dr sebi food pyramid

dr sebi food pyramid is a holistic nutritional guide inspired by the teachings of Dr. Sebi, a renowned herbalist and natural healer. This food pyramid emphasizes alkaline, plant-based foods that support detoxification, cellular health, and overall well-being. Unlike conventional dietary models, the Dr. Sebi food pyramid focuses heavily on natural, unprocessed ingredients that align with the body’s natural chemistry. This article explores the foundations of the Dr. Sebi food pyramid, detailing its key food groups, benefits, and how it differs from mainstream nutrition plans. Additionally, it offers practical advice on incorporating these foods into daily meals for optimal health. Understanding this pyramid is essential for those interested in natural healing, vegan lifestyles, or alkaline nutrition. The following sections provide a comprehensive overview to guide readers through this innovative dietary approach.

- Understanding the Foundations of the Dr. Sebi Food Pyramid
- Core Food Groups in the Dr. Sebi Food Pyramid
- Health Benefits of Following the Dr. Sebi Food Pyramid
- Practical Tips for Adopting the Dr. Sebi Food Pyramid
- Common Misconceptions and Considerations

Understanding the Foundations of the Dr. Sebi Food Pyramid

The Dr. Sebi food pyramid is grounded in the principle of maintaining an alkaline environment within the body. Dr. Sebi believed that disease thrives in acidic conditions, and thus, consuming alkaline foods helps to prevent and reverse illness. The pyramid organizes foods based on their alkalinity, nutrient density, and natural state.

This dietary model rejects processed foods, animal products, and hybridized plants, advocating instead for organic, raw, and natural ingredients. The goal is to encourage cellular regeneration and detoxification by consuming foods that support the body's natural healing processes.

Philosophy Behind the Food Pyramid

At its core, the Dr. Sebi food pyramid emphasizes natural healing through diet. It promotes a return to indigenous, ancestral eating patterns, focusing

on what Dr. Sebi called "electric foods." These foods are said to enhance the body's electric charge and vitality.

By categorizing foods based on their pH level and nutritional value, the pyramid guides individuals toward eating habits that favor health and longevity. This approach serves as a blueprint for those seeking to align their nutrition with holistic wellness principles.

Comparison with Traditional Food Pyramids

Unlike conventional food pyramids that often include dairy, meat, and processed grains, the Dr. Sebi food pyramid strictly excludes these items. Instead, it highlights plant-based, alkaline foods that are minimally processed. The emphasis on alkalinity and natural foods sets it apart from mainstream dietary guidelines, which often prioritize calorie counting and macronutrient balance over pH considerations.

Core Food Groups in the Dr. Sebi Food Pyramid

The Dr. Sebi food pyramid categorizes foods into specific groups based on their alkalinity and nutritional benefits. These groups include leafy greens, fruits, nuts and seeds, grains, and herbs, each playing a vital role in the diet.

Leafy Greens and Vegetables

Leafy greens form the base of the Dr. Sebi food pyramid due to their high alkaline content and abundance of essential vitamins and minerals. Examples include:

- Kale
- Watercress
- Dandelion greens
- Spinach
- Burdock root

These vegetables promote detoxification and provide antioxidants that support cellular health.

Fruits

The pyramid encourages the consumption of naturally alkaline fruits, avoiding hybrid and acidic varieties. Approved fruits include:

- Figs
- Berries
- Melons (cantaloupe, watermelon)
- Dates
- Limes

These fruits supply essential nutrients and natural sugars that provide energy without disrupting the body’s pH balance.

Nuts, Seeds, and Grains

Dr. Sebi’s approach includes a selective range of nuts, seeds, and grains that are non-hybridized and alkaline. These are important sources of healthy fats, proteins, and fiber. Commonly recommended foods include:

- Hulled sesame seeds
- Raw walnuts
- Quinoa
- Amaranth
- Teff

These foods contribute to sustained energy levels and support overall nutrition.

Herbs and Natural Supplements

The Dr. Sebi food pyramid also integrates medicinal herbs known for their healing properties. These include:

- Burdock root
- Chaparral

- Bladderwrack
- Elderberry

Herbs are used to enhance detoxification, boost immunity, and maintain alkaline balance.

Health Benefits of Following the Dr. Sebi Food Pyramid

Adhering to the Dr. Sebi food pyramid can lead to numerous health advantages linked to improved cellular function and reduced inflammation. The alkaline nature of the diet supports the body’s natural detox pathways, promoting overall vitality.

Detoxification and Cellular Regeneration

The alkaline foods in the pyramid facilitate the elimination of toxins by supporting kidney and liver function. This detoxification process helps regenerate cells and restore optimal organ performance, which is essential for preventing chronic diseases.

Improved Digestion and Gut Health

High-fiber, plant-based foods enhance digestive health by promoting beneficial gut bacteria and regular bowel movements. The absence of animal products and processed foods reduces inflammation in the digestive tract.

Enhanced Energy and Mental Clarity

Nutrient-dense, alkaline foods provide sustained energy without blood sugar spikes. Many followers report improved mental clarity and focus due to the stabilization of blood sugar and reduction of inflammatory responses.

Practical Tips for Adopting the Dr. Sebi Food Pyramid

Transitioning to the Dr. Sebi food pyramid requires thoughtful planning to ensure nutritional adequacy and adherence. The following tips can aid in successfully incorporating this dietary approach.

Meal Planning and Preparation

Preparing meals with alkaline ingredients can be streamlined by focusing on versatile staples. Incorporate leafy greens into salads and smoothies, and use approved grains as a base for meals. Herbal teas made from recommended plants can be consumed regularly to support detoxification.

Shopping for Approved Foods

When shopping, prioritize organic produce and avoid hybrid or genetically modified items. Familiarity with the list of approved foods helps prevent accidental consumption of non-compliant items. Local farmers’ markets are excellent sources of fresh, natural ingredients aligned with the diet.

Combining Foods for Balanced Nutrition

Balance is key to preventing nutrient deficiencies. Combine nuts and seeds with leafy greens, and include a variety of fruits to cover a broad spectrum of vitamins and minerals. Hydration with alkaline water complements the diet and supports metabolic functions.

Common Misconceptions and Considerations

There are several misconceptions surrounding the Dr. Sebi food pyramid, often due to misinformation or misunderstanding of its principles. Clarifying these points is important for realistic expectations.

Is the Diet Strictly Vegan?

Yes, the Dr. Sebi food pyramid excludes all animal products, focusing solely on plant-based foods. This aligns with the philosophy that animal products contribute to acidity and disease.

Are All Alkaline Foods Allowed?

Not all alkaline foods are included; the diet emphasizes natural, non-hybridized, and electric foods. Some alkaline foods commonly found in other diets may be excluded due to their processed nature or hybrid status.

Potential Nutritional Gaps

As with any restrictive diet, careful attention is needed to ensure adequate intake of all essential nutrients, particularly vitamin B12, iron, and

omega-3 fatty acids. Incorporating a variety of approved foods and possibly consulting a nutritionist can help mitigate these concerns.

Frequently Asked Questions

What is the Dr Sebi food pyramid?

The Dr Sebi food pyramid is a dietary guide based on the teachings of Dr Sebi, emphasizing natural, plant-based, alkaline foods to promote health and detoxification.

What types of foods are at the base of the Dr Sebi food pyramid?

At the base are natural, alkaline vegetables and fruits, such as leafy greens, berries, and other non-hybrid, organic produce that support cellular health and detox.

Does the Dr Sebi food pyramid include grains or legumes?

Dr Sebi's diet tends to exclude most grains and legumes, focusing instead on natural, alkaline plant foods, as many grains are considered acidic or hybridized.

Why does Dr Sebi emphasize alkaline foods in his food pyramid?

Dr Sebi believed that an alkaline environment in the body prevents disease and promotes healing, so his food pyramid prioritizes alkaline foods to maintain optimal pH balance.

Are animal products allowed in the Dr Sebi food pyramid?

No, Dr Sebi's food pyramid excludes all animal products, advocating for a strictly plant-based diet to reduce mucus and acidity in the body.

What role do herbs play in the Dr Sebi food pyramid?

Herbs are considered essential for cleansing and healing; Dr Sebi recommended specific herbs alongside the food pyramid to detoxify and restore health.

How does the Dr Sebi food pyramid address processed foods?

Processed foods are completely avoided in Dr Sebi's food pyramid, as they are typically acidic, hybridized, and detrimental to the body's natural healing process.

Can the Dr Sebi food pyramid help with chronic illnesses?

Many followers report improvements in chronic illnesses through the Dr Sebi food pyramid due to its emphasis on natural, alkaline, and anti-inflammatory foods, though scientific evidence is limited.

How can someone start following the Dr Sebi food pyramid?

To start, focus on consuming natural, alkaline fruits and vegetables from Dr Sebi's approved list, eliminate animal products and processed foods, and incorporate recommended herbs for detoxification.

Additional Resources

1. *The Dr. Sebi Food Pyramid: Unlocking the Secrets to Natural Healing*
This book explores the foundational principles behind Dr. Sebi’s food pyramid, emphasizing alkaline-based nutrition to promote natural healing. It delves into the specific categories of foods recommended by Dr. Sebi and explains how they support detoxification and cellular health. Readers will find practical meal plans and tips for integrating these foods into everyday life.

2. *Healing with Dr. Sebi’s Alkaline Food Pyramid*
Focusing on the healing properties of alkaline foods, this guide details how to follow Dr. Sebi’s food pyramid to restore the body’s natural balance. The book covers the science behind pH levels in the body and how diet influences wellness. It also includes recipes and grocery lists designed to make the transition to an alkaline lifestyle simple and effective.

3. *Dr. Sebi’s Nutritional Guide: A Food Pyramid for Longevity*
This comprehensive nutritional guide highlights the role of Dr. Sebi’s food pyramid in promoting longevity and preventing chronic diseases. It explains the importance of consuming natural, plant-based foods and avoiding processed items. The author provides insights into how this dietary approach supports immune function and overall vitality.

4. *The Complete Dr. Sebi Food Pyramid Cookbook*
A practical cookbook that brings Dr. Sebi’s food pyramid to life through delicious, easy-to-prepare recipes. Each chapter aligns with a different

level of the food pyramid, showcasing fruits, vegetables, grains, and herbs that support health. The book also offers tips on sourcing the best ingredients and maintaining nutritional balance.

5. *Dr. Sebi's Alkaline Food Pyramid for Detox and Wellness*
This book focuses on using Dr. Sebi's food pyramid as a tool for detoxification and achieving optimal wellness. It explains how alkaline foods help cleanse the body of toxins and reduce inflammation. Readers will learn about the best foods to include in their diet and how to avoid those that hinder healing.

6. *The Science Behind Dr. Sebi's Food Pyramid*
An in-depth look at the scientific principles underpinning Dr. Sebi's food pyramid, this book explores the chemistry of alkalinity and its effect on human health. It reviews clinical studies and traditional knowledge supporting the use of specific foods in the pyramid. The book is ideal for readers interested in the evidence-based aspects of Dr. Sebi's teachings.

7. *Plant-Based Healing: Following Dr. Sebi's Food Pyramid*
This title emphasizes the power of plant-based nutrition as outlined in Dr. Sebi's food pyramid. It discusses how a diet rich in natural fruits, vegetables, and herbs can heal the body and prevent disease. The author shares personal stories and practical advice for adopting this lifestyle sustainably.

8. *Dr. Sebi's Food Pyramid for Mental and Physical Health*
Exploring the connection between diet and brain function, this book highlights how Dr. Sebi's food pyramid supports both mental clarity and physical vitality. It provides guidance on foods that enhance cognitive health and reduce stress. The book also includes mindful eating practices to complement the dietary recommendations.

9. *The Ultimate Guide to Dr. Sebi's Food Pyramid and Lifestyle*
This comprehensive guide combines dietary advice with lifestyle tips inspired by Dr. Sebi's teachings. Beyond the food pyramid, it covers topics such as fasting, herbal supplements, and natural remedies. Readers will find a holistic approach to achieving balance and wellness through nature-based living.

Dr Sebi Food Pyramid

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Healing, Herbal Cleansing, and Restoring Vital Energy Kevin Blanch, Are you tired of living with low energy, endless cravings, and confusing health advice that never seems to work? Discover the natural path to vitality with Dr. Sebi's Alkaline Detox Bible—your complete guide to restoring balance, cleansing your body, and reclaiming control of your health. This empowering book distills Dr. Sebi's timeless philosophy into practical steps you can use today. No gimmicks, no empty promises—just clear guidance rooted in nature's wisdom. Inside, you'll learn how to: · Eliminate toxins and mucus (Chapter 3) with proven detox rituals that restore your body's natural flow. · Fuel your body with energy-rich alkaline foods (Chapter 2 & Chapter 6) through simple recipes, mineral-packed herbs, and everyday kitchen swaps. · Overcome cravings and food addiction (Chapter 7) by rewiring your brain and satisfying your body's true needs. · Support chronic conditions naturally (Chapter 9) with food, fasting, and herbal remedies that reduce inflammation and promote balance. · Embrace the alkaline lifestyle beyond the plate (Chapter 8) with rituals for sleep, movement, emotional health, and community. Whether you're seeking relief from chronic issues, craving natural energy, or simply want to live closer to nature's rhythm, this book offers a roadmap to lasting wellness. Your healing journey doesn't start in a doctor's office—it starts in your kitchen, with your choices, and with the wisdom of plants. Take the first step toward balance, clarity, and vibrant energy today.

dr sebi food pyramid: Dr. Sebi's Alkaline Detox Bible Kevin Blanch, 2025-05-01 Ready to Feel Truly Healthy Again? Here's How Thousands Are Doing It—Naturally. You're not alone if you feel constantly drained, bloated, or out of sync with your body. Modern diets and stress are working against us. But what if the solution wasn't found in prescriptions or fads—but in the wisdom of nature? Introducing Dr. Sebi's Alkaline Detox Bible—the ultimate beginner's guide to natural healing, herbal detox, and vibrant living inspired by the powerful nutritional principles of Dr. Sebi. Feel lighter, cleaner, and more energized as you discover: Easy herbal detox recipes you can prepare at home A beginner-friendly breakdown of the Dr. Sebi alkaline diet Healing herbs and teas that flush toxins and restore balance Daily rituals that boost immunity, support digestion, and promote glowing skin Whether you're battling chronic inflammation, low energy, or simply want to reset your health naturally, this book will meet you where you are—and guide you forward. No guesswork. No gimmicks. Just a clear, empowering path to better health—using plants. Start your transformation today with the book that's helping thousands reclaim wellness from the inside out. Buy now and take your first step toward natural energy, clarity, and a life of vibrant well-being.

dr sebi food pyramid: The Jamaican Herbal Remedy Encyclopedia Mark Nebuchannezzar, 2025-06-08 The Jamaican Herbal Remedy Encyclopedia: 1000 Natural Solutions for Everyday Ailments, Rooted in Jamaican Tradition Tired of treating symptoms instead of solving the root cause of illness? Ready to explore nature's original medicine cabinet? This is your complete guide to healing naturally, grounded in the rich herbal traditions of Jamaica and designed for the modern reader seeking safe, effective alternatives to pharmaceuticals. Inside, you'll unlock: 97 Medicinal Herb Profiles — Featuring scientific names, traditional uses, healing properties, and cultural context, from Cerasee to Guinea Hen Weed. Simple, Proven Remedies — Natural treatments for colds, high blood pressure, digestive issues, cold sores, herpes, and more. Vivid, Full-Color Photographs — Easily identify each herb with stunning images that bring Jamaica's healing flora to life. Step-by-Step Preparation Guides — Learn how to safely make herbal teas, tinctures, infusions, and poultices without confusion. Practical Usage Tips — Understand dosage, safety, and how to combine herbs for best results—whether you're a beginner or experienced herbal user. From the antioxidant-rich Moringa to the time-tested Turmeric, every entry is packed with information to help you take charge of your well-being naturally. Written by Nebuchadnezzar Mark, a lifelong herbalist and guardian of Jamaican ancestral knowledge, this book combines over 15 years of hands-on experience with a deep respect for cultural healing traditions. His goal is simple: to restore health, naturally—one remedy at a time. Whether you're building your home apothecary, seeking natural alternatives for chronic conditions, or simply curious about the power of herbs, this encyclopedia is the trusted resource you'll return to again and again. Reclaim your wellness. Embrace nature. Start

healing today—with the wisdom of Jamaica in your hands.

dr sebi food pyramid: *Dr. Sebi Cookbook for Beginners* Stephanie Quiñones, 2021-05-18 Do You Want to Attain A Healthy Life, Free from Severe Diseases? If you are looking for a diet that helps you lose weight, brings back your lost energy, improves your focus, and reduces your chances of critical diseases, you can stop your search here. After researching a lot, we found that only a traditional plant-based healing system has the potential to do so. Thanks to Dr. Sebi, who is addressed as a famous herbalist, he has already done his research and claims that a plant-based alkaline diet is most fit for the human body. He claims that an acidic body is most favorable for the growth of chronic diseases. To set yourself free from these hazardous diseases, you need to follow Dr. Sebi's Alkaline Plant-Based Diet. You cannot have just all the plants, so we created this cookbook to guide you on what foods are approved by Dr. Sebi and what foods should be avoided. Not only that, we have gone an extra mile to make your lives easier by including 10 Quick, Yummy, Easy to Follow Recipes, so you are all set to embark on your journey to attain a healthy life reducing the risk of most dreadful diseases. Do You Have the Desire to Follow Dr. Sebi's Alkaline Diet, But Not Sure How to Follow It? Dr. Sebi's Alkaline Diet is miraculous for people who want to accomplish a healthy life free from diseases. But, to remain glued to the diet is no easy task. First, you need to know what to eat and what to avoid. What food is considered acidic, and what is alkaline? After that comes the most daunting task: Finding the recipes you can prepare from those ingredients. If You Are Struggling to Follow the Dr. Sebi Alkaline Diet, our Ultimate Cookbook Resolves All Your Problems. This Cookbook consists of a Complete Food Guide. Along with that, You Get 10 Quick, Easy and Delicious Recipes That Will Easily Fit into Your Fast-Paced Lifestyle. These Recipes Are Easy to Follow, Quick to Prepare so that they Effortlessly Gel Into Your Busy Schedule and Give You More Time to Focus On Other Important Tasks of Your Life. Inside You'll Discover.... *Introduction to Dr. Sebi's Alkaline Diet *Dr. Sebi's Plant-Based Alkaline Diet Vs. Regular Diet *Benefits You Can Achieve with Dr. Sebi recommended Alkaline Diet *Food Guide To Know Your Most Favorable Ingredients *10 Easy and Delicious Recipes that Can Fit Into your Busy Lifestyle Without any Much Efforts *And much, much, more Click “BUY NOW” at the top of the page, and instantly Download: Dr. Sebi Cookbook for Beginners: 10 Quick, Easy To Prepare And Delicious Beginners Friendly Recipes To Keep You Motivated Throughout Your Dr. Sebi’s Plant-Based Diet Journey

dr sebi food pyramid: DR. SEBI Sandra Lobato, 2020-12-28 DR. SEBI: 300 Healthy and Delicious Plant-Based Easy Recipes + Food List + Meal Plan./u>/h1> Do you want to know how to improve overall health, remove phlegm and mucus, naturally prevent some diseases such as Diabetes, Herpes and high blood pressure? Do you intend to eat healthy plant-based meals to naturally detoxify, lose weight and cleanse the liver? Do you know that your body's pH must be kept within a very narrow range if you want to stay alive? Do you want to reach all these goals with just ONE diet? If You Answered Yes To Any of The Above, Look No Further. This is the book for you! Hello! Welcome to Dr. Sebi. If you've given a green light to Dr. Sebi 's diet, then you'll want to keep reading. The adage, you are what you eat, has truth in it. In fact, the types of food that you eat can either make or break your health. Consuming foods laden with fats, salt, and sugar can eventually lead to lifestyle diseases such as obesity, diabetes, and hypertension to name a few. While conventional medicine can help, relying solely on them is not such a good idea. And with the situation of the health crisis making access to healthcare more difficult, it is crucial for people to actively take charge of their health. One of the things that people can do to take charge of their health is to make important changes in their diet. While there are so many types of diets that people can adopt to improve their health, it is imperative to choose those that can make significant improvements to health. This is where plant-based diets come in. There are numerous types of plant-based diets that you can try, however it is essential to opt for those that will give your body the reset as well as the boost that your immune system needs. Homemade meals are the best to keep you inclined the healthy eating plan. The goal of this book is simple. It wants to help you know more about Dr. Sebi diet, providing you a complete cookbook, a food list and a meal plan to master this plant-based diet. Other things You will also learn in the book include: What is Dr. Sebi Diet. How Dr.

Sebi Diet Helps in Weight Loss, Diabetes and Lowering Blood Pressure. Detox Cleanse and Nutritional Liver Detox. Doctor Sebi Inspired Recipes (Starter, Soups, Salads, Main Dishes, Sauces, Special Ingredients, Snacks, Bread, Desserts, Smoothies, etc...). 21-Day Plan Dr. Sei Food List. And Much More... You should buy this book if you: Want to understand this diet and its benefits to improve overall health, rejuvenate your cells by eliminating toxic waste through alkalizing your blood Want to learn more on how to cure diabetes, high blood pressure and detox your organs through Dr. Sebi alkaline diet. Want a complete cookbook with 300 Healthy and Delicious Plant Based Easy Recipes, Ready in Less Than 30 Minutes. Need a food list and a meal plan to go deeper into this diet. You have got to make a decision right now. Will you keep living the way you are, possibly suffering from something your doctor says they can't do anything, or will you change the way you eat and heal your body?

dr sebi food pyramid: The Approved Dr Sebi Nutritional Guide Daniels Ross Ph D, 2019-11-12 DR. SEBI NUTRITIONAL GUIDE BOOKDo you want to look good and have a total body transformation without heading to the counter for expensive diets and supplements that does not really work? Then keep reading...This Dr. Sebi inspired book involves the use of natural alkaline diet recipes from Dr. Sebi's food list to detox and control acid levels in the body.

dr sebi food pyramid: Dr. Sebi Food List Kerri M Williams, 2020-12-19 The Original Approved Nutritional Guide of Dr. Sebi ***Updated 2021 Edition*** The Recommended and Approved Food List Guide Learn what foods to eat And supposedly healthy foods to avoid at all costs In time past, whenever people wanted to detox and heal on a raw vegan diet, they took all sorts of greens making it food for so long with little or nothing to show for it. Unfortunately, there is another side to the coin when it comes to eating a plant-based diet. Most people assume that just by being a vegan or vegetarian, you automatically become healthy. This is just a very simplified approach to nutrition. Ingredients that go into a plant-based diet do not have to be healthier than the ingredients of an omnivorous diet. Many of the plant-based foods are not only hybridized but are also genetically modified, eg 98% of soy. ...Which makes you wonder how healthy the tofu you eat really is. Besides, we know that commercially produced fruits and vegetables are heavily treated with pesticides and herbicides. Some fruits are treated once a week for 3-4 months - from the moment they flower, until they are picked. That's how you get those perfect-looking fruits. So what do we do? How can be stay clean 95 percent of the time in our increasing world of nature-detrimental nutrition? Find out in this power-packed guide! Chapter Lists: Chapter 1: The Dr. Sebi Nutritional Guide -The Sebian food groups -Key principles of Dr. Sebi diet -Dos and don'ts Chapter 2: Understanding Food Electricity -What are electric foods? -The science behind food electricity -How the human body interacts with electric foods -The alkaline acid balance -How to determine electric foods? Chapter 3: The Approved Electric Food List -Dr. Sebi-approved vegetables -Dr. Sebi-approved sea vegetables -Dr. Sebi-approved fruits -Dr. Sebi-approved spices and seasoning -Dr. Sebi-approved grains -Dr. Sebi-approved nuts and seeds -Dr. Sebi-approved sweeteners -Dr. Sebi-approved oils Chapter 4: Food Preparation and Storage -Do food preparation methods affect food electricity? -Raw vs cooked -How to maximize electric food benefits -Best food preservation methods Chapter 5: Supposedly Healthy Foods not Sebi-Approved -List of Foods not to eat -List of Plant based foods not to eat Chapter 6: Sourcing and Storage of Approved Foods -Best places to source organic fresh foods -Differentiating seedless and seeded fruits -Fresh vs frozen -Pickling and preservation -Drying and storage Chapter 7: Dead, Hybrid, and GMO Foods -Dead foods -Hybrid foods -GMO -How to identify hybrid and GMO foods -List of hybrid fruits and vegetables

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recipes to cleanse and revitalize your body. These recipes are simple to make, and best of all compliant with the Dr. Sebi's Alkaline diet. You'll be able to open up the book, go to a recipe and feel great knowing that you'll be eliminating and preventing malignant diseases by just following Dr. Sebi simple Alkaline meal recipes. By Keeping up and being consistent with Dr. Sebi's Nutritional guide, you will find no need to depend on over the counter expensive diets and supplements that yield no results! Inside You Will Discover... *The benefits of Alkaline and Electric Food diets *Dr. Sebi's approved food list to achieve alkalinity *Smoothie recipes for both Alkaline and Electric food diets *Nutritional facts of every Alkaline recipe *Step by step recipe instructions *130+ Alkaline Recipe Foods with a 28-Day diet plan *Plus much, much, more! Here, we present you with some vibrant and delicious Alkaline recipes which include Smoothies and Desserts. The Dr. Sebi diet is a plant-based alkaline diet that has the capacity of restoring the body's alkaline level and fighting diseases. Following the 28-Day diet plan depicted in this book in a precise manner will naturally cure and enhance your overall health and immunity. This book provides quick and easy recipes made from some underrated ingredients which are nutritious and available in every kitchen. Click "BUY NOW" at the top of the page, and instantly Download: Dr. Sebi Cookbook: Ripe the Benefits of the Dr. Sebi 28-Day Alkaline Recipe Meal Plan to Live a Healthier and Disease Free Lifestyle

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dr sebi food pyramid: *Beginners Guide to Dr. Sebi's Diet* Stephanie Quiñones, 2021-05-18 Are You Seeking a Healthy, Sustainable Life? So, you are looking for a diet that not only resolves your current health issues but helps rejuvenate the overall well-being of your body. Some people think is this even possible? After intensive research, we found that Dr. Sebi's Plant-Based Alkaline Diet is the only answer to your body's sustainable desire of restoring your health. Our Ultimate Beginners Guide helps you start your Alkaline Diet Journey in Dr. Sebi's Approved Way; this guide helps you understand how you can accomplish the benefits of this diet, begin your journey and, most importantly, makes you learn; why it works? Do You Want to Say No to Chronic Diseases? If you are overweight, you become vulnerable to many hazardous diseases. One of Dr. Sebi's Alkaline Plant-Based Diet's major benefits is that you can lose your body weight easily without relying on chemical-based medicines. It has the potential to resolve and heal your body from many health problems. Learn in this Beginners Guide how you can shed those extra calories in a simple yet efficient way and lessen the chances of chronic diseases maintaining good health, which helps you regain your high energy levels and focus on other important parts of your life. Bonus: Complete Food

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