that people today would need his help curing their kidney problems. Yes, he created a herbal remedy for kidney problems.

If you have been diagnosed with kidney disease, following Dr. Sebi's diet can help you. Make sure you talk with your doctor if you feel like something

isn't quite right with your health. When you think about all the toxins being put into our bodies today, it isn't any wonder that so many people have kidney problems.

Alkaline foods you should include in your daily diet

Alkaline foods help counter the potential risks of acidity and acidity refluxes, bringing some kind of relief. Most traditional Indian foods contain alkaline foods to make a balanced diet.

If you have indulged in excessive reddish meats and processed foods, isn't it about time you included some alkaline food in what you eat? Here is a list to truly get you started.

Green Leafy Vegetables

The majority of green leafy vegetables are thought to have an alkaline effect on our system. So, without reason, our elders and wellness experts always recommend adding greens to our daily food diet. They contain important minerals essential for your body to handle various processes.

Cauliflower and Broccoli

They contain several phytochemicals that are crucial for the body. Toss it up with various other vegetables like capsicum, coffee beans, and green peas, and you possess your health dosage right there.

Citrus Fruits

Contrary to the fact that citric fruits are highly acidic and could have an acidic influence on your body, they will be the best way to obtain alkaline foods. Lemon, lime, and oranges contain Vitamin C. They are recognized for assisting in detoxifying the machine, including providing rest from acidity.

Seaweed and Ocean Salt

Did you know seaweed or ocean vegetables have 10-12 times more mineral content material than those grown on land? They are also regarded as highly alkaline meal sources and produce various advantages to the body program. You can suggest adding nori or kelp to the soup plate or making sushi at home. Or simply sprinkle some ocean salt into the salads, soups, omelets, etc.

Root Vegetables

Underlying vegetables like fairly sweet potato, beets, and carrots are excellent resources of alkali. They taste greatest when roasted with a little sprinkling of spices and additional seasonings. Frequently, these are overcooked, making them miss out on almost all their goodness. Consider while cooking, and you'll fall deeply in love with root vegetables as you figure out how to use them in soups, stir-fries, salads, and more.

Seasonal Fruits

Every nutritionist and wellness expert will let you know that adding seasonal fruits to your diet can benefit your well-being. They come filled with nutritional vitamins, nutrients, and antioxidants that look after various stomach functions. They may be good alkaline meal sources too.

Nuts

Don't you love to chew on nut products when food cravings activate? Besides being resources of great fats, also, they create an alkaline impact on the stomach. However, because they are high in calorie consumption, it's important to have limited nut products. Add cashews, chestnuts, and almonds to your daily meal strategy.

Chapter 6: Dr. Sebi Method to Heal Kidneys

Dr. Sebi's Official method for treating Chronic Kidney Disease, such as any other disease, is composed of 3 main steps. Please note that any of these parts can't be passed over to succeed in your healing journey.

The three steps are:

Cleansing: The body must be cleaned on an intra-cellular level through detoxification to purify each cell and remove the excess mucus.

Revitalizing: After cleansing, you need to nourish your body to regenerate your cells and strengthen the immune system.

Keeping the Body Healthy: Follow Dr. Sebi's nutrition guide and adopt healthy lifestyle habits every day to keep your mind and body in good shape.

CLEANSING

How to Prepare Cleansing Herbs?

Preparing your cleansing herbs would depend greatly on the form you purchased them. 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 of 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, I recommend preparing herbs in batches of mixtures for easier batch preparation and storage. That would mean mixing them up according to function and benefit. Again, this will depend on the state of your 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. Remember, these herbs are electric, and it's best to preserve their organic carbon, hydrogen, and oxygen nature as much as we can. But, 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 a 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 the 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 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 of herbs

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

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 taking the herbs one hour before taking your meds; Dr. Sebi recommended this. 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 timing and duration. That is, try not to skew the duration. Make it consistent, and take the cleansing herb throughout 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 cleanse duration, wean off your herbs by gradually reducing the dosage and duration. The duration of the wean will depend on the length of the fast you choose. For example, I usually start weaning a week towards closure for a one-month fast. For a 14-day fast, I begin weaning on day 11 or 12. You can begin the wean by reducing it from twice a day to once a day. Or simply take half the dosages each for mornings and night.

You must do this because you need to signal to your body to start functioning independently 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 water or a liquid fast, you will need to reintroduce solid foods slowly. You can begin by introducing solids like high water-content fruits. These include watermelon, apples, and berries. After that, you can introduce softer fruit solids like bananas and avocados. Later, you can incorporate harder solids like veggies. All foods must be listed in 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 toxification level (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 diabetes, asthma, and impotence. 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.

Common Symptoms Expected During Detox Cleanse

- *Cold and Flu symptoms*
- *Changes in Bowel movements*
- *Fatigue and Low Energy*
- *Difficulty sleeping*
- *Itching*
- *Headaches*
- *Muscle aches and pains*
- *Acne, Rashes and breakouts*
- *Mucus expels (catarrh, etc.)*
- *Lower blood pressure*

Be happy if you relate to any of these symptoms during the cleansing stage. That's because your body is pushing out all the toxins and mucus you have been keeping inside for so long. In addition, these symptoms are only temporary and usually resolve after the first one to two weeks.

Conclusion

The state of your renal function defines how well your organism and your body function; however, as explained in the book, your health should see crucial improvements by changing your everyday diet. The correct medical treatment and the proper solution to your kidney issues play a huge role in how quickly you will be able to regain your life back to normal.

The human body is most capable of performing safely and effectively when it's in perfect health or close to it. You've undoubtedly heard the old saying, "You are only as sick as your weakest link." This has a lot to do with the nucleus, which is the center of your cells and where they deposit energy. When this energy messenger doesn't get delivered to its destination on time, this results in a sort of power outage that disrupts the entire system. This can lead to many ailments, which are the result of the breakdowns.

The kidney is a vital organ for our body as it helps us control the balance of acidity and alkalinity in our body fluids, which also controls the elimination of harmful substances from the body. You are not only taking into consideration your own kidney function but also the health of your spouse and children since both kidney conditions can lead to serious health problems. The most common causes of this type of kidney failure are diabetes and high blood pressure, and the leading cause is diabetes. Chronic kidney disease also is a huge concern for your health.

Avoiding diabetes is quite simple. For example, if you do not eat anything except fresh fruits and vegetables, you will be able to control your glucose levels; this method can really help you enjoy better overall health and possibly even improve your lifespan. This can be done by giving up processed, fried, fatty, and sugary foods.

The first step when you experience symptoms related to your kidneys is to wear clothes that reduce the risk of infection and improve your blood circulation. Another important aspect to take into consideration is to quit smoking and reduce your alcohol intake.

We encourage you to read this book in order to understand how the kidneys work, their anatomy, how it functions and what role it plays in your body. The book will not only show you how your metabolism works but also how to improve kidney function by changing your everyday diet and lifestyle.

BOOK 11:
DR SEBI
FEMALE HEALTH

Introduction

Female health is a term relating to the health of a female. One of the most effective forms of female health is fertility if you are trying to conceive- this could be any time within 5 years after your last child. Non-fertility female health conditions include amenorrhea, mastodynia, premenstrual syndrome, polycystic ovary syndrome, and vaginal atrophy.

Studies show that infertility affects 10-15% of married couples or committed relationships. It is essential to realize that infertility is not always due to female health factors alone. So before assuming your issue is with your female health, it would be wise to check your male mate's sperm count and motility with a urologist.

Problems with female health can include, but are not limited to:

- Vaginal dryness
- Discharge of blood (possible vaginal infections, cervical cancer), odor, or itching.
- Menstrual cramps (dysmenorrhea) -regularly occurring severe pain in the lower abdomen during or just prior to menstruation. Dysmenorrhea is a term used to describe painful menstrual periods.
- Issues with sexual intercourse (dyspareunia) -discomfort or painfulness of the female reproductive organs during or after sexual intercourse.
- Painful urination (dysuria)
- Vaginal bleeding between periods (metrorrhagia) -bleeding in between menstrual cycles that is not heavy enough to cause a pad to be filled.
- Painful bowel movements/diarrhea/gas, and bloating and abdominal pain (cramps) during menstruation & premenstrually.
- Lack of energy (lethargy)
- Depression and headaches.

-Lack of motivation and unrealistic expectations. All of these conditions can negatively affect the ability to be productive in daily activities, not just at home, but also elsewhere in the world.

Female health & fertility can be improved naturally with Dr Sebi's healing formula!

Intake of herbs with natural anti-fertility properties lowers sperm count and motility, thus helping the body in conceiving.

Dr. Sebi's herbs also help in exhibiting a better response to the male and female sexual hormones, which are called LH (luteinizing hormone) and FSH (follicle stimulating hormone). These hormones play a critical role in ovulation and the normal functioning of the ovarian cycle.

Recognition is given today to support through proper nutrition, herbal, homeopathic and other complementary therapies. Women are experiencing more fertility problems than men.

Many infertility issues reflect on poor nutrition, which is why infertility support should be sought from a holistic practitioner who can provide all treatments for the body plus treatment for the mind.

Chapter 1: Dr Sebi Philosophy

Dr Sebi's core belief is centered on the fact that alkaline herbs and foods ($\text{pH} > 7$) are essential for maintaining a healthy pH balance in the body. Maintaining an alkaline state protects us from any mucus buildup causing disease. This elevation of alkalinity to the status of our long-awaited savior shows a profound ignorance of the human body.

Your blood pH cannot be changed significantly; blood requires carbonic acid molecules and sodium bicarbonate to maintain a pH range of 7.35 to 7.45. Beyond that, disease and death await. However, the tidbit of high school biology did not deter Sebi from selling a diverse array of herbal extracts.

African Biomineral Balance Compounds from Sebi

Simply put, Sebi's Cell Food products (known as Bio-mineral Balance compounds) combine herbs, algae and seaweed. For \$30, you can purchase a bottle of his Bromide Plus capsules, which contain "Irish sea moss" (a red algae species) and bladderwrack (a seaweed). However, underneath the ingredient list is the following alarming statement:

"Dr. Sebi's Original and Exclusive formulations are Dr. Sebi's proprietary and may include ingredients not specified here." I'm not sure about you, but I'm uncomfortable popping pills with unknown ingredients. Many of these ingredients may be associated with allergies, intolerances or drug interactions. Uncertain about what they are creating significant liabilities.

However, have these compounds ever been demonstrated to perform as claimed? Consider Sebi's Blood Pressure Balance Herbal Tea, which is "intended to help better manage hypertension or hypotension." It contains only one ingredient listed on the label: "flor de manita," also known as chiranthodendron.

While it has been used for centuries to benefit the heart (a tradition-based assertion that does not constitute evidence of efficacy), it should be trivial to test its effect on blood pressure, right? Yet the only research papers I could find on this flower focused on its antibacterial and anti-diarrheal properties in Petri dishes, mice, and rats. There is no mention of blood pressure.

Many of Sebi's compounds are marketed as "detoxification" products, but it should be abundantly clear by now that our bodies do not need daily detoxification. Our kidneys and liver do an excellent job of filtering our blood.

The contaminants we are warned about are still hazy and undefined, and the detoxification products we are offered have never been proven to affect these hazy boogeymen.

Unfortunately, Sebi's health views went beyond conventional nonsense and into race pseudoscience. Sebi asserted in a 2002 letter to Zimbabwe's ambassador to the United States that African genes have strong electrical resonance and that his African Bio-mineral Balance naturally "complements [sic]. African gene structure." Genes are non-resonant.

They are not tuning forks but segments of DNA that code for proteins. Also, no such thing as an African gene exists. Indeed, among the most widely replicated findings in human genetic variation is that most of our genetic variations occur within rather than within geographic groups.

You may be curious about genetic ancestry kits that indicate your great-great-grandparents originated in Ireland or Tunisia. Although their accuracy has been questioned, they look for single-letter changes in your genome and equate your pattern to that of a reference group that self-identifies as from a particular region.

While these point mutations scattered around your DNA will aid in determining your ancestors' origins, there is nothing like an African or European gene.

The concept of genes vibrating at particular frequencies dictating your dietary requirements is complete nonsense. The Internet is teeming with self-taught gurus who claim to have found the one actual cause of all diseases and the panacea with which to smite them.

Unfortunately, genuine science is slow and complicated. It paints a complex image of a world where various illnesses have distinct causes and therapies are often ineffective and associated with adverse effects.

Chapter 2: Dr Sebi Maintenance Diet

Every day, people look for new ways to lose weight. With so many diets available, it can be challenging to determine which one is right for you. Interestingly, doctors' knowledge of this topic is often a last resort, as many people have been disappointed by diets that have been tried and failed. The alkaline diet considers how foods affect the body's acidic or alkaline balance.

One way to determine whether a food is alkaline or acidic is its flavor, although this is not always the case. The PH scale is another way to measure the acidity level of nutrition. Both of these two extremes would have a distinct effect on the body.

Acidic foods contribute to the body's acidity, while alkaline foods contribute to the body's alkalinity.

The aim is to have a more alkaline body than an acidic one. Ironically, some acidic foods contribute to the body's alkalinity.

Alkaline foods provide the body with alkaline minerals such as calcium, potassium and magnesium. Acidic foods provide phosphorus, sulfur and iodine. The issue is that the body has a more difficult time eliminating acids.

Although milk and sugar are both acidic foods, apple cider vinegar produces an alkaline effect, contrary to popular belief.

The Alkaline diet involves a great deal of complex chemistry. The fundamental principle is that too much acidity is detrimental to the body. It will affect all cells in the body, lowering immunity and exacerbating inflammation. To be safe, the human body should be slightly alkaline. The acids are excreted by urine and sweat but if an excessive amount is ingested, they cannot be excreted.

The Alkaline diet aims to have a healthy body. Weight loss and the long-term maintenance of stable body weight are two outcomes of maintaining a healthy body. Also, individuals report less joint pain and an increase in energy. This diet encourages natural cleaning and therefore improved digestion.

Let's review Chemistry 101 to better understand how the Alkaline Diet functions. The pH value of a liquid material may be used to classify it (power of Hydrogen). This scale depicts the behavior of hydrogen in a given liquid sample. A substance's acidity is proportional to its hydrogen ion content.

In comparison, a lower hydrogen concentration results in an alkaline solution. It's easier to visualize the pH on a scale ranging from 0 to 14. Lemon juice, for example, has a pH value of 2.4, indicating that it is acidic. On the other hand, pure water has a pH of 7, considered neutral. The pH value of household bleach is 12.5, indicating that it is highly alkaline.

On the surface, alkaline foods seem to be standard, common-sense foods to include in a well-balanced diet are organically sourced super grasses, leafy greens, sprouted grains, seeds, nuts and healthy oils - but the idea of genuinely alkalizing the system to eradicate disease has pushed their use to the extreme. It's especially beneficial to have this information on hand when preparing a fast or detox and your overall eating schedule.

However, how do we optimize even this fantastic framework for our particular body types?

With insight from the ancient science of Ayurveda, you can also narrow down which alkalizing foods are optimal for you at any given time and how to use them. The best part about Ayurvedic wisdom is that it takes into account changes in physiology, the seasons, your body type and imbalances and different other variables, allowing you to customize your diet plan to suit you precisely over any given period and to recognize when it's time to rethink that diet plan.

As we delve deeper into Ayurveda, we discover that many alkalizing ideas are thousands of years old. While acidity and alkalinity were not explicitly listed, foods were classified as ‘Vata, Pitta or Kapha,’ and their properties and effects on different Vata, Pitta and Kapha body types were well known. These theories are highly compatible with many contemporary ideas that are ostensibly being uncovered.

However, one hypothesis makes sense is that the body knows what it wants to do and adjusts the acidity and alkalinity levels accordingly. One solution could be to follow a paleo-style diet. You consume only what will allow your body to maintain the exact pH it requires without complicated second-guessing.

So, what is the answer?

Discover your Ayurvedic body form and how Ayurveda views foods as medicines to be used in conjunction with cultivating your intuition about your own needs and then use alkalization theories as one of many methods to permanently cure yourself and eventually experience the radiant health you’ve always wanted.

Alkaline acid diet practitioners worldwide will inform you that the secret to maintaining balanced alkalinity is a healthy diet high in starch and low in sugar. Fresh citrus fruits, legumes and root crops are a few examples of food items that are converted to alkaline once digested. Imbalances are caused by the loss of minerals used to neutralize the system’s acidity.

Typically, these minerals are depleted from the emergency reserves of bones or vital organs, thus eroding their strength. Imbalances do not manifest immediately; only after a sufficient amount of these minerals and nutrients are removed from the body and are not replaced that subsequent ailments manifest.

Apart from the traditional alkaline acid diet of fruits and vegetables, many items are available that target alkalinity preservation, assistance or generally help supply the requisite pH for the body.

Many soluble and insoluble supplements are readily available online and in health food stores.

The most frequently repeated line is drinking eight glasses of water daily. Consuming water rehydrates the cells and given that we exist and die as cells, it is essential to look after them. Cells, too, need alkaline to regenerate, so consuming as much as or more than the recommended eight to ten glasses of water a day is a significant cell recharger.

Water that has been pre-bottled alkaline or filtered alkaline can express all of its alkaline benefits through coral calcium or lemon water, both of which have alkaline properties that help improve and replenish required or lost minerals in the body. On the other hand, regular drinking water is still reliable, though the effectiveness varies according to the quality of the water available.

Alkaline boosters immediately replenish the body's depleted alkaline or facilitate mineral absorption from the foods eaten. A frequent error is to believe that all foods ingested are digested and absorbed into the bloodstream. As mineral imbalances occur, it takes many minerals to replenish the depleted minerals.

What Are The Benefits Of Maintaining A Healthy Ph?

Although no medicinal claims have been made, a healthy pH has been linked to the prevention of colds, headaches, flu, excessive mucous production, diabetes, cysts, obesity, hormonal imbalance and reduced risk of cancer cells.

Cancer cells are not resistant to alkalinity and cells depend on it to survive. Also, checking your pH level is a relatively easy task that does not entail a doctor's appointment and pH testing strips or kits are readily available over the counter. Packets have easy-to-follow instructions for use.

There is no harm in checking your pH level, following an alkaline acid diet or supplementing with alkaline boosting supplements. Alkalife Water Booster is an excellent product to supplement your glass or bottled water with 2-3 drops daily. There are no reported side effects, so there is little to lose; a few glasses of water per day suffices. After all, who does not drink water?

How Do I Increase My Alkaline Levels?

Human blood pH is slightly alkaline, between 7.35 and 7.45. Below or beyond this range, there is a greater likelihood of disease developing in the body. A pH value of 7.0 is regarded as neutral. When our pH is less than 7.0, we are considered acidic, whereas a pH greater than 7.0 is considered alkaline on the pH scale.

An acidic pH can be caused by different factors, including an unhealthy diet, contaminants in our water/food/air, excessive stress and anything else that deprives our cells of enough oxygen and nutrients. Our bodies constantly attempt to maintain an alkaline state and depend on the food we eat.

Consider our body as an engine in a car; if the oil is never changed or the engine is not adequately maintained, it will ultimately fail. The same is true for our bodies: if we continue to fuel them with acidic foods, drink unhealthy water, live in unsafe conditions, do not detox and do not provide them with exercise, they will ultimately break down.

Acidosis is prevalent in North American society, owing primarily to our diet, which is frequently comprised of highly acidic foods such as dairy, meats,

fatty oils, pop, liquor, processed foods, fast food and candy, to name a few.

We eat just too few alkalizing foods, such as fresh vegetables. There is just so much variety in our foods. The best course of action is to return to the fundamentals and consume only foods that grow naturally in this universe.

A pH balance that is too acidic will:

- impair the body's absorption of nutrients and minerals
- Impairs the cell's ability to produce energy - impairs the cell's ability to repair damaged cells
- Impair its ability to eliminate toxins - impair its ability to eliminate heavy metals

We, as a culture, are insufficiently informed on what constitutes acidic and alkaline food. Simply by eating a balanced diet, we can significantly change our body's pH levels. After all, no disease can survive in an alkaline environment but can flourish in an acidic one.

"Vegetables contain phytochemicals, which are potent natural agents that promote well-being," according to Dr. Mercola. Also, they will assist in alkalinizing the system since most of us are too acidic.

Most people benefit more from increased vegetable consumption than from additional vitamins. Generally, you would need a significant number of vegetables to maintain an optimal pH acid/alkaline balance in your body.

Most experts suggest a diet that is 80 percent alkaline and 20% acidic. If you maintain this diet, you can frequently have significantly more energy and a greater chance of maintaining an alkaline pH balance in your body.

Chapter 3: 7-Days Maintenance Plan

Day 1

Breakfast - Spinach & tomato with Scrambled egg

Lunch - Cucumber, tomato, and Tuna salad with lettuce

Dinner - Cauliflower 'rice' with Bean chili

Snacks - Cashew nuts and Tangerine

Day 2

Breakfast -Oatmeal with blueberries, seeds and milk

Lunch - Vegetable wrap and Hummus

Dinner - Veggie Fajitas

Snacks - Apple slices and peanut butter

Day 3

Breakfast - Baked Stuffed Pears

Lunch -Toasted almonds and Spinach quinoa

Dinner - Veggie Fajitas

Snacks - Coconut "yogurt" and Blueberries

Day 4

Breakfast -Smoothie made with protein powder, oat milk and berries

Lunch - Lettuce and corn with Chicken salad

Dinner -Roasted Mediterranean vegetables, tahini dressing and puy lentils

Snacks - Nut butter with Whole grain rice cake

Day 5

Breakfast - Raspberries and Buckwheat pancakes

Lunch - Sweet Sunrise smoothie

Dinner - Detox Salad Burritos

Snacks - Carrot Chips

Day 6

Breakfast - Peanut butter with Apple slices

Lunch - Two oatcakes with Vegetable soup

Dinner - Strawberry Dandelion Salad

Snacks -Cocoa protein ball

Day 7

Breakfast - Spelt Salad with Tahini

Lunch - Dr. Sebi's Chickpea Loaf

Dinner - Spicy Sesame Squash

Snacks -Hummus and Carrot sticks

Chapter 4: Dr Sebi Diet Impact On Female Health

Shrink Fibroids

Fibroids are benign tumors that form in women's uterus. However, they are not cancerous. They are most prevalent in women of reproductive age. Also, it is more prevalent in obese and black women.

While some fibroid cases are undetectable and seldomly cause issues, others develop primarily and become significant. Patients with such conditions are expected to seek care. Fibroid treatment options vary from non-invasive to invasive surgical procedures.

Many people who want a natural cure must adjust their diet and lifestyle. This needs complete devotion and discipline to cure the disease completely. Vegetables, whole grains and legumes are included in the diet because these foods have therapeutic properties that aid in treating fibroids.

Also, patients must abstain from refined or commercial foods and meat, dairy products and eggs, as these foods raise estrogen levels, causing the fibroids to rise. Although research indicates that menopause is beneficial for eradicating or eliminating fibroids, this is not the only choice available to patients. Since apple cider vinegar, vinegar, and baking soda, are alkaline substances, they can help minimize fibroids or cysts.

Research indicates that these kitchen ingredients minimize excess calcium in body tissue, allowing the ovary to work regularly to produce menstrual cycles. Since fibroids may contribute to infertility, removing them increases women's chances of pregnancy.

Lemon or lime juice combined with baking soda has the same effect as apple cider blended with baking soda. Lemon or lime juice has a higher

concentration of alkaline substances, whereas apple cider can boost metabolic activity, resulting in weight loss.

Both options must be taken twice or three times daily. Two tablespoons of natural apple cider vinegar and a half or one teaspoon of baking soda dissolved in eight ounces of water is the formula for this kitchen remedy.

These are only a few natural remedies that have been shown to work wonders. Indeed, many natural procedures are known to treat fibroids and can differ from person to person. Some can work for you but not for others.

Losing Belly Fat

If you want to lose belly fat quickly, consider increasing the number of alkaline foods in your daily diet.

When you remember that most diets today contain a higher proportion of acid-forming foods, adding some alkaline-forming foods makes sense from a weight-loss and well-being perspective.

The best way to increase the body's alkaline state is to consume broccoli, garlic, sprouts and other green leafy vegetables in their most natural state. They promote systemic balance. Naturally, these are also some of the healthiest foods you can consume and are highly effective at assisting you in losing excess body fat.

While acid-forming foods such as various types of meat, cheese and eggs are widely recognized as health-promoting foods that are highly effective for weight loss due to their high protein content, the point I want to emphasize in this particular writing is that the body functions optimally when it can maintain a state of equilibrium or homeostasis.

Without question, consuming an excessive amount of something for an extended period is ordinarily dangerous. Our bodies can go to any length to preserve our state of natural health. Carrying excess weight is not considered a normal state of health for the body. Increasing the intake of high alkaline foods

improves the body's ability to excrete excess acids (along with fat cells), resulting in increased fat loss.

According to many health experts (many of whom are proponents of using high alkaline foods for juicing purposes), the simplest and fastest way for many women to lose weight might be as simple as raising or balancing their intake of high alkaline foods (plus drinking plenty of pure, freshwater) to assist the body in neutralizing or excreting excess acidity.

Juicing with these balancing foods is highly efficient at reducing belly fat.

As a side note, high-alkaline diets are beneficial in reducing the effects of premenstrual syndrome and menopause. If you are a woman having hot flashes or other menopausal symptoms, you may consider raising your consumption of less acid-producing foods.

Avoid Menopausal Weight Gain

Alkaline-forming foods can be a great boon to women experiencing menopause and premenopausal symptoms. Indeed, for many women reading this, hot flashes and menopause weight gain should instantly come to mind.

Broccoli, garlic, cucumber, grapefruit, kale, lime, lemon, olive oil, parsley, spinach, sprouted grains, nuts and beans and stevia are only a few of the best alkaline foods. Consume fresh, lightly steamed or organic wherever possible to avoid unnecessary pesticides and chemicals and ensure the highest nutritional value possible.

Include these different foods in your daily diet whenever possible; you'll be happily surprised at how well they'll keep your metabolism going smoothly and how many fewer hot flashes you'll experience.

Adding a slice of lemon, lime, or a few cucumber slices to your glass of water helps to increase its alkaline content. While many of us consider lemons and limes very acidic, they have the opposite effect on the body.

Also, substituting stevia for white sugar has the same effect. On the other hand, white sugar is a highly acidic food that maintains an acidic state in the body. Another way to increase the alkaline content of your diet is to drizzle virgin olive oil over your vegetables in place of butter. Most dairy products are acidic.

Similarly, heavily processed and refined foods, condiments such as ketchup, mayonnaise and salad dressings, artificial sweeteners, alcohol, coffee and soda may be stated.

These are all highly acidic foods that not only keep the body acidic (inviting different health problems) but also produce an imbalance in the body's already diminishing hormones (progesterone, estrogen and testosterone) as it tries to maintain equilibrium or homeostasis as it is often referred to in the medical sector.

The aim is not to exclude all foods with a high alkaline content from your diet, though you definitely can. The message I'm attempting to convey is about striking a healthy balance between the two. When we work to maintain our body's equilibrium, it has been shown that the incidence of menopause-related hot flashes and other symptoms decreases dramatically.

For women actively battling menopause weight gain, another excellent reason to incorporate these foods into your regular diet plan is that they have been shown to aid in the rapid loss of belly fat.

Chapter 5: Herbs to Use for Treating Common Illnesses In Women

Premenstrual Syndrome (Pms)

Premenstrual Tension Syndrome, or simply Premenstrual Syndrome, is often referred to as symptoms that can arise just before your menstrual cycle. Many of those symptoms can be related to changes in your mood or level of focus.

Others may be related to physical aches and pains you are experiencing. Treating Premenstrual Tension Syndrome with herbal remedies can be very effective if done correctly.

Hormone Nightmares:

The primary reason you may be having any or all of the PMS symptoms is that you may be experiencing what can only be defined as hormonal horrors. You see, your body produces many hormones during ovulation and menstruation. Although these hormones are essential, they may sometimes be made in excess.

Additional hormones may be problematic since they can exacerbate unpleasant and distressing premenstrual syndrome symptoms. For instance, excessive release of prostaglandins may result in severe muscle cramps. If you are experiencing physical or mental stress, your body can release stress hormones, resulting in food binges and excessive bloating, among other period problems.

Medications for Pain vs Natural Treatments:

Compared to natural therapies, the issue with painkillers is that they only treat the pain. Many natural remedies will help control your hormone levels and avoid menstrual cramps. Many of these signs include the following:

- **Back Pain and excessive bleeding**
- **Migraines**
- **Insomnia**
- **Bloating.**
- **Mood Swings**

Antioxidants:

Simply taking a vitamin supplement is among the natural remedies for menstrual pain. Vitamin E has been shown to help minimize swelling and inflammation in the body. B vitamins have been shown to alleviate depression, bloating and cramping. Meanwhile, vitamin C will help strengthen your immune system and also help avoid period-related acne breakouts.

Mineralogical:

Naturally, vitamins function best when combined with minerals. Calcium and magnesium are two of the most beneficial minerals for resolving menstrual cramps. Iron, zinc and other minerals, on the other hand, can help alleviate period symptoms.

Medicinal plants:

Also, many herbs can be used as a natural remedy for premenstrual syndrome and period pains.

Black Cohosh and Damiana both can elevate your mood. Evening Primrose and Wild Yam also have the potential to help alleviate premenstrual bloating. It's even easier to obtain a supplement combining all of those components.

Another herb that should be included is white willow bark. It is almost identical to aspirin in terms of therapeutic properties. The only significant difference is that it is entirely free of side effects. As a result, it will help alleviate your general PMS-related discomforts.

Premenstrual Tension Syndrome is not a life sentence. You have choices, but treating your entire body, not just the area in which you're experiencing pain, is essential. If you can identify the source of the problem, you can handle it more effectively. It is best to experiment with different natural PMS treatment options.

Endometriosis

Endometriosis is a disorder in which all endometrial cell multiplies and implants in non-uterine tissues. These implants can develop in any body area, including the fallopian tube, pelvis, bladder, bowel and ovaries.

In rare cases, they can also develop in the thorax, lungs and armpits. As with normal menstruation, these implants respond to hormonal changes and bleeding.

However, as they develop in locations other than the uterus, there is no way for the blood to leave the body and become stuck within the tissue. This can result in intense pain as the blood dries out and cysts form.

Doctors typically prescribe synthetic hormones, estrogen, to treat this health disorder, typically in birth control pills. However, this strategy does not always result in the desired results for those who take these medications. In some instances, women who used these synthetic hormones reported experiencing side effects.

As a result, herbal remedies should also be considered when treating this health problem. This is because these herbs are readily available in most health

food shops, are cheap, and have no known side effects.

Some medicinal herbs can be used to alleviate some of the symptoms associated with this disease. Many of these herbs contain natural hormones similar to those used to treat endometriosis.

The following are some herbs that can be used to alleviate endometriosis symptoms:

Dandelion Herbal Tea

This herb is essential because it aids in the suppression of the pelvic pain associated with endometriosis.

Colic Root

This herb aids in the suppression of bowel movement-related pain. Also, it alleviates the painful cramps linked with menstruation, which is particularly beneficial for women with endometriosis.

Agnus Castus Vitex

This specific herb serves different purposes. It aids in treating various female reproductive issues and helps alleviate the cramping and pain symptoms associated with endometriosis.

Black Cohosh

This herb can be beneficial in the treatment of endometriosis. They help maintain an adequate amount of estrogen. This hormone contributes to endometriosis when it is developed abnormally in the body.

Flaxseed

This herb is exceptionally high in lignans, which are thought to aid in treating endometrial cancer.

Along with herbs for endometriosis therapy, you can maintain a healthy diet rich in vitamins B, C and E, zinc, iron, magnesium and folic acid. They can aid in the alleviation of endometriosis symptoms.

Polycystic Ovary Syndrome (PCOS)

Herbs for polycystic ovaries are occasionally used when conventional therapies and drugs are insufficient. This is because such procedures can be too intrusive in some situations, or the drugs can be too taxing on the body systems of some women.

In such circumstances, many women would turn to alternative treatment methods, such as herbal remedies, to alleviate their symptoms. PCOS or Polycystic Ovarian Syndrome is among these disorders.

PCOS is a common hormonal and metabolic disorder affecting women during their most productive years. It usually begins to grow in many women during their adolescent years and continues into their childbearing years. This condition results in hormonal instability and an abnormally high insulin level in the bloodstream, which results in the development of cysts on the ovaries.

Any of the effects of PCOS can sometimes be very painful and humiliating. These signs include body weight, obesity, frequent menstruation, acne and other inflammatory skin conditions, and excessive hair growth on the legs, lower abdomen, face and chest.

Many researchers believe PCOS is a chronic disease that can be treated with herbal medicines. Compared to prescription medicines, herbal remedies for polycystic ovaries are known to be much gentler on the human body.

Herbs can also be beneficial for a more extended period, while some other drugs may not be designed for prolonged or frequent use

Evening Primrose

Evening primrose is a common herb for polycystic ovaries that many women use to treat Polycystic Ovarian Syndrome. Evening primrose is effective in treating premenstrual syndrome and different skin disorders.

Also, it is an excellent herbal treatment for women who may be having irregular menstrual cycles. Some studies indicate that evening primrose oil can aid blood pressure regulation, cholesterol management and the treatment of heart disease.

ChasteBerry

Chasteberry, also known as Vitex or Angus Castus, is a widely used remedy for PCOS. It is commonly used due to its immediate impact on the pituitary gland. The pituitary gland is primarily responsible for developing hormones that promote hair growth and weight gain, two of PCOS's primary symptoms. Chasteberry can be used for extended periods to assist in reestablishing normal hair development. Also, it can help keep the body from gaining more weight.

The Dong Quai

Dong Quai, also known as "female ginseng," is a Chinese herb commonly used by women to treat polycystic ovaries. Dong Quai is believed to aid in adequately functioning a woman's endocrine system and liver. Dong Quai is also thought to benefit women suffering from irregular menstruation, Premenstrual Syndrome, and other female issues.

Black Cohosh

Black cohosh, like evening primrose, is used to treat premenstrual syndrome. Apart from PMS, many women have reported success with this herb in treating amenorrhea and irregular menstruation.

Saw Palmetto

This is another commonly used herb for polycystic ovaries, primarily due to its anti-androgen properties, which will continue to combat many PCOS symptoms and side effects. Saw palmetto could combat symptoms and side effects such as facial hair development and abnormal testosterone levels.

As is customary, it is recommended that you consult a certified herbalist before taking such herbs. This ensures that the herbal remedies for PCOS are consistent with any other medications you are currently taking.

The Uterus Fibroids

Up to half of all women suffer from uterine fibroid, which is among the primary reasons for hysterectomy, a form of fibroids surgery. There are many treatment options for uterine fibroids, from surgery to complementary therapies. However, natural treatment for uterine fibroids, in most cases, may assist women in easily overcoming this problem.

Symptoms of fibroids include excessive menstrual bleeding, irregular menstrual cycles and pelvic pain. Severe signs include anemia from excessive menstrual blood loss and bowel or bladder pain if the fibroids develop large enough to exert pressure on the intestines or bladder.

If your fibroids are not severe, you have the luxury of time to experiment with dietary changes, herbal remedies and other natural remedies for fibroids shrinkage.

Many herbs are highly beneficial in the treatment of fibroids.

a) Milk thistle is a liver-protective herb that aids in growing new, healthy liver cells.

It improves the liver's capacity to detoxify estrogen. The dosage of this herb can vary according to the size and number of your fibroid tumors. An extract of the whole herb can be grinded for use.

b) Nettle is an outstanding tonic for general well-being. Nettle, high in iron and other minerals, promotes overall health. It is derived from blood and is used to treat anemia caused by prolonged menstrual blood loss. Nettle is a safe and gentle herb that can be used for an extended period.

c) Yellow dock is an excellent detoxifier. It stimulates bile flow, which increases liver function.

It also has mild laxative properties. Yellow dock has high iron content and aids in improving blood quality in those who suffer from anemia.

Colitis & Irritable Bowel Syndrome (Ibs)

Irritable Bowel Syndrome, or IBS, is a multifaceted condition that may manifest itself in different ways. Many of these are specifically linked to an individual's eating and drinking habits.

The medical community has confirmed unequivocally that Irritable Bowel Syndrome cannot be healed permanently. IBS symptoms repeatedly recur during a person's life due to stress and diet. No remedies are available, and the only benefit is that temporary relief is provided.

Indeed, many therapies are considered to be very successful at controlling IBS. The herbal method of treating IBS is widely regarded as the most effective. Many herbs and botanicals are now available in the market, offering relief from irritable feelings or symptoms. Individuals who have tried these herbs have found them highly successful and eventually healed.

While researching herbs for IBS treatment, many researchers discovered slippery elm to be very successful in this case. Also, it is believed to have a laxative effect, making it an unsuitable alternative for IBS with diarrhea. Some people with IBS and constipation symptoms refer to this as their cure for irritable bowel syndrome.'

Aloe vera is another often-used herb in treating irritable bowel syndrome and inflammatory bowel disease. It was not traditionally used to treat indigestion but to alleviate discomfort associated with burns and skin lesions.

However, modern herbalists have discovered that it is helpful for the relief of different digestive problems. It is also not recommended for people who suffer from IBS with diarrhea due to its laxative effect.

It should be noted that the herbs recommended for people with IBS who have diarrhea and those who have IBS who have constipation are distinct. Different plants have varying effects on other people. However, it should be noted that the herbs used to treat IBS can also have harmful side effects and can cause allergic reactions.

Pregnant women and those with gallstones should avoid Ginger, as they tend to diminish the anesthetic effect. Peppermint oil should not be used on the face or close to mucous membranes.

As a result, one should always consult a physician before using various herbs to treat IBS. If consulted wisely and used in a proper dosage, herbs can be the best cure for irritable bowel syndrome.

Chapter 6: Dr. Sebi Approved Food List

At first glance, the nutritional guide may seem limited because most foods you're probably used to eating, such as carrots, celery, broccoli and garlic, are not included. The foods Dr. Sebi has not "approved" are genetically modified or hazardous to the body (harden arteries, leach minerals, etc.).

The foods on the list are said to cause the LEAST amount of damage to the body. Essentially, we're attempting to eat nutrient-rich, carbon-based foods high in minerals and alkalinity.

Vegetables

- Amaranth greens – similar to Callaloo, a Spinach Avocado range
- Peppers
- Chayote
- Cucumber,
- Dandelion greens
- Garbanzo legumes
- Bananas Verdes
- Izote – the flower of the cactus/leaf of the cactus
- Asparagus
- Mushrooms
- Nopales
- Extra virgin olive oil (not soaked in vinegar)
- Lettuce
- Salad poke – greens
- Tomatoes – cherry and plum/Roma varieties only
- Turnip greens with tomatillo
- Zucchini with Watercress

Fruits

- Grapes – Limes with Seeds (key limes preferred with seeds)
- Seeded Mango Melon

- The color orange (Seville or sour preferred).
- Peaches
- Papayas
- Plums
- Pears
- Pear Prickly (Cactus Fruit)
- Prunes Raisins – Soft Jelly Coconuts with Seeds
- Sorbets – (Latin or West Indian markets).
- Tamarind
- Bananas – tiny or burro/mid-size (original banana).
- Berries – all forms – except cranberries
- Cherries
- Cantaloupe
- Blackcurrants

Cereals

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

Oils

- Cocoa butter
- Extra virgin olive oil
- Grapeseed oil
- Avocado oil
- Oil extracted from hemp seeds
- Oil extracted from sesame seeds

Seasonings and Spices

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

Salt Flavors

- Seaweed Powdered Granulated Sea Salt – (Kelp/Dulse/Nori – has a “sea flavor”)
- Yummy Flavors
- 100% Pure Agave Syrup – (derived from the cactus) Date Sugar/Syrup

Spicy and Pungent Flavors

- Cayenne Achiote/ African Bird Pepper (omitted on ahealthycrush.com)
- Coriander (Cilantro)
- Onion Powder
- Sage

Teas with Herbs

- Spruce
- Burdock
- Anise
- Elderberry
- Chamomile
- Fennel
- Ginger
- Raspberry

- Sarsaparilla
- Tila (Linden flower)
- Valerian

Chapter 7: Acidic Foods To Avoid

Foods that form acid are no less than poison. All diseases originate from the acidic environment produced by the consumption of acidic foods. Thus, many microorganisms target our bodies' immune systems, making it very difficult for our vital bodies to perform their usual functions. Foods that form acid are seriously hazardous to health.

Animal flesh tops the acid map that shapes foodstuffs. Acid ash in our bodies is left in all types of meat like beef, chicken, oyster, lamb and fish. Foods that are high in acidity cause much body damage. More than 20% of the food we consume does not contain foods that form acid. The ideal alkaline ratio of 80 to 20 should always be kept in our food.

The category of such acidic foods also includes dairy products and animal fats. Olive oil, which can also be used to cook as vegetable oil, is also known as such foodstuffs. The plants belonging to this group are lentils, winter squash and maize. Blueberries, currants and cranberries are acidic foods as well.

Alcohols and drinks such as tea and coffee are also in this category. Also, cold beverages, cocoa and pepper contain high acidity. It would be best if you also strived to stop as much as possible, including vinegar in your diet, as it is acidic.

The packaged foods on the markets are all such foods and we should try to stop them. Fresh fruit should be eaten at home and washed or cooked. Cooking kills vital nutrients, so raw fruits and vegetables should always be prioritized over overcooked food.

Foods that form acid are synonymous with poison. Both are going to kill you. In the acidic climate, all diseases flourish and these foods contribute to this acidic environment. It overwhelms the body's immune system by having

various microorganisms attack vital organs, making it difficult for them to perform their normal functions.

All we eat can be classified into three main categories: acidic, alkaline and acid-based. Alkaline foods leave an alkaline ash in our body and help to establish an alkaline pH. On the contrary, acidic foods tilt the pH concentrations to the acidic side.

As all body tasks are acidic, they require an alkaline atmosphere to continue functioning. Oxygen and nutrients must be taken by cells and toxins removed. They cannot do so when an acidic environment surrounds them, and they ultimately get sick. We ingest more acid than we need in our bodies, which is severely harmful to our health.

Animal flesh in the acidic food chart is very heavy. All meats like beef, lamb, chicken, fish and oysters have acidic ash left in their bodies. They harm the body significantly. Acid-forming foods do not constitute more than 20 percent of our intake. The optimal ratio of alkaline acid is 80 to 20 and everything we consume should reflect this.

Animal and dairy-derived fats also contribute to acid production within us. Even vegetable petroleum is to blame. When looking for a cooking medium, you should stick to olive oil. While olives help make acid, their oil is not.

Corn, lentils and squash in the winter are the only acidic foods. All the other foods are alkaline. Also in this group is cooked spinach. The fruit is healthy and alkaline except for cranberries, blueberries and currants.

Wheat, just bread, Kamut, corn, barn wheat, macaroni, rice, and noodles are harmful and should not constitute more than 20% of our total intake. Dairy goods, such as butter, cheese and ice cream, are acidic and not health-friendly.

Tahini, walnuts, cassava nuts, peanuts and pecans may cause acid and body damage. Almonds, however, are not acidic and should be tried in their

diet. Sugar, maize syrup and carob are all part of the issue and stevia can instead be used as a sweetener.

Alcohols help acidify the body and drinks such as coffee and tea. Cocoa, pepper and cold beverages are highly harmful. Soda thus upsets the acid/alkaline equilibrium and requires roughly 32 glasses of water to balance a glass of soda.

Vinegar is also part of the issue and should be avoided absolutely. All refined foods are acidic and fresh ingredients should be eaten well washed and not too fried. Cooking kills nutrients, so raw fruit and vegetables should be overcooked fruit.

Conclusion

Dr. Sebi focused a long time on feminine illnesses affecting thousands of women every year because he believed in the ability to use food and herbs as treatment, including fertility, cancer prevention and recovery, menstrual dysfunction and easing the symptoms of menopause.

He postulates that one cannot be healthy without eating clean foods. He also believed that a person needs to address the causes of disease rather than just treating symptoms. One has to know both food and herbs to be healthy.

Women with menstrual problems, infertility, menopausal symptoms, and post-partum depression can find relief through Dr. Sebi's natural plant-based approach to achieving balance in the body.

Many of the problems women face as they age affect their reproductive health. Here are two examples: Cramps, in which menstrual cramps are one of the most common complaints, and menopause, a natural process that occurs when women reach the age of about 45 years old.

Menopause has many distinct physical symptoms, such as hot flashes, night sweats and mood swings. However, Dr. Sebi's research indicates that many of these symptoms are linked to the immune system and may be caused by the decline in hormonal balance.

It is important to note that these hormones, called gonadotropins, originate from the ovaries. Losing these hormones means losing many of the functions they supply to women as they age. Hormones also play an essential role in reproductive health. For example, they regulate menstruation, ovulation and birth control. They also affect energy levels, moods and sexual desire.

Dr. Sebi's research shows that when a woman is in the premenopausal stage of her life, she can still have hot flashes, night sweats and mood swings if

there is a problem with her immune system. In other words, these symptoms are caused by an imbalance in the female hormonal cycle.

Once a woman reaches menopause, this hormone loss affects the hypothalamus, where all our body's hormones come from. Hot flashes result from this location and most other symptoms of menopause.

Symptoms of menopause or lack of symptoms are related to the levels of hormones in women. For example, women who do not have hot flashes or do not feel any discomfort can experience early menopause. This is because the estrogen supply to the hypothalamus reduces and allows the woman's system to adjust.

In cases when the reduction of estrogen is not balanced, these symptoms start to occur. When there is a lack of production of gonadotropins, symptoms include the following:

Aristotle once said that "the greatest good was health," concerning living a long and prosperous life. However, most women in today's world with menstrual problems and other ailments do not believe this statement anymore. Fortunately, Dr. Sebi has developed formulas to help.

DR. SEBI COOKBOOK

Introduction

Who is Dr. Sebi?

Dr. Sebi was a Honduran herbalist and a self-proclaimed healer, whose real name was Alfredo Darrington Bowman. He practiced in the United States from the late 20th to early 21st centuries. Bowman claimed that he could cure all the diseases with herbs and a vegan-based diet. He had also set up a treatment center in Honduras; then, he moved to New York City and Los Angeles to continue his practice. Numerous celebrities like Michael Jackson, John Travolta, and Lisa “Left Eye” Lopes were among his clients. Though he is known by the title of “Dr. Sebi,” he never received any formal medical training. Many attorneys, licensed doctors, and consumer protection agencies in the United States considered him a quack. New York State even arrested him for practicing medicine because he was practicing without a license. But after a Supreme Court trial, Dr. Sebi was acquitted. Sebi’s healing approach seems to be centered around alkaline foods and herbs, which, according to him, are necessary to control the acid load in the body. He believed maintaining an alkaline environment within the cells and the body protects it from various diseases.

What Is the Doctor Sebi's Diet?

According to Dr. Sebi, most diseases result from acidity and mucus formation in the body. He argued that diseases could be prevented or reversed when the body is given an alkaline environment. His healing program includes a strict dietary plan and supplements which claim to detoxify the body from many diseases and restore its alkalinity. The Dr. Sebi diet prohibits the use of all animal dietary products, and mainly focuses on vegetarian food intake, with far stricter rules than the vegan diet. For instance, it also prohibits the use of seedless fruits and only allows food on Sebi's approved list of vegetables: fruits, grains, etc. Due to its no animal food products approach, the Dr. Sebi diet is also known as the plant-based alkaline diet. The diet claims to rejuvenate the cells by allowing them to get rid of toxic metabolic waste. The diet is entirely made up of shortlisted foods, along with herbs and supplements. This diet also helps with conditions like AIDS, kidney disease, lupus, and other diseases. It can help reverse diseases. The treatments for these diseases require patients to eat natural grains, fresh fruits, and veggies and refrain from animal-sourced food. The diet is naturally low in protein, so Dr. Sebi's supplements are important to maintain protein intake.

Through years of research and studies, Dr. Sebi found that diseases occur or can even grow when the mucus membrane of the cells and organs is compromised. For instance, if the bronchial tubes get too much mucus, a person can be diagnosed with bronchitis. If the same mucus is produced and accumulates in the lungs, a person is diagnosed with pneumonia. When the mucus moves to the pancreatic duct, it can lead to diabetes. All of the compounds proposed by Dr. Sebi are extracted from natural plants, which make them alkaline. These compounds are important in reversing diseases that can only grow in acidic environments. The continuous use of all these natural remedies eventually detoxifies and cleanses the diseased body, and then bringing it back to its natural alkaline state.

Almost all health-oriented diet plans are created to achieve similar health results, yet each follows a different method to achieve those objectives. Even before the Dr. Sebi diet, many professionals brought the alkaline diet to help the body achieve optimum health while countering the threats of several diseases, as the human body needs an optimum pH level to provide a viable environment for the enzymes to work effectively. The neutrality of the body's internal environment can be gained with a balanced diet and healthy lifestyle since the food products we mostly consume today are more acidic, so we end up suffering from health problems like indigestion, stomach acidity, and other diseases.

The Benefits of Dr. Sebi's Diet

We already know that reducing the acid level of our food helps lower mucus in the body, which sets the stage for an alkaline environment that prevents diseases from forming. These are some of the other benefits of following Dr. Sebi's Diet plan:

1 Weight Loss

Of course, this is just stating the obvious. Weight loss is inevitable when you're eating based on Dr. Sebi's Diet. This is because the diet components are mainly vegetables, fruits, nuts, legumes, and grains. Since you are removing waste, meat, dairy, and processed food, weight loss is a natural consequence.

2 Boosts the Immune System

Diseases and illnesses cause the immune system to become weak. Some people have testified to having a stronger immune system and being cured of some diseases just by following Dr. Sebi's Diet.

Lowers Risk of Diseases

When you consume acidic foods, the mucus membrane of the cells and the body's inner walls will diminish. This compromises the body system and places you at risk of having diseases. But eating alkaline foods does the opposite and lowers your risk of having diseases as it provides your body cells with the necessary nutrients it needs.

3 Reduces Risk of Stroke and Hypertension

The National Institute of Health (NIH) states that exercise and weight loss are the first-line therapies for any state of hypertension. But then, after a small study, it was found that using a plant-based diet to combat hypertension will produce even better results.

Compared to standard medicine, a plant-based diet does a better job of reducing plaque in the blood vessels, reducing the risk of diabetes, heart

disease, and stroke. You can call Dr. Sebi's Diet, a carefully selected plant-based vegan diet.

4 Provides Energy

Your body's energy levels can be significantly reduced with meat, white sugar, and dairy intake. But when you concentrate on consuming plant-based diets, you increase your regular energy supply.

5 Heightened Focus

When you eat, according to Dr. Sebi's teachings, you will find yourself having more clarity, less brain fog, more focus, and less affected when you encounter stress. You don't have to be sick to follow a plant-based diet, which will help improve your life and keep you healthy.

6 Controls the Appetite

Research has shown that consuming a plant-based meal of peas and beans will make you fuller than eating a meal containing meat.

7 Building the Microbiome

All the organisms that live in your gut are collectively known as the "microbiome." When you eat more plant-based meals, your microbiome adjusts favorably, and this can prevent diseases.

Principles of the Dr. Sebi Diet

There are eight basic principles of Dr. Sebi's dietary approach, and those include the following:

1. Eat food as per nutritional guidelines

Though the diet promotes the use of alkaline and vegan food, it has a different approach altogether; you cannot confuse it with any of those dietary approaches. So, it is best to consume the food per Dr. Sebi's approved nutritional guidelines.

2. Drink one gallon of water every day

Water is a great neutralizer. It can optimize the cell's internal environment and keep it hydrated to metabolize effectively. Drink one gallon or 3 ½ liters of water daily to keep your body healthy.

3. Take Dr. Sebi's supplements

Dr. Sebi's supplements are created to support the dietary plan and fulfill all the nutritional requirements. So, these supplements are essential to consume to make this plan effective.

4. Do not consume animal products

The diet restricts the consumption of all animal the sourced products mainly because they do not adhere to the alkalinity approach this diet offers and partly because of its vegan-inspired approach.

5. No alcohol

Alcohol consumption disrupts the balance of the pH in our body and leads to health problems, so it is prohibited on the Dr. Sebi diet.

6. Avoid wheat products

Acid-forming wheat products are also not allowed on this diet. Only Dr. Sebi's approved grains are recommended on the diet because they help maintain the body's alkaline.

7. Avoid using a microwave

Microwaves are considered unhealthy for food, and according to Dr. Sebi's approach, food is not suitable for eating when heated with these waves.

8. Avoid canned fruits

Canned fruits and other varieties of canned food are loaded with preservatives and chemicals, which can be acidic or affect the body's pH after metabolizing. Therefore, canned products are also not allowed on this diet.

Foods To Eat

Dr. Sebi classified the foods into different categories. These categories are:

1. Fruits
2. Vegetables
3. Alkaline Grains
4. Alkaline Sugars

Vegetables

- Cucumber
- Tomatillo
- Turnip greens.
- Wakame
- Onions
- Dandelion greens
- Cherry and plum tomato
- Dulse
- Garbanzo beans
- Izote flower and leaf
- Kale
- Mushrooms, except for Shitake
- Arame
- Wild Arugula
- Avocado
- Amaranth
- Bell Pepper
- Chayote
- Hijiki
- Nopales
- Nori

- Zucchini
- Watercress
- Lettuce except for iceberg
- Olives
- Purslane verdolaga
- Squash
- Okra

Fruits

- Apples
- Pears
- Limes
- Mango
- Berries
- Melons
- Prickly pear
- Cherries
- Soursops
- Dates
- Figs
- Grapes
- Prunes
- Raisins
- Papayas
- Bananas
- Cantaloupe
- Currants
- Orange
- Soft jelly coconuts
- Peaches
- Plums

Alkaline Grains

- Spelt
- Fonio
- Quinoa
- Rye
- Kamut
- Tef
- Wild rice
- Amaranth

Alkaline Sugars

- 100% Pure agave syrup extracted from cactus
- Dried date sugar

Foods To Avoid

Some foods are disregarded in Dr. Sebi's food list because you must do away with them. Most of these foods could be dangerous for your health, especially cancer patients.

These foods contain an increasing amount of acidic contents and are not advised to be taken by a cancer patient. Although these foods are suitable for the mouth, they are not good for the body. Dr. Sebi tagged them as forbidden foods. These foods are listed below:

- Alcoholic beverages
- Fish and seafood
- Meat of all kinds
- Poultry products
- Colorants and flavours
- Processed foods
- Canned foods and fruits
- Soy and soy products
- Corn
- Genetically modified organism fruits
- Eggs
- Wheat
- Seedless fruits
- Foods with yeast or other components such as baking powder
- Fast foods
- Sugar
- Foods fortified with vitamins and minerals
- Garlic
- Genetically modified organism vegetables

- Dairy foods

Salad Recipes

Chickpea Tomato Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 14 oz chickpeas, soak overnight & cooked
- 1 lime juice
- 1 tbsp olive oil
- 2 tbsp fresh mint, chopped
- 1 cup cherry tomato, chopped
- 1/8 tsp cayenne pepper
- Salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 393kcal; Fat: 9g; Carbs: 60g; Protein: 19g

Tasty Chickpea Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 14 oz chickpeas, soak overnight & cooked
- 1/2 medium onion, diced
- 1/4 tsp cayenne pepper
- 3 tbsp olive oil
- 2 lime juice
- 1/2 tsp salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 305kcal; Fat: 11g; Carbs: 41g; Protein: 12g

Easy Chickpea Bruschetta Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 15 oz chickpeas, soak overnight & cooked
- 1/2 tbsp agave syrup
- 2 tsp olive oil
- 1 cup basil, chopped
- 2 cups grape tomatoes, halved
- 1/8 tsp cayenne
- 1/2 tsp salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 865kcal; Fat: 18g; Carbs: 140g; Protein: 43g

Arugula Apple Walnut Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 6 cups arugula
- 2 apples, core and chopped
- 1/4 cup olive oil
- 2 tbsp agave syrup
- 1 cup apple juice
- 1/2 tsp salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 156kcal; Fat: 8g; Carbs: 21g; Protein: 0.8g

Cucumber Onion Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 2 lbs cucumbers, thinly sliced
- 1/2 cup fresh dill, chopped
- 1/2 large onion, sliced
- 3 tbsp olive oil
- Salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 98kcal; Fat: 7g; Carbs: 8g; Protein: 1g

Basil Cucumber Tomato Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 3 cups cucumbers, sliced
- 3 cherry tomatoes, sliced
- 1/4 cup fresh basil, chopped
- 1/3 cup red onion, chopped
- 1/4 cup extra virgin olive oil
- 1/4 tsp cayenne
- 1/4 tsp salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 94kcal; Fat: 8g; Carbs: 4g; Protein: 1g

Watermelon Berry Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 1 cup blackberries
- 2 cups cherries, pitted and halved
- 2 cups strawberries, quartered
- 4 cups watermelon, cubed
- 2 tbsp fresh lime juice
- 2 cups raspberries
- 2 cups blueberries

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 105kcal; Fat: 0.8g; Carbs: 29.2g; Protein: 2.4g

Tropical Fruit Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 12

Ingredients:

- 3 mangoes, cut into chunks
- 2 cups strawberries, sliced
- 10 oranges, peeled and cut into section
- 4 tbsp agave syrup
- 1 lime juice
- 2 orange juice

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 194kcal; Fat: 0.9g; Carbs: 48.4g; Protein: 3g

Fruit Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 12

Ingredients:

- 1 1/2 cups mangoes, diced
- 3 cups cantaloupe, diced
- 3 cups watermelon, diced
- 2 1/2 cups honeydew, diced
- 3/4 tsp cayenne
- 3 tbsp lime juice
- 2 tbsp agave syrup
- 1/8 tsp salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 92kcal; Fat: 0.4g; Carbs: 23.3g; Protein: 1.3g

Kale Chickpea Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 14 oz chickpeas, soaked overnight & cooked
- 1 fresh lime juice
- 2 tbsp olive oil
- 3 kale leaves, chopped
- Salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 180kcal; Fat: 8.2g; Carbs: 22.8g; Protein: 5g

Quinoa Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 3 cups quinoa, cooked
- 4 tbsp olive oil
- 1/2 cup lime juice
- 2 green bell peppers, chopped
- 15 oz chickpeas, soaked overnight & cooked
- Salt

Directions:

1. Mix all ingredients into the bowl.
2. Serve and enjoy.

Per serving: Calories: 528kcal; Fat: 15.7g; Carbs: 83.3g; Protein: 18.2g

Cherry Tomato Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 4 cups cherry tomatoes, halved
- 2 tbsp basil, chopped
- 3 tbsp olive oil
- 1 onion, sliced
- Salt

Directions:

1. Add all ingredients into the mixing bowl and mix well.
2. Serve and enjoy.

Per serving: Calories: 134kcal; Fat: 10g; Carbs: 9g; Protein: 1g

Cucumber Avocado Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 6

Ingredients:

- 1 lb cherry tomato, halved
- 1 cucumber, chopped
- 1/2 onion, chopped
- 2 avocados, peel, remove pit & chopped
- 1 tbsp lime juice
- 1/2 tsp dried basil
- Salt

Directions:

1. Add all ingredients into the mixing bowl and mix well.
2. Serve and enjoy.

Per serving: Calories: 148kcal; Fat: 13g; Carbs: 8g; Protein: 1g

Cucumber Salad

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 1 cucumber, sliced
- 1 tsp sesame seeds
- 1 tsp sesame oil
- Salt

Directions:

1. Add all ingredients into the mixing bowl and mix well.
2. Serve and enjoy.

Per serving: Calories: 51kcal; Fat: 3g; Carbs: 5g; Protein: 1g

Sweet And Savory Salad

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 1-2

Ingredients:

- 1 big head of butter lettuce
- 1/2 of cucumber, sliced
- 1 pomegranate, seed or 1/3 cup of seed
- 1 avocado, 1 cubed
- 1/4 cup of shelled pistachio, chopped

For dressing:

- 1/4 cup of apple cider vinegar
- 1/2 cup of olive oil
- 1 clove of garlic, minced

Directions:

1. Put the butter lettuce in a salad bowl. Add the remaining ingredients and toss with the salad dressing.

Per serving: Calories: 68kcal; Fat: 1.2g; Carbs: 8g; Protein: 2g

Vegetable Recipes

Veggie Lettuce Wraps

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 3

Ingredients:

- ¾ cup fresh kale, tough ribs removed and torn
- 1 cup cucumber, sliced
- 1 cup cherry tomatoes, halved
- Sea salt, as needed
- 6 large lettuce leaves

Directions:

1. Add the kale, cucumber, tomato, and salt in a large bowl and mix well.
2. Arrange the lettuce leaves onto serving plates.
3. Divide the kale mixture onto each lettuce leaf evenly.
4. Serve immediately.

Per serving: Calories: 26kcal; Fat: 0.2g; Carbs: 5.4g; Protein: 1.3g

Veggies Burgers

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- ½ cup fresh kale, tough ribs removed and chopped
- ½ cup green bell peppers, seeded and chopped
- ½ cup onions, chopped
- 1 plum tomato, chopped
- 2 teaspoons fresh oregano, chopped
- 2 teaspoons fresh basil, chopped
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- ½ teaspoon ginger powder
- ½ teaspoon cayenne powder
- Sea salt, as needed
- 1 cup chickpeas flour
- ¼–½ cup spring water
- 2 tablespoons grapeseed oil
- 4 cups fresh arugula

Directions:

1. In a bowl, add all vegetables, herbs, spices, and salt and mix well.
2. Add the flour and mix well.
3. Slowly add the water and mix until a thick mixture is formed.
4. Make desired-sized patties from the mixture.
5. In a skillet, heat the grapeseed oil over medium-high heat and cook the patties for about 2–3 minutes per side.
6. Divide the arugula onto serving plates and top each with 2 burgers.
7. Serve immediately.

Per serving: Calories: 177kcal; Fat: 8.7g; Carbs: 19.2g; Protein: 6.6g

Veggie Balls In Tomato Sauce

Preparation time: 20 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients:

- 1½ cups cooked chickpeas
- 2 cups fresh button mushrooms
- ½ cup onions, chopped
- ¼ cup green bell peppers, seeded and chopped
- 2 teaspoons oregano
- 2 teaspoons fresh basil
- 1 teaspoon savory
- 1 teaspoon dried sage
- 1 teaspoon dried dill
- 1 tablespoon onion powder
- ½ teaspoon cayenne powder
- ½ teaspoon ginger powder
- Sea salt, as needed
- ½–1 cup chickpea flour
- 6 cups homemade tomato sauce
- 2 tablespoons grapeseed oil

Directions:

1. In a food processor, add the chickpeas, veggies, herbs, and spices and pulse until well combined.
2. Transfer the mixture into a large bowl with flour and mix until well combined.
3. Make desired-sized balls from the mixture.
4. In a skillet, heat the grapeseed oil over medium-high heat and cook the balls in 2 batches for about 4–5 minutes or until golden brown from all sides.

5. In a large pan, add the tomato sauce and veggie balls over medium heat and simmer for about 5 minutes.

6. Serve hot.

Per serving: Calories: 247kcal; Fat: 6.6g; Carbs: 38.8g; Protein: 11.8g

Veggie Kabobs

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

Marinade

- 2 garlic cloves, minced
- 2 teaspoons fresh basil, minced
- 2 teaspoons fresh oregano, minced
- ½ teaspoon cayenne powder
- Sea salt, as needed
- 2 tablespoons fresh key lime juice
- 2 tablespoons avocado oil

Veggies

- 2 large zucchinis, cut into thick slices
- 8 large button mushrooms, quartered
- 2 red bell pepper, seeded and cubed
- 1 large onion, cubed

Directions:

1. For the marinade: In a bowl, add all ingredients and mix until well combined.
2. Add the vegetables and toss to coat well.
3. Cover and refrigerate to marinate for at least 6–8 hours.
4. Preheat the grill to medium-high heat. Generously, grease the grill grate.
5. Remove the vegetables from the bowl and thread them onto pre-soaked wooden skewers.
6. Place the veggie skewers onto the preheated grill and cook for about 8–10 minutes or until done completely, flipping occasionally.
7. Serve hot.

Per serving: Calories: 85kcal; Fat: 1.6g; Carbs: 16.4g; Protein: 4.7g

Spiced Okra

Preparation time: 10 minutes

Cooking time: 13 minutes

Servings: 2

Ingredients:

- 1 tablespoon avocado oil
- $\frac{3}{4}$ pound okra pods, trimmed and cut into 2-inch pieces
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon cayenne powder
- Sea salt, as needed

Directions:

1. In a skillet, heat the avocado oil over medium heat and stir-fry the okra for about 2 minutes.
2. Now, adjust the heat to low and cook covered for about 6–8 minutes, stirring occasionally.
3. Add the cumin, cayenne powder, and salt and stir to combine.
4. Now, adjust the heat to medium and cook uncovered for about 2–3 minutes more.
5. Remove from the heat and serve hot.

Per serving: Calories: 81kcal; Fat: 1.4g; Carbs: 13.5g; Protein: 3.5g

Mushroom Curry

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 cups plum tomatoes, chopped
- 2 tablespoons grapeseed oil
- 1 small onion, chopped finely
- ¼ teaspoon cayenne powder
- 4 cups fresh button mushrooms, sliced
- 1¼ cups spring water
- ¼ cup unsweetened coconut milk
- Sea salt, as needed

Directions:

1. In a food processor, add the tomatoes and pulse until smooth paste forms.
2. In a pan, heat the oil over medium heat and sauté the onion for about 5–6 minutes.
3. Add the tomato paste and cook for about 5 minutes.
4. Stir in the mushrooms, water, and coconut milk and bring to a boil.
5. Cook for about 10–12 minutes, stirring occasionally.
6. Season with the salt and remove from the heat.
7. Serve hot.

Per serving: Calories: 133kcal; Fat: 10.8g; Carbs: 8.3g; Protein: 3.5g

Mushrooms With Bell Peppers

Preparation time: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 tablespoon grapeseed oil
- 3 cups fresh button mushrooms, sliced
- $\frac{3}{4}$ cup red bell peppers, seeded and cut into long strips
- $\frac{3}{4}$ cup yellow bell peppers, seeded and cut into long strips
- $1\frac{1}{2}$ cup white onions, cut into long strips
- 2 teaspoons fresh sweet basil
- 2 teaspoons fresh oregano
- $\frac{1}{2}$ teaspoon cayenne powder
- Sea salt, as needed

Directions:

1. In a skillet, heat the grapeseed oil over medium-high heat and sauté the mushrooms, bell peppers, and onion for about 5–6 minutes.
2. Add in the herbs, cayenne pepper, and salt and cook for about 2–3 minutes.
3. Add in the lime juice and remove the skillet of veggies from heat.
4. Serve hot.

Per serving: Calories: 76kcal; Fat: 3.8g; Carbs: 8.8g; Protein: 2.7g

Bell Pepper & Tomato Bake

Preparation time: 15 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients:

Herb Sauce

- 4 garlic cloves, chopped
- ½ cup fresh parsley, chopped
- ½ cup fresh basil, chopped
- 3 tablespoons avocado oil
- 2 tablespoons fresh key lime juice
- ½ teaspoon ground cumin
- ½ teaspoon cayenne powder
- Sea salt, as needed

Veggies

- 2 large red bell peppers, seeded and sliced
- 2 large yellow bell peppers, seeded and sliced
- 1 pound plum tomatoes, cut into 8 wedges
- 2 tablespoons avocado oil

Directions:

1. Preheat your oven to 350°F.
2. Lightly grease a large shallow baking dish.
3. For the sauce: Add all ingredients to a food processor and pulse on high speed until smooth.
4. In a large bowl, add the bell peppers, sauce, and herb sauce and gently toss to coat.
5. Place the bell pepper mixture into the prepared baking dish and drizzle with oil.
6. With a large piece of foil, cover the baking dish.
7. Bake for approximately 35 minutes.

8. Uncover the baking dish and bake for approximately 20–30 minutes more.

9. Serve hot.

Per serving: Calories: 61kcal; Fat: 2g; Carbs: 10.8g; Protein: 2g

Zucchini With Tomatoes

Preparation time: 15 minutes

Cooking time: 18 minutes

Servings: 2

Ingredients:

- 1 tablespoon avocado oil
- 2 garlic cloves, minced
- ¼ teaspoon dried oregano, crushed
- 2 cups cherry tomatoes, halved
- 1 cup onion, chopped
- 4 cups zucchinis, sliced
- Sea salt, as needed
- 1 teaspoon fresh key lime juice

Directions:

1. In a skillet, heat avocado oil over medium heat and sauté onion for about 4–5 minutes.
2. Add garlic, green chili, oregano, and cumin and sauté for about 1 minute.
3. Add zucchini and cook for about 3–4 minutes.
4. Add tomatoes and salt and cook for about 7–8 minutes.
5. Stir in lime juice and serve hot.

Per serving: Calories: 106kcal; Fat: 1.8g; Carbs: 21.5g; Protein: 5.2g

Zucchini Noodles With Tomatoes

Preparation time: 15 minutes

Cooking time: 7 minutes

Servings: 3

Ingredients:

- 2 tablespoons avocado oil
- 2 medium zucchinis, spiralized with Blade C
- 1 garlic clove, minced
- 1 cup cherry tomatoes, sliced
- Sea salt, as needed

Directions:

1. In a skillet, heat avocado oil over medium heat and cook the zucchini for about 3 minutes.
2. Add the garlic and cook for about 1 minute.
3. Add the cherry tomatoes and salt and cook for about 2–3 minutes.
4. Serve hot.

Per serving: Calories: 46kcal; Fat: 1.6g; Carbs: 7.6g; Protein: 2.3g

Zucchini Hummus Wrap

Preparation time: 10 minutes;

Cooking time: 8 minutes;

Servings: 2

Ingredients:

- ½ cup iceberg lettuce
- 1 zucchini, sliced
- 2 cherry tomatoes, sliced
- 2 spelt flour tortillas
- 4 tablespoons homemade hummus
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil

Directions:

1. Take a grill pan, grease it with oil and let it preheat over a 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.

Per serving: Calories: 264.5kcal; Fat: 5.1g; Carbs: 34.5g; Protein: 8.5g

Basil And Avocado Salad

Preparation time: 10 minutes;

Cooking time: 0 minutes;

Servings 2

Ingredients:

- ½ cup avocado, peeled, pitted, chopped
- ½ cup basil leaves
- ½ cup cherry tomatoes
- 2 cups cooked spelt noodles
- 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 to 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.

Per serving: Calories: 387kcal; Fat: 16g; Carbs: 54g; Protein: 9g

Vegan Portobello Burgers

Preparation time: 10 minutes;

Cooking time: 20 minutes;

Servings 2

Ingredients:

- 2 Portobello mushroom caps
- ½ of avocado, sliced
- 1 cup purslane
- 2 teaspoons dried basil
- 2 tablespoons olive oil
- 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 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.

Per serving: Calories: 354kcal; Fat: 32g; Carbs: 14g; Protein: 4g

Grilled Romaine Lettuce Salad

Preparation time: 10 minutes;

Cooking time: 10 minutes;

Servings 2

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
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon key lime juice

Directions:

1. 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.
2. When done, transfer lettuce heads to a plate and then let them cool for 5 minutes.
3. Meanwhile, prepare the dressing and for this, place the remaining ingredients in a small bowl and then stir until combined.
4. Drizzle the dressing over lettuce heads and then serve.

Per serving: Calories: 130kcal; Fat: 2g; Carbs: 24g; Protein: 2g

Vegetable Fajitas

Preparation time: 10 minutes;

Cooking time: 8 minutes;

Servings 2

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
- 1/3 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon onion powder
- 1 tablespoon grapeseed oil

Directions:

1. 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.
2. Add mushroom slices, sprinkle with all the seasoning, stir until mixed, and then cook for 5 minutes until vegetables turn soft.
3. Heat the tortilla until warm, distribute vegetables in their center, drizzle with lime juice, and then roll tightly.
4. Serve straight away.

Per serving: Calories: 337kcal; Fat: 3.7g; Carbs: 74g; Protein: 3g

Classic Banana Fries

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

Ingredients:

- 4 baby burro bananas, peeled, cut into squares
- ¼ teaspoon salt
- ½ of a medium onion, peeled, chopped
- ½ of medium green bell pepper, cored, chopped
- 2 teaspoons grapeseed oil
- 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 the remaining ingredients, stir until mixed, and then continue cooking for 5 to 7 minutes until the onions have caramelized.
3. Serve straight away.

Per serving: Calories: 131kcal; Fat: 6.5g; Carbs: 20g; Protein: 1g

Zoodles With Basil & Avocado Sauce

Preparation time: 10 minutes;

Cooking time: 0 minutes;

Servings 2

Ingredients:

- 2 zucchinis, spiralized into noodles
- 2 avocados, peeled, pitted
- ½ cup walnuts
- 2 cups basil leaves
- 24 cherry tomatoes, sliced
- 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.

Per serving: Calories: 330kcal; Fat: 20g; Carbs: 35g; Protein: 7g

Vegan Veggie Fritters

Preparation time: 10 minutes;

Cooking time: 10 minutes;

Servings 2

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
- 1 teaspoon of sea salt
- 1 tablespoon oregano
- 1/8 teaspoon cayenne pepper
- 1 tablespoon grapeseed oil
- 1 tablespoon basil leaves, chopped
- ½ 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 into 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.

Per serving: Calories: 281kcal; Fat: 15g; Carbs: 26g; Protein: 13g

Vegetable Low Mein

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

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
- 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.

Per serving: Calories: 331kcal; Fat: 11g; Carbs: 48g; Protein: 10g

Spiced Okra Curry

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

Ingredients:

- 1 ½ cup okra
- 8 cherry tomatoes, chopped
- 1 medium onion, peeled, sliced
- ¾ cup vegetable broth, homemade
- 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.

Per serving: Calories: 137kcal; Fat: 8g; Carbs: 15g; Protein: 4g

Dessert, Milk, Cheese, And Snack Recipes

Homemade Hemp Seed Milk

Preparation time: 15 minutes

Cooking time: 2 hours

Servings: 2 cups

Ingredients:

- 2 tablespoons of hemp seeds
- 2 tablespoons of agave syrup
- 1/8 teaspoon of pure sea salt
- 2 cups of spring water
- Fruits (optional)*

Directions:

1. Place all ingredients, except fruits, into the blender.
2. Blend them for two minutes.
3. Add fruits and repeatedly blend for 30 to 50 seconds.
4. Leave milk in a refrigerator until cold.
5. Enjoy your homemade hemp seed milk!

Per serving: Calories: 83kcal; Fat: 7.3g; Carbs: 1.3g; Protein: 4.7g

Homemade Walnut Milk

Preparation time: 15 minutes

Cooking time: Minimum 8 hours

Servings: 4 cups

Ingredients:

- 1 cup of raw walnuts
- 1/8 teaspoon of pure sea salt
- 3 cups of spring water + extra for soaking

Directions:

1. Put raw walnuts in a small pot and cover them with three inches of water.
2. Soak the walnuts for at least eight hours.
3. Drain and rinse the walnuts with cold water.
4. Add the soaked walnuts, pure sea salt, and three cups of spring water to a blender.
5. Mix well until smooth.
6. Strain it if you need to.
7. Enjoy your homemade walnut milk!

Per serving: Calories: 200kcal; Fat: 20; Carbs: 3.89g; Protein: 5g

Mini Nacho Pizzas

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1/4 cup refried beans, vegan
- 2 tablespoons tomato, diced
- 2 English muffins, split in half
- 1/4 cup onion, sliced
- 1/3 cup vegan cheese, shredded
- 1 small jalapeno, sliced
- 1/3 cup roasted tomato salsa
- 1/2 avocado, diced and tossed in lemon juice

Directions:

1. Add the refried beans/salsa onto the muffin bread. Sprinkle with shredded vegan cheese followed by the veggie toppings.
2. Transfer to a baking sheet and place in a preheated oven at 350 to 400 F on a top rack.
3. Put into the oven for 10 minutes and then broil for 2 minutes, so that the top becomes bubbly.
4. Take out from the oven and let them cool at room temperature.
5. Top with avocado. Enjoy!

Per serving: Calories: 133kcal; Fat: 4g; Carbs: 71g; Protein: 6g

Cheesy Kale Chips

Preparation time: 3 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

- 3 tablespoons nutritional yeast
- 1 head curly kale, washed, ribs
- 3/4 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- Salt, to taste

Directions:

1. Line cookie sheets with parchment paper.
2. Drain the kale leaves and spread on a paper removed and leaves torn into a chip-towel. Then, kindly transfer the leaves to a bowl and sized pieces. Add in 1 teaspoon of onion powder, 3 tablespoons of nutritional yeast, 1 tablespoon of olive oil, and 3/4 teaspoon of garlic powder. Mix with your hands.
3. Spread the kale onto prepared cookie sheets. They shouldn't touch each other.
4. Bake into a preheated oven for about 350 F for about 10 to 12 minutes.
5. Once crisp, take out from the oven, and sprinkle with a bit of salt. Serve and enjoy!

Per serving: Calories: 71kcal; Fat: 4g; Carbs: 5g; Protein: 4g

Fancy Spelt Bread

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup spring water
- 1/2 cup of coconut milk
- 3 tablespoons avocado oil
- 1 teaspoon baking soda
- 1 tablespoon agave nectar
- 4 and 1/2 cups spelt flour
- 1 and 1/2 teaspoon salt

Directions:

1. Preheat your Air Fryer to 355 degrees F.
2. Take a big bowl and add baking soda, salt, flour whisk well.
3. Add 3/4 cup of water, plus coconut milk, oil, and mix well.
4. Sprinkle your working surface with flour, add dough to the flour.
5. Roll well.
6. Knead for about three minutes, adding small amounts of flour until dough is a nice ball.
7. Place parchment paper in your cooking basket.
8. Lightly grease your pan and put the dough inside.
9. Transfer into Air Fryer and bake for 30-45 minutes until done.
10. Remove then insert a stick to check for doneness.
11. If done already serve and enjoy, if not, let it cook for a few minutes more.

Per serving: Calories: 203kcal; Fat: 4g; Carbs: 37g; Protein: 7g

Garbanzo Squash Smoothie

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- 1 large cubed apple
- 1 fresh tomato
- 1 tablespoon finely chopped fresh onion or ¼ teaspoon powdered onion
- ¼ cup boiled garbanzo bean
- ½ cup of coconut milk
- ¼ cubed Mexican squash chayote
- 1 cup energy booster tea

Directions:

1. You will need to rinse the AGSS items with clean water.
2. Boil 1½ Dr. Sebi's energy booster tea with 2 cups of clean water. Filter the extract, measure 1 cup, and allow it to cool.
3. Cook Garbanzo beans, drain the water and allow it to cool.
4. Pour all the AGSS items into a high-speed blender and blend to achieve a homogenous smoothie.
5. You may add date sugar.
6. Serve your amazing smoothie and drink.

Per serving: Calories: 82kcal; Fat: 0g; Carbs: 22g; Protein: 2g

Strawberry Banana Smoothie

Preparation time: 15 minutes

Cooking time: 0

Servings: 1-2

Ingredients:

- 2 cups hemp milk
- 4 bananas
- 8 oz. strawberry
- ¾ cup dates
- 1 tbsp. agave

Directions:

1. To make this delicious smoothie, you need to place the strawberries and date in a high-speed blender.
2. Blend them for a minute or two or until they are slightly broken down.
3. After that, add the banana along with the hemp milk and agave.
4. Blend them for 2 to 3 minutes or until combined well.
5. Enjoy.

Per serving: Calories: 148kcal; Fat: 2g; Carbs: 21g; Protein: 1g

Amaranth Polenta

Preparation time: 5 minutes;

Cooking time: 15 minutes;

Servings 2

Ingredients:

- ¾ cup amaranth
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- 6 tablespoons walnut milk, homemade
- 1 ½ cups vegetable broth, homemade
- 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.

Per serving: Calories: 172kcal; Fat: 7g; Carbs: 18g; Protein: 5g

Zucchini Bread Pancakes

Preparation time: 10 minutes;

Cooking time: 8 minutes;

Servings 2

Ingredients:

- 1 cup spelt flour
- ½ cup grated zucchini
- ¼ cup chopped walnuts
- 1 cup walnut milk, homemade
- 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.

Per serving: Calories: 130kcal; Fat: 4g; Carbs: 21g; Protein: 3g

Spiced Mushrooms Stuffed With Tomato

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

Ingredients:

- 4 whole button mushrooms, destemmed
- 2/3 teaspoon Italian seasoning
- 3 tablespoons grated hazel nut cheese
- 2 tablespoons chopped red bell pepper
- 2 tablespoons chopped cherry tomatoes
- 2/3 teaspoon salt

Directions:

1. Plug in an air fryer, place the fryer basket in it, grease it with cooking oil, shut the air fryer with its lid, set the temperature to 350 degrees F, and let it preheat.
2. Meanwhile, prepare the stuffing and for this, take a small bowl, place cheese, red bell pepper, tomato, cheese, salt, and Italian seasoning and then stir until mixed.
3. Prepare the mushrooms and for this, wipe them and then fill with prepared stuffing.
4. Arrange the prepared stuffed mushrooms in the air fryer in a single layer, spray oil on top, shut with its lid, and then cook for 6 minutes, turning halfway.
5. Serve straight away.

Per serving: Calories: 117kcal; Fat: 8g; Carbs: 7g; Protein: 6g

Stuffed Avocado

Preparation time: 5 minutes;

Cooking time: 17 minutes;

Servings 2

Ingredients:

- 1 large avocado, peeled, pitted, halved
- 1 medium red bell pepper, cored, chopped
- ½ tablespoon chopped basil
- ¼ teaspoon cayenne pepper
- ¼ cup shredded Brazil nut cheese
- ¼ teaspoon salt

Directions:

1. Plug in an air fryer, place the fryer basket in it, grease it with cooking oil, shut the air fryer with its lid, set the temperature to 400 degrees F, and let it preheat.
2. Meanwhile, prepare the avocado and for this, cut the avocado in half, and season with salt and cayenne pepper.
3. Arrange the prepared avocado halves in the air fryer in a single layer, shut with its lid, and then cook for 12 minutes.
4. Then stuff the avocado with red bell pepper, sprinkle cheese on top, sprinkle with basil, and continue air frying the avocado halves for 3 to 5 minutes until done.
5. Transfer food to a plate, repeat with the remaining food and then serve.

Per serving: Calories: 136kcal; Fat: 11g; Carbs: 5g; Protein: 5g

Olives Stuffed Avocado

Preparation time: 5 minutes;

Cooking time: 15 minutes;

Servings 2

Ingredients:

- 1 large avocado, peeled, pitted, halved
- ¼ cup olives
- ¼ cup chopped tomatoes
- ¼ teaspoon cayenne pepper
- ¼ cup shredded Brazil nut cheese
- ½ tablespoon dried thyme
- ¼ teaspoon salt

Directions:

1. Plug in an air fryer, place the fryer basket in it, grease it with cooking oil, shut the air fryer with its lid, set the temperature to 400 degrees F, and let it preheat.
2. Meanwhile, prepare the avocado and for this, cut the avocado in half, season with salt and cayenne pepper.
3. Arrange the prepared avocado halves in the air fryer in a single layer, shut with its lid, and then cook for 12 minutes.
4. Then stuff the avocado with olives and tomatoes, sprinkle cheese on top, sprinkle with thyme, and continue air frying the avocado halves for 3 to 5 minutes until done.
5. Serve straight away.

Per serving: Calories: 168kcal; Fat: 8g; Carbs: 21g; Protein: 4g

Bell Pepper Stuffed Teff

Preparation time: 5 minutes;

Cooking time: 20 minutes;

Servings 2

Ingredients:

- 2 medium red bell peppers, cored
- 2 cherry tomatoes, chopped
- 1 cup cooked teff
- ½ teaspoon dried thyme
- 2 tablespoons hazel nut cheese
- ½ teaspoon cayenne pepper
- ½ teaspoon salt

Directions:

1. Plug in an air fryer, place the fryer basket in it, grease it with cooking oil, shut the air fryer with its lid, set the temperature to 425 degrees F, and let it preheat.
2. Meanwhile, prepare the peppers and for this, take a medium bowl, place teff in it, add tomatoes, thyme, salt, and cayenne pepper and then stir until combined.
3. Stuff the peppers with the teff mixture, arrange them in the air fryer in a single layer, spray oil on top, shut with its lid, and then cook for 10 to 15 minutes until done.
4. Sprinkle 1 tablespoon cheese on top of the stuffed bell peppers, continue cooking for 5 minutes and then serve.

Per serving: Calories: 45kcal; Fat: 2g; Carbs: 6g; Protein: 1g

Zucchini Stuffed Quinoa

Preparation time: 5 minutes;

Cooking time: 25 minutes;

Servings 2

Ingredients:

- 2 zucchinis, cut in half lengthwise
- 1 cup cooked quinoa
- ¼ teaspoon cayenne pepper
- ¼ teaspoon dried thyme
- 4 tablespoons hazelnut cheese
- 1 ½ teaspoon salt

Directions:

1. Plug in an air fryer, place the fryer basket in it, grease it with cooking oil, shut the air fryer with its lid, set the temperature to 350 degrees F, and let it preheat.
2. Meanwhile, prepare the zucchinis and for this, cut them in half lengthwise, creating a well by scooping some center and then sprinkle with 1 teaspoon salt.
3. Take a medium bowl, place quinoa in it, add remaining salt, cayenne pepper, and thyme, stir until combined, and then stuff this mixture into the zucchinis.
4. Arrange the prepared zucchinis in the air fryer in a single layer, shut it with its lid, and then cook for 20 minutes.
5. Sprinkle cheese on top of each stuffed zucchini, continue cooking for 2 to 3 minutes and then serve.

Per serving: Calories: 121kcal; Fat: 4g; Carbs: 16g; Protein: 6g

Mashed Potatoes

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

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.

Per serving: Calories: 52kcal; Fat: 3g; Carbs: 6g; Protein: 2g

Herbal Tea Recipes

Chamomile Herbal Tea

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 2 thin apple slices
- 2 cups boiling spring water
- 2 tablespoons fresh chamomile flowers, rinsed
- 1–2 teaspoons agave nectar

Directions:

1. Rinse the teapot with boiling water.
2. In the warm pot, place the apple slices and with a wooden spoon, mash them.
3. Add the chamomile flowers and top with the boiling water.
4. Cover the pot and steep for 3–5 minutes.
5. Strain the tea into two serving cups and stir in the agave nectar.
6. Serve immediately.

Per serving: Calories: 68kcal; Fat: 0.2g; Carbs: 18.1g; Protein: 0.3g

Burdock Herbal Tea

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 teaspoons dried burdock root
- 2 cups boiling spring water

Directions:

1. In a teapot, add the burdock root and top with the boiling water.
2. Cover the pot and steep for 3–5 minutes.
3. Strain the tea into two serving cups and serve immediately.

Per serving: Calories: 2kcal; Fat: 0g; Carbs: 0.4g; Protein: 0g

Elderberry Herbal Tea

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

- 16 ounces of spring water
- 2 tablespoons dried elderberries
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- 1 teaspoon agave nectar

Directions:

1. In a small saucepan, place water and elderberries, turmeric and cinnamon over medium-high heat and bring to a boil.
2. Now, adjust the heat to low and simmer for about 15 minutes.
3. Remove from heat and set aside to cool for about 5 minutes.
4. Through a fine mesh strainer, strain the tea into serving cups and stir in the agave nectar.
5. Serve immediately.

Per serving: Calories: 19kcal; Fat: 0.1g; Carbs: 4.9g; Protein: 0.1g

Fennell Herbal Tea

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2–4 teaspoons fennel seeds, crushed freshly
- 2 cups boiling spring water

Directions:

1. In a teapot, add the fennel seeds and top with the boiling water.
2. Cover the pot and steep for 5–10 minutes.
3. Strain the tea into two serving cups and serve immediately.

Per serving: Calories: 7kcal; Fat: 0.3g; Carbs: 1.1g; Protein: 0.3g

Fennel & Ginger Herbal Tea

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 cups spring water
- 1 tablespoon fennel seeds, crushed slightly
- 1 (½-inch) piece of fresh ginger, peeled and crushed slightly
- 2 teaspoons agave nectar

Directions:

1. In a small saucepan, add water over medium heat and bring to a rolling boil.
2. Stir in the fennel seeds and ginger and remove from the heat.
3. Strain the tea into two serving cups and stir in the agave nectar.
4. Serve immediately.

Per serving: Calories: 33kcal; Fat: 0.5g; Carbs: 7.5g; Protein: 0.5g

Ginger & Cinnamon Herbal Tea

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients:

- 1 cup spring water
- 1 (1-inch) piece of fresh ginger, cut into pieces
- 1 cinnamon stick
- 1 teaspoon agave nectar

Directions:

1. In a saucepan, add water, ginger, and cinnamon over high heat and bring to a boil.
2. Now, adjust the heat to low and simmer for about 5 minutes.
3. Remove the tea saucepan and strain it into a serving cup.
4. Stir in the agave nectar and serve immediately.

Per serving: Calories: 40kcal; Fat: 0.3g; Carbs: 9.6g; Protein: 0.5g

Ginger & Lime Herbal Tea

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 2 cups spring water
- 2 tablespoons fresh ginger root, cut into slices
- 1 tablespoon fresh key lime juice
- 1 tablespoon agave nectar

Directions:

1. In a saucepan, add water, ginger, and cinnamon over high heat and bring to a boil.
2. Now, adjust the heat to low and simmer for about 10 minutes.
3. Remove the tea saucepan and strain it into serving cups.
4. In the cups, stir in the lime juice and agave nectar and serve immediately.

Per serving: Calories: 34kcal; Fat: 0.1g; Carbs: 8.6g; Protein: 0.1g

Linden Herbal Tea

Preparation time: 5 minutes

Cooking time: 6 minutes

Servings: 1

Ingredients:

- 2 teaspoon fresh linden flowers
- 1 cup spring water
- 1 teaspoon agave nectar

Directions:

1. In a saucepan, add water over medium heat and bring to a boil.
2. Stir in the linden flowers and cook for about 1 minute.
3. Remove from the heat and set aside, covering for about 10 minutes.
4. Strain the tea into a serving cup and stir in the agave nectar.
5. Serve immediately.

Per serving: Calories: 20kcal; Fat: 0g; Carbs: 5.3g; Protein: 0g

Raspberry Herbal Tea

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1–2 teaspoons red raspberry leaf tea
- 1 cup boiling spring water
- 1 teaspoon agave nectar

Directions:

1. Place the raspberry leaf in the teapot and top it with boiling water.
2. Cover the pot and steep for 3–5 minutes.
3. Strain the tea into two serving cups and stir in the agave nectar.
4. Serve immediately.

Per serving: Calories: 20kcal; Fat: 0g; Carbs: 5.3g; Protein: 0g

Anise & Cinnamon Herbal Tea

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 7-star anise
- 1 (2-inch) cinnamon stick
- 2–3 cups of water

Directions:

1. In a saucepan, add water over medium heat and bring to a rolling boil.
2. Add star anise and cinnamon stick and boil for about 10 minutes.
3. Remove from heat and steep, covered for about 3 minutes.
4. Strain the tea into two serving cups and stir in the agave nectar.
5. Serve immediately.

Per serving: Calories: 20kcal; Fat: 0.6g; Carbs: 4.4g; Protein: 0.7g

Key Lime Tea

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

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, 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.

Per serving: Calories: 3kcal; Fat: 0g; Carbs: 1g; Protein: 0g

Fennel Detox Tea

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 cups of water
- 1/4 tsp fennel seeds

Directions:

1. Add water to a saucepan and bring to boil.
2. Add fennel seeds to boiling water and set aside for 5 minutes.
3. Strain and serve hot.

Per serving: Calories: 2kcal; Fat: 0.1g; Carbs: 0.3g; Protein: 0.1g

Basil Tea

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1 cup of water
- 1 tsp agave syrup
- 1 tbsp basil, dried

Directions:

1. Add basil to boiling water and set aside for 10 minutes.
2. Strain the tea and add agave syrup.
3. Stir and serve hot.

Per serving: Calories: 22kcal; Fat: 0g; Carbs: 5g; Protein: 0.1g

Chamomile Detox Tea

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1 cup of water
- 1 chamomile tea bag
- 1 tsp agave syrup
- 4 chamomile flowers, dried

Directions:

1. Add water to a saucepan and bring to a boil.
2. Add chamomile flower and tea bag in boiling water and let steep for 5 minutes.
3. Strain the tea and add agave syrup.
4. Stir and serve hot.

Per serving: Calories: 21kcal; Fat: 0g; Carbs: 5g; Protein: 0g

Ginger Tea

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients:

- 1 cup of water
- 1/2 tbsp fresh ginger, grated
- 1 tbsp fresh mint

Directions:

1. Add mint and ginger to boiling water.
2. Strain and serve hot.

Per serving: Calories: 20kcal; Fat: 0.4g; Carbs: 3.8g; Protein: 0.6g

Soup, Stew And Sauce Recipes

Zucchini Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 10

Ingredients:

- 10 cups zucchini, chopped
- 32 oz water
- 14.5 oz coconut milk
- Pinch of cayenne

Directions:

1. Add all ingredients into the instant pot, then stir well.
2. Secure pot with lid and cook on manual high for 10 minutes.
3. Release pressure using the quick-release method. Remove lid.
4. Puree the soup using a blender until smooth.
5. Serve and enjoy.

Per serving: Calories: 122kcal; Fat: 9.8g; Carbs: 6.6g; Protein: 4.1g

Mushroom Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 lb mushrooms, clean and chopped
- 4 cups of water
- 1 large onion, chopped
- Salt

Directions:

1. Add all ingredients to the soup maker.
2. Cover soup maker with lid and cook on smooth mode.
3. Serve and enjoy.

Per serving: Calories: 49kcal; Fat: 2.4g; Carbs: 9.3g; Protein: 4g

Zucchini Onion Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 medium onion, chopped
- 1 3/4 lbs zucchini, chopped
- 2 cups of water
- Salt

Directions:

1. Mix all ingredients in the soup maker and stir well.
2. Cover soup maker with lid and cook on smooth mode.
3. Serve hot and enjoy.

Per serving: Calories: 51kcal; Fat: 1.4g; Carbs: 11g; Protein: 2.8g

Squash Soup

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 large squash, peeled, deseeded, and diced
- 4 cups of water
- 1 tsp thyme
- 1 tsp ground ginger
- 1 onion, chopped
- Pepper
- Salt

Directions:

1. Add all ingredients to the soup maker.
2. Cover soup maker with lid and cook on chunky mode.
3. Serve hot and enjoy.

Per serving: Calories: 73kcal; Fat: 0.6g; Carbs: 17.1g; Protein: 1.9g

Tomato Bell Pepper Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1/2 cup basil leaves
- 1 tbsp olive oil
- 2 1/2 cups of water
- 1 onion, diced
- 3 red bell peppers, diced
- 4 cups cherry tomatoes, chopped
- Pinch of cayenne

Directions:

1. Add all ingredients to the soup maker.
2. Cover soup maker with lid and cook on smooth mode.
3. Serve and enjoy.

Per serving: Calories: 103kcal; Fat: 4.2g; Carbs: 16g; Protein: 2g

Delicious Pepper Soup

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 2 tbsp cherry tomato paste
- 1 onion, chopped
- 3 bell peppers, chopped
- 3 cups plum tomatoes, chopped
- Salt

Directions:

1. Add all ingredients to the soup maker.
2. Pour water into the soup maker up to the 1.6-liter mark.
3. Cover soup maker with lid and cook on smooth mode.
4. Serve and enjoy.

Per serving: Calories: 45kcal; Fat: 0.4g; Carbs: 9.5g; Protein: 2g

Kale Soup

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

- 1 lb kale
- 2 avocados
- 1 fresh lime juice
- 3 oz olive oil
- 1 cup of water
- 3 1/3 cup coconut milk
- 1 tsp salt

Directions:

1. Place all ingredients in the soup maker and stir well.
2. Cover soup maker with lid and cook on blend mode for 10 minutes.
3. Serve and enjoy.

Per serving: Calories: 438kcal; Fat: 43g; Carbs: 13g; Protein: 5g

Guacamole

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 avocados, peel & remove pits
- 1/4 cup cherry tomatoes, chopped
- 1/4 cup onion, chopped
- 2 tsp lime juice
- Pinch of cayenne
- Salt

Directions:

1. Add avocado flesh into the mixing bowl and mash using the fork.
2. Add remaining ingredients and mix well.
3. Serve and enjoy.

Per serving: Calories: 210kcal; Fat: 19g; Carbs: 9g; Protein: 2g

Chickpeas & Squash Stew

Preparation time: 15 minutes

Cooking time: 1¼ hours

Servings: 4

Ingredients:

- 2 tablespoons avocado oil
- 1 large white onion, chopped
- 4 garlic cloves, minced
- ½ tablespoon cayenne powder
- 4 large plum tomatoes, seeded and chopped finely
- 1-pound butternut squash; peeled, seeded, and chopped
- 1½ cups spring water
- 1 cup cooked chickpeas
- 2 tablespoons fresh key lime juice
- Sea salt, as needed
- 2 tablespoons fresh parsley, chopped

Directions:

1. In a soup pan, heat the avocado oil over medium heat and sauté the onion for about 4–6 minutes.
2. Add the garlic and cayenne powder and sauté for about 1 minute.
3. Add the tomatoes and cook for about 2–3 minutes.
4. Add the squash and water and bring them to a boil.
5. Now, adjust the heat to low and simmer for about 50 minutes.
6. Add the chickpeas and cook for about 10 minutes.
7. Stir in lime juice and salt and remove from heat.
8. Serve hot with the garnishing of parsley.

Per serving: Calories: 150kcal; Fat: 1.8g; Carbs: 21.5g; Protein: 5.2g

Chickpeas & Kale Stew

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 tablespoon avocado oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 3 cups cherry tomatoes, chopped finely
- 2 cups spring water
- 2 cups cooked chickpeas
- 2 cups fresh kale, tough ribs removed and chopped
- 1 tablespoon fresh key lime juice
- Sea salt, as needed
- $\frac{1}{4}$ teaspoon cayenne powder

Directions:

1. In a soup pan, heat avocado oil over medium heat and sauté the onion for about 6 minutes.
2. Stir in the garlic and sauté for about 1 minute.
3. Add the tomatoes and cook for about 2–3 minutes.
4. Add the water and bring it to a boil.
5. Now, adjust the heat to low and simmer for about 10 minutes.
6. Stir in the chickpeas and simmer for about 5 minutes.
7. Stir in the spinach and simmer for 3–4 minutes more.
8. Stir in the lime juice and seasoning and remove from the heat.
9. Serve hot.

Per serving: Calories: 206kcal; Fat: 2.1g; Carbs: 40.1g; Protein: 8.7g

Chickpeas & Veggie Stew

Preparation time: 20 minutes

Cooking time: 1 hour 5 minutes

Servings: 6

Ingredients:

- 3 cups portabella mushrooms, chopped
- 4 cups of spring water
- 1 cup cooked chickpeas
- 1 cup fresh kale, tough ribs removed and chopped
- 1 cup white onion, chopped
- 1 cup green bell peppers, seeded and chopped
- ½ cup butternut squash; peeled, seeded, and chopped
- 2 plum tomatoes, chopped
- 2 tablespoons grapeseed oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- 2 teaspoons onion powder
- 1 teaspoon cayenne powder
- ½ teaspoon ginger powder
- Sea salt, as needed

Directions:

1. In a soup pan, add all ingredients over high heat and bring to a rolling boil.
2. Now, adjust the heat to low and simmer, covering for about 1 hour, stirring occasionally.
3. Serve hot.

Per serving: Calories: 201kcal; Fat: 6.9g; Carbs: 28.6g; Protein: 8.8g

Quinoa & Veggie Stew

Preparation time: 15 minutes

Cooking time: 1 hour

Servings: 4

Ingredients:

- 2 tablespoons grapeseed oil
- 1 large onion, chopped
- Sea salt, as needed
- 2 cups butternut squash, peeled and cubed
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon cayenne powder
- 2½ cups plum tomatoes, chopped finely
- ½ cup dry quinoa, rinsed
- 3 cups spring water
- 3 cups fresh kale, tough ribs removed and chopped
- 1 tablespoon fresh key lime juice

Directions:

1. In a soup pan, heat the grapeseed oil over medium heat and cook the onion with a few pinches of salt for about 4–5 minutes, stirring occasionally.
2. Add the butternut squash and cook for about 3–4 minutes.
3. Stir in the garlic and spices and cook for about 1 minute.
4. Stir in the tomatoes, quinoa, and water and bring to a boil.
5. Now, adjust the heat to low and simmer, covering for about 35 minutes.
6. Stir in the kale and cook for about 10 minutes.

Per serving: Calories: 237kcal; Fat: 8.6g; Carbs: 36.2g; Protein: 6.9g

Mango & Apple Sauce

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 6

Ingredients:

- 1 cup mango; peeled, pitted, and chopped
- 2 large apples; peeled, cored, and chopped
- 3–4 tablespoons fresh key lime juice
- 2 tablespoons agave nectar
- ½ cup fresh orange juice

Directions:

1. Add all the sauce ingredients to a high-powered blender and pulse on high speed until smooth.
2. Serve immediately.

Per serving: Calories: 85kcal; Fat: 0.3g; Carbs: 22g; Protein: 0.6g

Tomato Sauce

Preparation time: 15 minutes

Cooking time: 50 minutes

Ingredients:

- 18 plum tomatoes, halved
- ½ of red bell pepper, seeded and halved
- ½ of red onion, halved
- ½ of sweet onion, halved
- 1 medium shallot, halved
- 2 tablespoons grapeseed oil
- 3 teaspoons dried basil, divided
- 3 teaspoons of sea salt
- 1 tablespoon agave nectar
- 2 teaspoons dried oregano
- 2 teaspoons onion powder
- 1/8 teaspoon cayenne powder

Directions:

1. Preheat your oven to 400°F.
2. Line a baking sheet with parchment paper.
3. In a bowl, add tomatoes, bell pepper, onions, shallot, oil, 1 teaspoon of basil, and 1 teaspoon of salt and toss to coat well.
4. Arrange the vegetables onto the prepared baking sheet, cut-side down.
5. Roast for about 30 minutes, flipping the vegetables halfway through.
6. Remove the baking sheet from the oven and set it aside to cool slightly.
7. In a high-powered blender, add the roasted vegetables and pulse on high speed until smooth.
8. In a pan, add the pureed vegetables and remaining ingredients over low heat and simmer for about 20 minutes.
9. Remove from the heat and set aside to cool completely before serving.

Per serving: Calories: 33kcal; Fat: 1.3g; Carbs: 5.3g; Protein: 0.9g

White Bean Soup

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 6

Ingredients:

- 2 cups white beans, rinsed
- ¼ tsp. cayenne pepper
- 1 tsp. dried oregano
- ½ tsp. fresh rosemary, chopped
- 3 cups filtered alkaline water
- 3 cups unsweetened almond milk
- 3 garlic cloves, minced
- 2 celery stalks, diced
- 1 onion, chopped
- 1 tbsp. olive oil
- ½ tsp. sea salt

Directions:

1. Add oil into the instant pot and set the pot on sauté mode.
2. Add carrots, celery, and onion in oil and sauté until softened, about 5 minutes.
3. Add garlic and sauté for a minute.
4. Add beans, seasonings, water, and almond milk and stir to combine.
5. Cover pot with lid and cook on high pressure for 35 minutes.
6. When finished, release pressure naturally, then open the lid.
7. Stir well and serve.

Per serving: Calories: 276kcal; Fat: 4.8g; Carbs: 44.2g; Protein: 16.6g

Kale Cauliflower Soup

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 cups baby kale
- ½ cup unsweetened coconut milk
- 4 cups of water
- 1 large cauliflower head, chopped
- 3 garlic cloves, peeled
- 2 carrots, peeled and chopped
- 2 onions, chopped
- 3 tbsp. olive oil
- Pepper
- Salt

Directions:

1. Add oil into the instant pot and set the pot on sauté mode.
2. Add carrot, garlic, and onion to the pot and sauté for 5-7 minutes.
3. Add water and cauliflower and stir well.
4. Cover pot with lid and cook on high pressure for 20 minutes.
5. When finished, release pressure using the quick release, then open the lid.
6. Add kale and coconut milk and stir well.
7. Blend the soup utilizing a submersion blender until smooth.
8. Season with pepper and salt.

Per serving: Calories: 261kcal; Fat: 18.1g; Carbs: 23.9g; Protein: 6.6g

Healthy Broccoli Asparagus Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 2 cups broccoli florets, chopped
- 15 asparagus spears, ends trimmed and chopped
- 1 tsp. dried oregano
- 1 tbsp. fresh thyme leaves
- ½ cup unsweetened almond milk
- 3 ½ cups filtered alkaline water
- 2 cups cauliflower florets, chopped
- 2 tsp. garlic, chopped
- 1 cup onion, chopped
- 2 tbsp. olive oil
- Pepper
- Salt

Directions:

1. Add oil to the instant pot and set the pot on sauté mode.
2. Add onion to the olive oil and sauté until the onion is softened.
3. Add garlic and sauté for 30 seconds.
4. Add all vegetables and water and stir well.
5. Cover pot with lid and cook on manual mode for 3 minutes.
6. When finished, release pressure naturally, then open the lid.
7. Blend the soup utilizing a submersion blender until smooth.
8. Stir in almond milk, herbs, pepper, and salt.
9. Serve and enjoy.

Per serving: Calories: 85kcal; Fat: 5.2g; Carbs: 8.8g; Protein: 3.3g

Spicy Carrot Soup

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 8 large carrots, peeled and chopped
- 1 1/2 cups filtered alkaline water
- 14 oz. coconut milk
- 3 garlic cloves, peeled
- 1 tbsp. red curry paste
- 1/4 cup olive oil
- 1 onion, chopped
- Salt

Directions:

1. Combine all elements into the direct pot and mix fine.
2. Cover the pot with a lid, select the manual, and set the timer for 15 minutes.
3. Release pressure naturally, then open the lid.
4. Blend the soup utilizing a submersion blender until smooth.
5. Serve and enjoy.

Per serving: Calories: 267kcal; Fat: 22g; Carbs: 13g; Protein: 4g

Creamy Avocado-Broccoli Soup

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 1-2

Ingredients:

- 2-3 flowers broccoli
- 1 small avocado
- 1 yellow onion
- 1 green or red pepper
- 1 celery stalk
- 2 cups of vegetable broth (yeast-free)
- Celtic sea salt to taste

Directions:

1. Warm vegetable stock (don't bubble). Include hacked onion and broccoli, and warm for a few minutes.
2. Put the avocado, pepper, and celery in the blender and blend until the soup is smooth (include some more water whenever wanted).
3. Season and serve warm. Delicious!!

Per serving: Calories: 60kcal; Carbs: 11g; Fat: 2g; Protein: 2g

Chilled Avocado Tomato Soup

Preparation time: 7 minutes

Cooking time: 20 minutes

Servings: 1-2

Ingredients:

- 2 small avocados
- 2 large tomatoes
- 1 stalk of celery
- 1 small onion
- 1 clove of garlic
- Juice of 1 fresh lemon
- 1 cup of water (best: alkaline water)
- A handful of fresh lavages
- Parsley and sea salt to taste

Directions:

1. Scoop the avocados and cut all veggies into little pieces.
2. Spot all fixings in a blender and blend until smooth.
3. Serve chilled and appreciate this nutritious and sound-soluble soup formula!

Per serving: Calories: 68kcal; Carbs: 15g; Fat: 2g; Protein: 0.8g

Sea Moss And Mushroom Recipes

Sea Moss Gel

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 16

Ingredients:

- 1 cup dried raw Irish sea moss
- 1–2 cups of spring water

Directions:

1. In a large bowl of water, place sea moss, and with your hands, massage it to remove any visible dirt and debris.
2. Drain the sea moss and repeat this process once more.
3. In a large bowl, place the sea moss and cover it with spring water.
4. Set aside at room temperature to soak for about 12–24 hours.
5. In a high-powered blender, add the sea moss along with the water and pulse until smooth.
6. Transfer the sea moss gel into an airtight container and refrigerate for at least 2 hours before serving.

Per serving: Calories: 2kcal; Fat: 0g; Carbs: 0.6g; Protein: 0.1g

Elderberry-Infused Sea Moss Gel

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 16

Ingredients:

- 1 cup sea moss
- 2½ cups spring water
- 2–3 tablespoons dried elderberries
- 1 (2–3-inch) piece of fresh ginger

Directions:

1. In a large bowl of water, place sea moss, and with your hands, massage it to remove any visible dirt and debris.
2. Drain the sea moss and repeat this process once more.
3. In a large bowl, place the sea moss and add enough water to cover it.
4. Set aside at room temperature to soak for about 12–24 hours.
5. Drain the sea moss and transfer it onto a clean plate.
6. Discard the soaking water.
7. In a small saucepan, add spring water, elderberries, and ginger and bring to a boil.
8. Now, adjust the heat to low and simmer for about 25 minutes.
9. Remove the saucepan from heat and set aside to cool completely.
10. Strain the water.
11. In a high-powered blender, add the sea moss with about 1 cup of infused water and pulse until smooth.
12. Transfer the sea moss gel into an airtight container and refrigerate for at least 2 hours before serving.

Per serving: Calories: 4kcal; Fat: 0g; Carbs: 1.1g; Protein: 0.1g

Sea Moss Tea

Preparation time: 5 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- 1 cup boiling spring water
- 1 tablespoon sea moss gel
- 1 burdock tea bag
- 1 teaspoon agave nectar

Directions:

1. In a teapot, add boiling water and sea moss gel and stir to dissolve.
2. In the teapot, add the tea bag and steep, covered for 5 minutes.
3. Serve immediately.

Per serving: Calories: 22kcal; Fat: 0g; Carbs: 5.9g; Protein: 0.1g

Spiced Sea Moss Tea

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 5–6 cups of spring water
- 1 cup coconut cream
- 1 teaspoon fresh ginger root
- 1 cinnamon stick
- 3–5 whole cloves
- ½ teaspoon nutmeg
- ¼ cup sea moss gel
- 4 teaspoons agave nectar

Directions:

1. In a saucepan, add water, coconut cream, ginger, and spices over medium heat and bring to a boil.
2. Now, adjust the heat to low and simmer for about 20–25 minutes.
3. Remove from the heat and strain the spiced tea into a teapot.
4. Add the sea moss gel and agave nectar and stir to dissolve completely.
5. Transfer into serving cups and serve immediately.

Per serving: Calories: 83kcal; Fat: 5.4g; Carbs: 8.5g; Protein: 0.7g

Sea Moss Gummies

Preparation time: 20 minutes

Cooking time: 8 minutes

Servings: 15

Ingredients:

- 1 cup elderberry ginger-infused sea moss gel
- ¼ cup fresh key lime juice
- 1 tablespoon bladderwrack
- ½ cup agave nectar
- 2 teaspoons ground cinnamon
- 1 teaspoon cayenne pepper
- ½ cup spring water
- 1 tablespoon agar-agar

Directions:

1. In a blender, add sea moss gel, lime juice, bladderwrack, agave nectar, cinnamon, and cayenne pepper and pulse until well combined.
2. Transfer the gel mixture into a bowl and set aside.
3. In a saucepan, add spring water and agar-agar over medium-high heat and bring to a boil, stirring continuously.
4. Now, adjust the heat to low and simmer for about 1 minute.
5. Add the gel mixture and stir to combine.
6. Transfer the sea moss gel mixture into the gummy bear cavities through a liquid dropper.
7. Refrigerate the gummy bear mold for at least 1 hour or until set entirely.

Per serving: Calories: 36kcal; Fat: 0g; Carbs: 9.6g; Protein: 0.1g

Sea Moss Blueberry Muffins

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- ¾ cup kamut flour
- ¾ cup teff flour
- ½ teaspoon sea salt
- 1 cup unsweetened hemp milk
- 1/3 cup agave nectar
- ¼ cup sea moss gel
- ½ cup fresh blueberries

Directions:

1. Preheat your oven to 400°F.
2. Lightly grease 8 cups of a standard-sized muffin tin.
3. Add the flour and salt in a bowl and mix well.
4. Add the hemp milk, agave nectar and sea moss gel and mix until well combined
5. Gently fold in the blueberries.
6. Transfer the mixture into muffin cups, filling about ¾ of the way full.
7. Bake for approximately 27–30 minutes or until a wooden skewer inserted in the center comes out clean.
8. Remove from the oven and place the muffin tin onto a wire rack to cool for about 8–10 minutes.
9. Now, invert the muffins onto the wire rack to cool completely before serving.

Per serving: Calories: 323kcal; Fat: 4g; Carbs: 65.3g; Protein: 8.2g

Sea Moss & Rye Bread

Preparation time: 15 minutes

Cooking time: 1 hour

Servings: 10

Ingredients:

- 2 cups rye flour, sifted
- 2 cups spelt flour, sifted
- 2 tablespoons sea moss gel
- 1 teaspoon sea salt
- 2 cups unsweetened hemp milk
- 2 tablespoons agave nectar
- 1 tablespoon grapeseed oil
- 2 teaspoons sesame seeds

Directions:

1. Preheat your oven to 350°F.
2. Lightly grease and flour in a loaf pan.
3. In a bowl, add the flours, sea moss, and salt and with a wooden spoon, mix well.
4. Add the milk and mix until well combined.
5. Add the agave nectar and mix until well combined.
6. Place the dough into the prepared loaf pan.
7. Coat the top with the oil and sprinkle with sesame seeds.
8. Bake for approximately 58–60 minutes or until a wooden skewer inserted in the center of the loaf comes out clean.
9. Remove the loaf pan from the oven and place it onto a wire rack to cool for at least 10 minutes.
10. Now, invert the bread loaf onto the rack to cool completely before serving.
11. With a knife, cut the bread loaf into desired-sized slices and serve.

Per serving: Calories: 208kcal; Fat: 4.4g; Carbs: 38.7g; Protein: 7.4g

No-Bake Sea Moss Cheesecake

Preparation time: 20 minutes

Cooking time: 0 minutes

Servings: 10

Ingredients:

Crust

- 1½ cups coconut flakes
- 1½ cups dates, pitted
- ¼ cup agave nectar
- ¼ teaspoon sea salt

Filling

- 5–6 dates, pitted
- 2 cups Brazil nuts
- 1½ cups unsweetened hemp milk
- ¼ cup agave nectar
- 2 tablespoons fresh key lime juice
- 1 tablespoon sea moss gel
- ¼ teaspoon sea salt

Directions:

1. For crust: In a food processor, add all the ingredients and pulse for about 20 seconds.
2. Place the mixture into a parchment paper-lined springform pan and with the back of a spoon, press into the bottom and up the sides.
3. Freeze for about 15–20 minutes or until set.
4. For filling: In a blender, add all the ingredients and pulse until smooth.
5. Place the mixture over the crust evenly.
6. With a piece of foil, cover the pan and freeze for about 3–4 hours before serving.

Per serving: Calories: 344kcal; Fat: 2.1g; Carbs: 40.5g; Protein: 7.5g

Alkaline Carrot Soup with Fresh Mushrooms

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 1-2

Ingredients:

- 4 mid-sized carrots
- 4 mid-sized potatoes
- 10 enormous new mushrooms (champignons or chanterelles)
- 1/2 white onion
- 2 tbsp. olive oil (cold squeezed, additional virgin)
- 3 cups vegetable stock
- 2 tbsp. parsley, new and cleaved
- Salt and new white pepper

Directions:

1. Wash and strip carrots and potatoes and dice them.
2. Warm-up vegetable stock in a pot on medium heat. Cook carrots and potatoes for around 15 minutes. Meanwhile, finely shape the onion and braise them in a container with olive oil for approximately 3 minutes.
3. Wash mushrooms, slice them to the desired size, and add to the container, cooking for approximately 5 minutes, blending at times. Blend carrots, vegetable stock and potatoes, and put the substance of the skillet into the pot.
4. When nearly done, season with parsley, salt, and pepper and serve hot.
Appreciate this alkalizing soup!

Per serving: Calories: 75kcal; Fat: 1.8g; Carbs: 13g; Protein: 1g

Subtle Roasted Mushrooms

Preparation time: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 2 teaspoons mixed Sebi Friendly herbs
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 2 pounds of mushrooms
- 2 tablespoons date sugar

Directions:

1. Wash mushrooms and turn dry on a plate of mixed greens spinner.
2. Quarter and put them in a safe spot.
3. Put garlic, oil, and spices in the dish of your oar-type air fryer.
4. Warmth for 2 minutes.
5. Stir it.
6. Add some mushrooms and cook for 25 minutes.
7. Then include vermouth and cook for 5 minutes more.
8. Serve and enjoy!

Per serving: Calories: 94kcal; Fat: 8g; Carbs: 3g; Protein: 2g

Zucchini Noodles With Portabella Mushrooms

Preparation time: 14 minutes

Cooking time: 16 minutes

Servings: 3

Ingredients:

- 1 zucchini, processed into spaghetti-like noodles
- 3 garlic cloves, minced
- 2 white onions, thinly sliced
- 1 thumb-sized ginger, julienned
- 1 lb. chicken thighs
- 1 lb. portabella mushrooms, sliced into thick slivers
- 2 cups chicken stock
- 3 cups of water
- A pinch of sea salt, add more if needed
- A bit of black pepper, add more if needed
- 2 tsp. sesame oil
- 4 tbsp. coconut oil, divided
- ¼ cup fresh chives, minced, for garnish

Directions:

1. Pour 2 tablespoons of coconut oil into a large saucepan. Fry mushroom slivers in batches for 5 minutes or until seared brown. Set aside. Transfer these to a plate.
2. Sauté the onion, garlic, and ginger for 3 minutes or until tender. Add in chicken thighs, cooked mushrooms, chicken stock, water, salt, and pepper. Stir the mixture well. Bring to a boil.
3. Decrease the heat gradually and allow simmering for 20 minutes or until the chicken is forking tender. Tip in sesame oil.
4. Serve by placing an equal amount of zucchini noodles into bowls. Ladle soup and garnish with chives.

Per serving: Calories: 163kcal; Fat: 4.2g; Carbs: 22.5g; Protein: 9.2 g

Baked Mixed Mushrooms

Preparation time: 8 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients:

- 2 cups mixed wild mushrooms
- 1 cup chestnut mushrooms
- 2 cups dried porcini
- 2 shallots
- 4 garlic cloves
- 3 cups raw pecans
- ½ bunch of fresh thyme
- 1 bunch flat-leaf parsley
- 2 tablespoons olive oil
- 2 fresh bay leaves
- 1 ½ cup stale bread

Directions:

1. Remove skin and finely chop garlic and shallots. Roughly chop the wild mushrooms and chestnut mushrooms. Pick the leaves of the thyme and tear the bread into small pieces. Put inside the pressure cooker.
2. Place the pecans and roughly chop the nuts. Pick the parsley leaves and roughly chop.
3. Place the porcini in a bowl then add 300ml of boiling water. Set aside until needed.
4. Heat oil in the pressure cooker. Add the garlic and shallots. Cook for 3 minutes while stirring occasionally.
5. Drain porcini and reserve the liquid. Add the porcini into the pressure cooker together with the wild mushrooms and chestnut mushrooms. Add the bay leaves and thyme.

6. Position the lid and lock it in place. Put to high heat and bring to high pressure. Adjust heat to stabilize. Cook for 10 minutes. Adjust taste if necessary.
7. Transfer the mushroom mixture into a bowl and set aside to cool completely.
8. Once the mushrooms are completely cool, add the bread, pecans, a pinch of black pepper, sea salt, and half of the reserved liquid into the bowl. Mix well. Add more reserved liquid if the mixture seems dry.
9. Add more than half of the parsley into the bowl and stir. Transfer the mixture into a 20cm x 25cm lightly greased baking dish and cover with tin foil.
10. Bake in the oven for 35 minutes. Then, get rid of the foil and cook for another 10 minutes. Once done, sprinkle the remaining parsley on top and serve with bread or crackers. Serve.

Per serving: Calories: 343kcal; Fat: 4.2g; Carbs: 22.5g; Protein: 9.2 g

Mushroom Steak

Preparation time: 10 minutes;

Cooking time: 10 minutes;

Servings 2

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
- ½ teaspoon of sea salt
- ½ tablespoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ tablespoon grapeseed oil
- 2 spelt flatbreads, 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 serve.

Per serving: Calories: 302kcal; Fat: 18g; Carbs: 27g; Protein: 2g

Delicious Chickpea & Mushroom Bowl

Preparation time: 5 minutes;

Cooking time: 10 minutes;

Servings 2

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
- 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.

Per serving: Calories: 242kcal; Fat: 9g; Carbs: 34g; Protein: 10g

Mushroom Gravy

Preparation time: 5 minutes;

Cooking time: 12 minutes;

Servings 2

Ingredients:

- ¾ tablespoon spelt flour
- ¼ of onion, peeled, diced
- 4 ounces sliced mushrooms
- ½ cup walnut milk, homemade
- 1 tablespoon chopped walnuts
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper
- ½ 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.

Per serving: Calories: 66kcal; Fat: 2g; Carbs: 9g; Protein: 4g

Grains And Main Dish Recipes

Kamut Burgers

Preparation time: 20 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

- 3 cups cooked kamut cereal
- 1 cup spelt flour
- ½ cup unsweetened hemp milk
- 1 cup green bell peppers, seeded and chopped
- 1 cup red onions, chopped
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh basil, chopped
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- ½ teaspoon cayenne powder
- 4 tablespoons grapeseed oil
- 8 cups fresh baby kale

Directions:

1. In a bowl, add all the ingredients (except for oil and kale) and mix until well combined.
2. Make 12 equal-sized patties from the mixture.
3. In a skillet, heat 2 tablespoons of the grapeseed oil over medium-high heat and cook 6 patties for about 4–5 minutes per side.
4. Repeat with the remaining oil and patties.
5. Divide the kale onto serving plates and top each with 2 burgers.
6. Serve immediately.

Per serving: Calories: 242kcal; Fat: 10.3g; Carbs: 33.6g; Protein: 7.6g

Chickpeas Falafel With Tzatziki Sauce

Preparation time: 20 minutes

Cooking time: 12 minutes

Servings: 8

Ingredients:

Falafel

- 1 pound dry chickpeas; soaked overnight, drained, and rinsed
- 1 small onion, chopped roughly
- ¼ cup fresh parsley, chopped
- 4 garlic cloves, peeled
- 1½ tablespoons chickpea flour
- Sea salt, as needed
- ½ teaspoon cayenne powder
- ½ cup grapeseed oil

Tzatziki Sauce

- ½ cup Brazil nuts, soaked in spring water for 6–8 hours
- ½ cup spring water
- ¼ cup cucumber, chopped
- 1 tablespoon fresh key lime juice
- 1 garlic clove, minced
- 1 teaspoon fresh dill
- Pinch of sea salt
- 12 cups fresh lettuce

Directions:

1. For falafel: In a food processor, add all the ingredients and pulse until well combined and a coarse meal-like mixture forms.
2. Transfer the falafel mixture into a bowl.
3. With a plastic wrap, cover the bowl of mixture and refrigerate for about 1–2 hours.
4. With 2 tablespoons of the mixture, make balls.

5. In a large skillet, heat the oil to 375°F.
6. Add the falafels in 2 batches and cook for about 5–6 minutes or until golden-brown from all sides.
7. For tzatziki sauce: In a blender, add all the ingredients and pulse until smooth.
8. With a slotted spoon, transfer the falafels onto a paper towel-lined plate to drain.
9. Divide the lettuce and falafels onto serving plates evenly.
10. Serve alongside the tzatziki.

Per serving: Calories: 260kcal; Fat: 19.2g; Carbs: 18.5g; Protein: 5.7g

Chickpea-Stuffed Avocados

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 2

Ingredients:

- 1 large avocado, halved and pitted
- $\frac{3}{4}$ cup cooked chickpeas
- $\frac{1}{4}$ cup tomato, chopped
- $\frac{1}{4}$ cup cucumber, chopped
- $\frac{1}{4}$ cup onion, chopped
- 1 small garlic clove, minced
- 1 tablespoon fresh basil, chopped
- $1\frac{1}{2}$ tablespoons fresh key lime juice
- $\frac{1}{2}$ teaspoon olive oil

Directions:

1. With a small spoon, scoop out the flesh from each avocado half.
2. Then, cut half of the avocado flesh into equal-sized cubes.
3. In a large bowl, add avocado cubes and remaining ingredients and toss to coat well.
4. Stuff each avocado half with chickpeas mixture evenly and serve immediately.

Per serving: Calories: 337kcal; Fat: 1.9g; Carbs: 32.2g; Protein: 7g

Chickpeas Curry

Preparation time: 15 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

- 3 tablespoons avocado oil
- 1 medium onion, chopped finely
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon cayenne powder
- Sea salt, as needed
- 2 large plum tomatoes, chopped finely
- 3 cups cooked chickpeas
- 2 cups spring water
- ¼ cup fresh parsley, chopped

Directions:

1. In a pan, heat the avocado oil over medium heat and sauté the onion and garlic for about 6–8 minutes.
2. Stir in the spices and salt and cook for about 1–2 minutes.
3. Stir in the tomatoes, chickpeas, and water and bring to a boil over high heat.
4. Now, adjust the heat to medium and simmer for 10–15 minutes or until desired thickness.
5. Serve hot with a garnish of parsley.

Per serving: Calories: 166kcal; Fat: 3.3g; Carbs: 27.7g; Protein: 8.3g

Chickpeas & Zucchini Chili

Preparation time: 15 minutes

Cooking time: 1 hour 10 minutes

Servings: 8

Ingredients:

- 2 tablespoons avocado oil
- 1 medium white onion, chopped
- 1 large red bell pepper, seeded and chopped
- 4 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 tablespoon cayenne powder
- Sea salt, as needed
- 2 medium zucchinis, chopped
- 3 cups plum tomatoes, chopped
- 3 cups cooked chickpeas
- 2 cups spring water

Directions:

1. In a pan, heat the avocado oil over medium heat and sauté the onion and bell pepper for about 8–9 minutes.
2. Add the garlic, thyme, cayenne powder, and salt and sauté for about 1 minute.
3. Add in all remaining ingredients and cook until boiling.
4. Now, adjust the heat to low and simmer for about 1 hour or until desired thickness.
5. Serve hot.

Per serving: Calories: 147kcal; Fat: 1.9g; Carbs: 28.2g; Protein: 6.2g

Chickpeas With Greens

Preparation time: 15 minutes

Cooking time: 18 minutes

Servings: 6

Ingredients:

- 2 tablespoons grapeseed oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried oregano, crushed
- ½ teaspoon cayenne powder
- 1 cup tomato, chopped finely
- 2½ cups cooked chickpeas
- 4 cups fresh dandelion greens, chopped
- 2 tablespoons spring water
- 2 tablespoons fresh key lime juice
- Sea salt, as needed
- 3 tablespoons fresh basil, chopped

Directions:

1. In a skillet, heat the grapeseed oil over medium heat and sauté the onion for about 8–9 minutes.
2. Add the garlic, herbs, and cayenne powder and sauté for about 1 minute.
3. Add the greens and water and cook for about 2–3 minutes.
4. Add the tomatoes and chickpeas and cook for about 3–5 minutes.
5. Add in lime juice and salt and stir to combine.
6. Remove the pan of mixture from the heat and serve hot with the garnishing of basil.

Per serving: Calories: 193kcal; Fat: 6.1g; Carbs: 29.9g; Protein: 6.6g

Quinoa With Mushroom

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- ½ tablespoon avocado oil
- 1 cup uncooked quinoa, rinsed
- 12 ounces fresh white mushrooms, sliced
- 3 garlic cloves, minced
- 1¾ cup spring water
- ¼ cup fresh cilantro, chopped
- ¼ teaspoon cayenne powder
- Sea salt, as needed

Directions:

1. In a medium pan, heat avocado oil over medium-high heat and sauté the garlic for about 30–40 seconds.
2. Add the mushrooms and cook on for about 5–6 minutes, stirring frequently.
3. Stir in the quinoa and cook for about 2 minutes, stirring continuously.
4. Add the water, cayenne, and salt and bring to a boil.
5. Now, adjust the heat to low and simmer, covered for about 15–18 minutes or until almost all the liquid is absorbed.
6. Serve hot with the garnishing of cilantro.

Per serving: Calories: 181kcal; Fat: 3.1g; Carbs: 31g; Protein: 8.9g

Wild Rice & Squash Pilaf

Preparation time: 15 minutes

Cooking time: 45 minutes

Servings: 8

Ingredients:

- 1 medium butternut squash, peeled and cubed
- 1/3 cup avocado oil
- Sea salt, as needed
- 2 cups wild rice, rinsed
- 6 cups spring water
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1/4 cup fresh key lime juice
- 1/4 cup fresh orange juice
- 1 teaspoon fresh key lime zest, grated
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 1 cup fresh cranberries
- 3/4 cup walnuts, chopped
- 3 tablespoons fresh parsley, chopped

Directions:

1. Preheat your oven to 400°F.
2. In a bowl, add the squash cubes, 1 tablespoon of oil, and salt and toss to coat well.
3. Divide the squash cubes onto 2 baking sheets and spread in a single layer.
4. Roast for about 20 minutes.
5. Meanwhile, in a medium skillet, heat 1 tablespoon of oil over medium heat and sauté the onion and garlic for about 3–4 minutes.

6. In a bowl, add the remaining oil, lime juice, orange juice, lime zest, and spices and beat until well combined.
7. In a medium pan, add the water and rice over medium-high heat and bring to a boil.
8. Now, adjust the heat to low and simmer, covered for about 40 minutes.
9. Remove the pan of rice from heat and drain completely.
10. Transfer the cooked rice into a bowl.
11. Add the cooked onion mixture, squash cubes, cranberries, walnuts, parsley, and dressing and gently stir to combine.
12. Serve immediately.

Per serving: Calories: 299kcal; Fat: 8.7g; Carbs: 48.9g; Protein: 10.3g

Kamut & Quinoa Casserole

Preparation time: 15 minutes

Cooking time: 55 minutes

Servings: 6

Ingredients:

- 2½ cups quinoa flour
- 2 cups spring water
- 1 cup cooked Kamut cereal
- ¾ cup onion, chopped
- ½ cup green bell pepper, seeded and chopped
- 2 tablespoons chickpea flour
- 2 tablespoons fresh sage, chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 tablespoon onion powder
- Sea salt, as needed
- ¼ teaspoon cayenne powder

Directions:

1. Preheat your oven to 350°F.
2. Lightly, grease a glass baking dish.
3. In a bowl, add the flour and water and beat until well combined.
4. Add the remaining ingredients and mix until well combined.
5. Place the mixture into the prepared baking dish evenly.
6. Bake for approximately 45–55 minutes.
7. Remove from the oven and set aside to cool slightly before serving.

Per serving: Calories: 223kcal; Fat: 2.9g; Carbs: 38.1g; Protein: 8.5g

Ginger-Maple Yam Casserole

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 2 yams, peeled and cut into ½-inch chunks
- ¼ cup fresh ginger, peeled and grated
- 2 tbsp. avocado oil
- 2 tbsp. pure maple syrup
- 4 tsp. cardamom
- A pinch of sea salt

Directions:

1. Preheat the oven to 375F.
2. In a casserole dish, combine the yams, ginger, oil, maple syrup, cardamom, and salt. Mix well.
3. Cover and bake for 40 minutes.
4. Serve.

Per serving: Calories: 144kcal; Fat: 7g; Carbs: 20g; Protein: 1g

Layered Cabbage Roll Casserole

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 1 cup quinoa
- ½ red onion, finely chopped
- 4 garlic cloves, minced
- 4 white mushrooms, finely chopped
- 1 (28-ounce) can diced tomatoes, drained
- 2 cups low-sodium vegetable stock
- ¼ cup minced fresh basil
- 8 green cabbage leaves, whole

Directions:

1. Preheat the oven to 350F.
2. In a casserole dish, combine 2 tbsp. red onion, ¼ cup quinoa, 1 minced garlic clove, and 1 chopped mushroom. Add ¼ can of tomatoes, ½ cup stock, and 1 tbsp. basil. Stir to mix.
3. Top with 2 cabbage leaves. Repeat steps 2 and 3 until all of the ingredients are used up.
4. Cover and bake for 40 minutes.
5. Rest for 10 minutes and serve.

Per serving: Calories: 261kcal; Fat: 2g; Carbs: 51g; Protein: 12g

Butternut Squash, Apple Casserole With Drizzle

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 butternut squash, peeled, seeded, then cut into ½-inch chunks
- 2 Granny Smith apples, cored then cut into ½-inch chunks
- 1 white onion, cut into ½-inch chunks
- 4 garlic cloves, coarsely chopped
- ½ tbsp. avocado oil
- ½ tbsp. pure maple syrup
- 2 tsp. ground cinnamon
- ½ tsp. chili powder
- A pinch of sea salt
- A pinch of freshly ground black pepper

Directions:

1. Preheat the oven to 375F.
2. In a huge casserole dish, combine the apples, squash, onion, garlic, oil, syrup, cinnamon, chili powder, salt, and pepper. Mix well.
3. Cover and bake for 30 minutes.
4. Serve.

Per serving: Calories: 123kcal; Fat: 2g; Carbs: 28g; Protein: 2g

Mango, Quinoa, And Black Bean Casserole With Sauce

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 cups full-fat canned coconut milk
- 1 cup low-sodium vegetable stock
- 1 cup quinoa
- 2 cups black beans, drained and rinsed
- 1 mango, finely chopped
- ¼ cup minced fresh mint
- A pinch of sea salt, for seasoning

Directions:

1. Preheat the oven to 425F.
2. In a casserole dish, combine the stock, milk, and quinoa.
3. Cover and bake for 25 minutes.
4. Remove the dish from the oven. Mix in the beans, mango, and fresh mint.
5. Season with salt and serve.

Per serving: Calories: 573kcal; Fat: 23g; Carbs: 75g; Protein: 15g

Red Thai Vegetable Curry

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 cups vegetable stock
- 1 sweet potato, rinsed and chopped
- 1 head broccoli, rinsed and chopped
- 1 eggplant, rinsed and chopped
- 1 zucchini, rinsed and chopped
- 1 red bell pepper, rinsed and chopped
- 1½ cups canned, full-fat coconut milk
- 1 tablespoon red Thai curry paste
- 2 kaffir lime leaves
- 1 (1-inch) piece fresh ginger, peeled & grated
- Himalayan pink salt
- Freshly ground black pepper
- 2 tablespoons coconut amino
- Juice of 1 lime

Directions:

1. In a large pot over high heat, bring the vegetable stock to a boil. Add the sweet potato, broccoli, eggplant, zucchini, red bell pepper, coconut milk, curry paste, lime leaves, and ginger. Reduce the heat to low then cook for 10 minutes, stirring frequently. Taste and season with salt and pepper. Simmer for 5 minutes more.
2. Remove the pot from the heat, stir in the coconut amino and lime juice, and serve.

Per serving: Calories: 300kcal; Fat: 19g; Carbs: 23g; Protein: 7g

Thick Alkaline Minestrone

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 1 tablespoon coconut oil
- ¼ onion, rinsed and diced
- 2 garlic cloves, minced
- ½ cup sweet potato, scrubbed and cubed
- ½ cup zucchini, rinsed and cubed
- ½ cup eggplant, rinsed and cubed
- ½ cup carrot, rinsed and diced
- ½ cup canned beans, such as white, navy, or kidney beans, rinsed and drained
- 1 cup tomato juice
- ½ cup vegetable stock
- Handful fresh basil leaves, rinsed
- Himalayan pink salt
- Freshly ground black pepper

Directions:

1. In a huge pot over medium-high heat, heat the coconut oil. Add the onion, garlic, sweet potato, zucchini, eggplant, and carrot. Sauté for 3 minutes.
2. Stir in the beans, tomato juice, and vegetable stock. Bring to a boil. Reduce the heat to simmer and cook for 10 minutes.
3. Stir in the basil, season with salt and pepper, and serve.

Per serving: Calories: 168kcal; Fat: 7g; Carbs: 25g; Protein: 4g

Pesto Soba Noodles

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 bunch fresh basil leaves, rinsed
- 1 bunch fresh parsley, rinsed
- 1 bunch fresh cilantro, rinsed
- 3½ ounces soba buckwheat noodles, cooked according to package directions
- Himalayan pink salt
- Freshly ground black pepper

Directions:

1. In a blender, mix the olive oil, basil, parsley, and cilantro. Blend until smooth.
2. In a large bowl, combine the cooked noodles and sauce. Toss to coat, season with salt and pepper, and serve.

Per serving: Calories: 355kcal; Fat: 21g; Carbs: 36g; Protein: 9g

Millet Pilaf

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup millet
- 2 tomatoes, rinsed, seeded, and chopped
- 1¾ cups of filtered water
- 2 tablespoons extra-virgin olive oil
- ¼ cup chopped dried apricot
- Zest of 1 lemon
- Juice of 1 lemon
- ½ cup fresh parsley, rinsed and chopped
- Himalayan pink salt
- Freshly ground black pepper

Directions:

1. In an electric pressure cooker, combine the millet, tomatoes, and water. Lock the lid into place, select manual and high pressure, and cook for 7 minutes.
2. When the beep sounds, quick release the pressure by pressing Cancel and twisting the steam valve to the Venting position. Carefully remove the lid.
3. Stir in the olive oil, apricot, lemon zest, lemon juice, and parsley. Taste, season with salt and pepper, and serve.

Per serving: Calories: 270kcal; Fat: 8g; Carbs: 42g; Protein: 6g

Black Bean Chili

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 tablespoon coconut oil
- 1 small onion, rinsed and diced
- 6 mushrooms, cleaned and sliced
- 2 tablespoons ground coriander
- 2 tablespoons paprika
- 2 tablespoons ground cumin
- 1 tablespoon ground cinnamon
- 1 tablespoon ground nutmeg
- 1 tablespoon chili powder
- 1 (15-ounce) can tomatoes
- 1 can of black beans, washed and rinsed
- 1 (15.5-ounce) can kidney beans, rinsed and drained
- 5 cherry tomatoes, rinsed
- 2 tablespoons tomato purée
- 1 tablespoon raw honey or agave nectar
- ½ cup red wine or grape juice
- 3 squares dark chocolate, or 1 heaping tablespoon cocoa powder
- 7 ounces uncooked brown rice
- 4 tablespoons coconut yogurt, for serving (optional)
- 4 fresh cilantro sprigs, for serving (optional)

Directions:

1. Heat the coconut oil in a great pan over average heat. Include the onion and mushrooms, and sauté for 5 minutes. Stir in the coriander, paprika, cumin, cinnamon, nutmeg, and chili powder.

2. Add the canned tomatoes with their juices, black beans, kidney beans, cherry tomatoes, and tomato purée. Mix to combine and carry to a simmer. Cook for 5 minutes.
3. Stir in honey, wine, and chocolate. Turn the heat to low and simmer for 10 minutes.
4. While the chili cooks, cook the rice according to the package directions. Rinse and drain.
5. Serve the chili above the rice, garnished with yogurt (if using), and cilantro (if using).

Per serving: Calories: 580g; Fat: 5g; Carbs: 102g; Protein: 19g

Mixed Lentils

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 tablespoons coconut oil
- 1 onion, rinsed and diced
- 2 carrots, rinsed and diced
- 2 celery stalks, rinsed and diced
- 1 sweet potato, rinsed and diced
- 1 cup dried red lentils
- 1 cup dried puy lentils
- 5 cups vegetable stock
- Himalayan pink salt
- Freshly ground black pepper

Directions:

1. In a huge pot over medium heat, heat the coconut oil. Include the onion and fry for 3 minutes, or until it has softened.
2. Supplement the carrots, celery, and sweet potato, and cook for 2 minutes.
3. Add the red and puy lentils and vegetable stock. Carry to a boil and lower the heat to simmer. Cook this for 25 minutes or until the lentils are soft. Season with salt and pepper and serve.

Per serving: Calories: 330kcal; Fat: 10g; Carbs: 49g; Protein: 17g

Tomato Spelt Pasta

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 garlic cloves, crushed
- 1 onion, rinsed and diced
- 1 eggplant, rinsed and diced
- 2 zucchinis, rinsed and diced
- 3 tomatoes, rinsed and diced
- $\frac{2}{3}$ cup sun-dried tomatoes
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1 cup vegetable stock
- 1 tablespoon red wine vinegar
- Himalayan pink salt
- Freshly ground black pepper
- 7 ounces spelt pasta
- Boiling filtered water

Directions:

1. Heat the olive oil in a large pan over average heat. Add the garlic, onion, and eggplant, and sauté for 8 minutes.
2. Add the zucchini, sun-dried tomatoes, basil, and oregano. Cook for 8 minutes, stirring.
3. Stir in the vegetable stock and vinegar, and season with salt and pepper. Let simmer for a few minutes.
4. Meanwhile, in a separate saucepan over medium heat, combine the pasta with enough boiling water to cover and cook for about 10 minutes, until soft. Drain.

5. Serve the pasta with the sauce.

Per serving: Calories: 460kcal; Fat: 12g; Carbs: 75g; Protein: 17g

Conclusion

Dr. Sebi's Diet, also known as the Alkaline Diet, results in a rise in the alkaline pH of the urine and may result in less calcium in the urine. As some recent research indicates, this may not reflect total calcium balance owing to other buffers such as phosphate. There is little evidence that this improves bone strength or protects against osteoporosis. But on the other hand, as described below, alkaline diets may result in various health advantages.

Increased fruits and veggies in Dr. Sebi's diet will improve his potassium-to-sodium ratio, which will help bone density, muscle atrophy, and other chronic illnesses such as dementia and hypertension.

An alkaline diet may increase growth hormone levels, benefiting various health outcomes, from heart health to memory and cognition.

Additionally, the alkaline diet increases intracellular magnesium, which is required to properly function so many enzyme systems. Magnesium availability, which is necessary for vitamin D engagement, results in various additional advantages for vitamin D systems.

Alkalinity is beneficial for any chemotherapy drugs that need a higher pH.

Based on the above, it will be advantageous to adopt an alkaline diet to reduce morbidity and mortality linked with chronic illnesses that plague our aging population. One of the first considerations for an alkaline diet that includes more fruits and veggies is determining the soil in which they are produced since this significantly affects the mineral composition. The number of research papers in this area is limited, and many more are required to understand better the impact of vitamin D on muscle, growth hormone, and interactions with other nutrients.

Following these recipes will ultimately result in a decrease in fat content and assist with weight loss. Nonetheless, it is advised to mix it with exercise and Dr. Sebi's vitamins to ensure that you meet all of your health needs.

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[ER1] I think that the formatting of this chapter is not upto the mark. Please review this.

[ER2] This document requires formatting on many occasions.