

dr sebi raw food diet

dr sebi raw food diet is a nutritional approach inspired by the teachings of Dr. Sebi, a Honduran herbalist and natural healer who advocated for a plant-based, alkaline diet to promote health and detoxification. This diet emphasizes consuming raw, natural foods that are free from additives and artificial substances, focusing on alkaline-forming ingredients to help balance the body's pH levels. Followers of the Dr. Sebi raw food diet believe it supports healing from chronic illnesses, improves digestion, and boosts overall vitality. The diet excludes animal products, processed foods, and hybrid plants, encouraging the intake of natural fruits, vegetables, nuts, seeds, and grains in their raw form. This article will explore the principles behind the Dr. Sebi raw food diet, its health benefits, key food lists, guidelines for implementation, and potential challenges. Understanding these elements will provide a comprehensive overview for anyone interested in adopting this lifestyle.

- Principles of the Dr. Sebi Raw Food Diet
- Health Benefits of the Diet
- Allowed Foods on the Dr. Sebi Raw Food Diet
- How to Follow the Dr. Sebi Raw Food Diet
- Potential Challenges and Considerations

Principles of the Dr. Sebi Raw Food Diet

Focus on Alkalinity

The Dr. Sebi raw food diet centers around maintaining an alkaline environment in the body. Dr. Sebi asserted that many diseases thrive in acidic conditions, and by consuming alkaline-forming foods, one can restore balance and promote healing. This principle guides the selection of foods, aiming to reduce acidity caused by processed foods, sugar, and animal products.

Natural and Unprocessed Foods

The diet strictly emphasizes raw, natural foods without artificial preservatives, additives, or chemicals. It favors organic and whole foods in their purest form to maximize nutrient density and enzymatic activity, which are believed to be compromised during cooking or processing.

Avoidance of Hybrid and Genetically Modified Foods

Dr. Sebi's guidelines recommend avoiding hybrid and genetically modified organisms (GMOs) as they

are considered unnatural and potentially harmful. The diet encourages consumption of foods that are native and naturally grown, ensuring they align with the body's natural biochemistry.

Health Benefits of the Diet

Detoxification and Cleansing

One of the primary health benefits attributed to the Dr. Sebi raw food diet is detoxification. By eliminating processed foods and toxins, the body is believed to undergo a cleansing process, reducing the burden on organs such as the liver and kidneys.

Improved Digestion and Gut Health

The focus on raw fruits and vegetables provides a high intake of fiber and natural enzymes, which support digestive health. This can lead to improved bowel movements, reduced bloating, and enhanced nutrient absorption.

Enhanced Energy and Vitality

Followers often report increased energy levels, mental clarity, and overall well-being. The nutrient-dense, alkaline foods help optimize bodily functions and reduce inflammation, contributing to sustained vitality.

Support for Chronic Disease Management

The diet is sometimes used as a complementary approach to managing chronic conditions such as diabetes, hypertension, and autoimmune diseases. Its anti-inflammatory and alkalizing effects may help alleviate symptoms and improve quality of life.

Allowed Foods on the Dr. Sebi Raw Food Diet

Fruits

The diet includes a variety of raw fruits that are naturally alkaline and non-hybrid. Examples include:

- Berries (blueberries, strawberries)
- Mangoes
- Apples

- Figs
- Bananas (specifically Burro bananas)

Vegetables and Greens

Leafy greens and vegetables that comply with the diet include:

- Kale
- Spinach
- Chard
- Cucumber
- Okra

Nuts and Seeds

The diet permits raw nuts and seeds that are alkaline and nutrient-rich, such as:

- Walnuts
- Hemp seeds
- Chia seeds
- Brazil nuts

Grains and Legumes

Only specific grains and legumes that meet the natural and alkaline criteria are allowed, including:

- Amaranth
- Quinoa
- Wild rice

Herbs and Natural Supplements

Dr. Sebi promoted the use of herbal supplements derived from natural plants to aid in detoxification and healing. These include:

- Sarsaparilla
- Bladderwrack
- Burdock root
- Irish moss

How to Follow the Dr. Sebi Raw Food Diet

Meal Planning and Preparation

Following the Dr. Sebi raw food diet requires careful planning to ensure all meals contain allowed foods that provide balanced nutrition. Meals should emphasize raw fruits, vegetables, nuts, and seeds, avoiding cooking methods that alter the natural state of the food.

Shopping for Compliant Ingredients

Selecting foods from the approved list and sourcing organic, fresh ingredients is crucial. It is recommended to avoid supermarkets that primarily offer processed or hybrid foods and instead opt for farmer's markets or health food stores.

Incorporating Herbal Supplements

Herbal supplements play a supportive role in the diet. These supplements should be taken according to recommended dosages and combined with a balanced raw food intake to maximize health benefits.

Maintaining Hydration

Drinking plenty of alkaline water is advised to support detoxification and maintain proper hydration. Water infused with natural minerals, such as spring water, is preferred over tap or distilled water.

Potential Challenges and Considerations

Nutritional Balance and Deficiencies

Strict adherence to the Dr. Sebi raw food diet may pose challenges in obtaining sufficient protein, vitamin B12, and other nutrients typically found in animal products. Careful meal planning or supplementation may be necessary to avoid deficiencies.

Social and Lifestyle Adjustments

The restrictive nature of the diet can impact social eating occasions and require significant lifestyle changes. Individuals may need to prepare meals in advance and educate family or friends about their dietary choices.

Scientific Evidence and Criticism

While many individuals report positive outcomes, the Dr. Sebi raw food diet lacks extensive scientific validation. Consulting healthcare professionals before making major dietary changes is advisable, especially for individuals with existing health conditions.

Frequently Asked Questions

What is the Dr. Sebi raw food diet?

The Dr. Sebi raw food diet is a plant-based eating plan that emphasizes consuming raw, natural, alkaline foods to promote health and detoxification, based on the teachings of herbalist Dr. Sebi.

Which foods are allowed on the Dr. Sebi raw food diet?

Allowed foods include raw fruits, vegetables, nuts, seeds, and certain grains that are considered alkaline, such as quinoa and amaranth, while avoiding animal products, processed foods, and acidic foods.

What are the claimed benefits of following Dr. Sebi's raw food diet?

Supporters claim it can improve digestion, increase energy, promote weight loss, detoxify the body, and reduce inflammation by restoring the body's natural alkaline balance.

Is the Dr. Sebi raw food diet scientifically proven?

There is limited scientific evidence supporting Dr. Sebi's specific claims; however, a diet rich in raw fruits and vegetables is generally associated with health benefits.

Can the Dr. Sebi raw food diet help with chronic illnesses?

While Dr. Sebi advocated his diet for managing chronic illnesses, there is no conclusive medical evidence that it cures diseases; it should not replace conventional medical treatment.

How does the Dr. Sebi diet approach food preparation?

The diet emphasizes consuming foods raw or lightly prepared without additives or artificial ingredients to preserve nutrients and maintain alkalinity.

Are there any risks associated with following the Dr. Sebi raw food diet?

Potential risks include nutrient deficiencies, such as vitamin B12, iron, and protein, if the diet is not well-planned; individuals should consult healthcare providers before making drastic dietary changes.

Where can I find Dr. Sebi approved food lists and recipes?

Approved food lists and recipes can be found on websites dedicated to Dr. Sebi's teachings, health forums, and some books authored about his diet principles.

Additional Resources

1. The Alkaline Path: Dr. Sebi's Raw Food Diet for Healing

This book explores Dr. Sebi's philosophy of maintaining an alkaline body through raw, plant-based foods. It provides detailed guidelines on which foods to avoid and which to embrace to promote natural healing. Readers will find meal plans and recipes designed to optimize energy and detoxify the body.

2. Healing with Nature: The Raw Food Journey Inspired by Dr. Sebi

Delving into the principles of Dr. Sebi's raw food diet, this book offers a comprehensive look at how natural foods can restore health. It includes testimonials from individuals who have experienced transformative benefits. The author also explains the importance of organic, alkaline foods in preventing disease.

3. Dr. Sebi's Herbal and Raw Food Cure

Focusing on the synergy between herbs and raw foods, this title outlines Dr. Sebi's holistic approach to wellness. It highlights specific herbs that complement the raw food diet to enhance detoxification and immune function. Practical advice on sourcing and preparing these ingredients is also provided.

4. Raw and Real: Embracing Dr. Sebi's Nutritional Guide

This guide breaks down the fundamentals of Dr. Sebi's nutritional recommendations, emphasizing raw, unprocessed foods. It offers easy-to-follow recipes and tips for transitioning to a raw food lifestyle. The book also addresses common challenges and how to overcome them for sustained health.

5. The Electric Body: Dr. Sebi's Raw Food and Healing Philosophy

Exploring the concept of the body as an electric organism, this book connects Dr. Sebi's raw food diet

to cellular health and energy balance. It explains how alkaline raw foods can restore the body's natural electrical charge. Readers will gain insight into the science behind Sebi's methods and their practical applications.

6. Raw Food Remedies: Dr. Sebi's Approach to Chronic Illness

This book focuses on the application of Dr. Sebi's raw food diet to combat chronic diseases such as diabetes and hypertension. It presents case studies and success stories that illustrate the diet's effectiveness. Additionally, the book provides a structured plan for incorporating raw foods into daily life to support healing.

7. Plant Power: Unlocking Dr. Sebi's Raw Food Secrets

Highlighting the power of plant-based nutrition, this title delves into the specific fruits, vegetables, and grains endorsed by Dr. Sebi. It explains their role in maintaining an alkaline environment and promoting detoxification. The book includes vibrant recipes and shopping guides to simplify adopting the diet.

8. Reclaim Your Health: A Raw Food Lifestyle Inspired by Dr. Sebi

This motivational book encourages readers to take control of their health through Dr. Sebi's raw food principles. It combines nutritional science, personal anecdotes, and practical advice for making lasting lifestyle changes. Readers will find inspiration and tools to begin their healing journey.

9. Dr. Sebi's Raw Food Detox: A Step-by-Step Guide

Offering a detailed plan for a raw food detox, this book walks readers through the process of cleansing the body using Dr. Sebi's methods. It covers preparation, foods to include and avoid, and tips for managing detox symptoms. The guide aims to empower readers to rejuvenate their health naturally.

Dr Sebi Raw Food Diet

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dr sebi raw food diet: Dr. Sebi Food List Kerri M Williams, 2020-12-19 The Original Approved Nutritional Guide of Dr. Sebi ***Updated 2021 Edition*** The Recommended and Approved Food List Guide Learn what foods to eat And supposedly healthy foods to avoid at all costs In time past, whenever people wanted to detox and heal on a raw vegan diet, they took all sorts of greens making it food for so long with little or nothing to show for it. Unfortunately, there is another side to the coin when it comes to eating a plant-based diet. Most people assume that just by being a vegan or vegetarian, you automatically become healthy. This is just a very simplified approach to nutrition. Ingredients that go into a plant-based diet do not have to be healthier than the ingredients of an omnivorous diet. Many of the plant-based foods are not only hybridized but are also genetically modified, eg 98% of soy. ...Which makes you wonder how healthy the tofu you eat really is. Besides, we know that commercially produced fruits and vegetables are heavily treated with pesticides and herbicides. Some fruits are treated once a week for 3-4 months - from the moment they flower, until they are picked. That's how you get those perfect-looking fruits. So what do we do? How can we stay clean 95 percent of the time in our increasing world of nature-detrimental nutrition? Find out in this

power-packed guide! Chapter Lists: Chapter 1: The Dr. Sebi Nutritional Guide -The Sebian food groups -Key principles of Dr. Sebi diet -Dos and don'ts Chapter 2: Understanding Food Electricity -What are electric foods? -The science behind food electricity -How the human body interacts with electric foods -The alkaline acid balance -How to determine electric foods? Chapter 3: The Approved Electric Food List -Dr. Sebi-approved vegetables -Dr. Sebi-approved sea vegetables -Dr. Sebi-approved fruits -Dr. Sebi-approved spices and seasoning -Dr. Sebi-approved grains -Dr. Sebi-approved nuts and seeds -Dr. Sebi-approved sweeteners -Dr. Sebi-approved oils Chapter 4: Food Preparation and Storage -Do food preparation methods affect food electricity? -Raw vs cooked -How to maximize electric food benefits -Best food preservation methods Chapter 5: Supposedly Healthy Foods not Sebi-Approved -List of Foods not to eat -List of Plant based foods not to eat Chapter 6: Sourcing and Storage of Approved Foods -Best places to source organic fresh foods -Differentiating seedless and seeded fruits -Fresh vs frozen -Pickling and preservation -Drying and storage Chapter 7: Dead, Hybrid, and GMO Foods -Dead foods -Hybrid foods -GMO -How to identify hybrid and GMO foods -List of hybrid fruits and vegetables

dr sebi raw food diet: Dr. Sebi Approved Diets Stephanie Quiñones, Learn how to start the journey to great health following Dr. Sebi healing methods and understanding of his nutritional alkaline and electric food knowledge. ENJOY 4 BOOKS IN AN AMAZING BUNDLE BOOK #1 Dr. Sebi Approved Alkaline Diet Book BOOK #2 Dr. Sebi Alkaline Diet Smoothie Recipes Food Book BOOK #3 Dr. Sebi Herbs BOOK #4 Dr. Sebi Fasting Dr. Sebi was a popular and inspiring well-known herbalist who discovered a method to cure and heal dangerous and incurable diseases. Dr. Sebi practiced for over 30 years curing diseases like Inflammation, Fibrosis, Diabetes, Aids, Sex Drive, and many others by way of natural plant-based medicinal herbs. Learn how Dr. Sebi's diet book involves the use of natural Alkaline and Electric Foods recipes inspired by Dr. Sebi's approved diet. This unique alkaline diet book helps you understand and properly follow an alkaline diet whilst improving overall health, removing harmful mucus, and preventing/curing malignant diseases in your body. Dr. Sebi-inspired diet book also involves the use of natural Alkaline and Electric Food smoothies recipes from Dr. Sebi's approved food list. Inside You Will Discover... *How the Alkaline and Electric Food Diet Impacts Your Body *Smoothie recipes for both Alkaline and Electric food diets *Nutritional facts of every food recipe *Nutritional facts of every smoothie recipe *Dr. Sebi's approved natural herbal healing method *"Bonus" Dr. Sebi Proven results studies to his healing method *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download Dr. Sebi Approved Diets: 4 In 1: Alkaline Diet, Alkaline Smoothies, Herbs, and Approved Fasting.

dr sebi raw food diet: *Dr. Sebi Smoothie Diet* Stephanie Quiñones, 2020-10-19 Are you looking for an easier and more efficient way to cleanse, revitalize, and heal your body? With the Dr. Sebi Smoothie Diet, You'll gain all the benefits of fighting off diseases whilst drinking a delicious smoothie. Dr. Sebi Smoothie Diet: 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally Cleanse, Revitalize, and Heal Your Body with Dr. Sebi's Approved Diets The Dr. Sebi Smoothie diet book is jammed packed with smoothies and many more ways to improve health, lose weight, remove phlegm and mucus, and naturally prevent other diseases. Discover over 53 Dr. Sebi Alkaline and electric smoothies compliant with the Dr. Sebi nutritional diet. This Diet consists of preventing the formation of mucus and making it difficult for infection-causing organisms to thrive. Download: Dr. Sebi Smoothie Diet: 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally Cleanse, Revitalize, and Heal Your Body with Dr. Sebi's Approved Diets. Are You Looking to be free from modern and over the counter medicine that have little to no results? Dr. Sebi diet practices involved cutting out all the food groups except live and raw foods, thereby encouraging them to eat as close as possible to raw vegan. We found that these smoothie recipes not only help to cleanse your body from all the waste from processed and man made foods, but also helps to boost your immune system, detoxify your liver and body waste, toxins, and severe liver damage. That's why we made sure to include only the BEST recipes from Dr. Sebi approved Alkaline and Electric food diet and let you focus on your goals while living a stress free smoothie lifestyle. Download: Dr. Sebi Smoothie Diet: 53 Delicious and Easy to Make Alkaline & Electric Smoothies to Naturally

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dr sebi raw food diet: Dr. Sebi Alkaline Diet Imani Johnson, 2020-11-24 DR. SEBI DIET, TREATMENT AND CURE FOR WOMEN.♥ Are you looking for a plant-based alkaline diet to prevent the most common female diseases like Herpes, detox your body from mucus and lose weight naturally? This book is for you. Dr. Sebi believed in the power of using food and herbs as medicine and concentrated his attention for a long time on female issues that affect thousands of women every year. --- What will you learn from Dr. Sebi Alkaline Diet book by Imani Johnson? □ Why Dr. Sebi Diet is the best choice for your body. □ How to approach Alkaline Detox to manage female issues and regain your balance. □ The super-effective Dr. Sebi Cure for Herpes. □ The 27 Dr. Sebi herbs every woman should know. □ Why a standard plant-based diet can DAMAGE your health, instead of improving it. □ The most powerful, yet underestimated plant-based ingredient that should be found in every kitchen. □ 2 different approaches to nutrition that make Dr. Sebi Alkaline Diet sustainable in time. □ 16 basic recipes that will make you save at least 100\$/month on storebought products. □ 77 everyday tasty alkaline meals, to say goodbye to bland food with no effort. □ TRUE DR. SEBI APPROVED Alkaline Recipes - 100% COMPLIANT with Dr. Sebi Nutritional Guide □ A printable Dr. Sebi Food List, downloadable with 1 click Regardless of what you experienced in your life, there is always the possibility to heal your body.♥ Are you going to do something for your body right now? Buy Your Copy Today!

dr sebi raw food diet: Dr. Sebi Cure for Diabetes Samantha Plant, 2021-10-19 Are you

looking for proven methods to prevent and quickly reverse Type 1 and Type 2 Diabetes? Do you want a step-by-step Guide to control your blood sugar levels naturally without taking medicines? You know what... I have the right solution for YOU! I know how difficult it is to try to fit diabetes management into your life. And that sometimes it feels like you have to design your lifestyle around it. I know how time-consuming and exhausting it really is to count and check your blood sugar levels three, four, or as many as five times a day. I also understand that you have been convinced that you just have to deal with it, and unfortunately, besides medication control, there is nothing you can do.... And that's where you have been lied to! Throughout this book, I'll share how to do it naturally, without medications! In this Book, you'll find:

- How to naturally heal the pancreas and reverse diabetes type 1 and 2 individually with the alkaline diet.
- The 13 must have herbs to detox your body.
- A weekly meal plan to get started immediately.
- A comprehensive list of good and bad foods.
- The most important signs to know if your detox is working.

Dr. Sebi Cure for Diabetes will help you make successful lifestyle choices to promote health, be active, eat healthily, and thrive, not just survive. Are you ready to change your life? What are you waiting for? Click buy now at the top of this page to get started!

dr sebi raw food diet: DR. SEBI CURE Catrin Ross, 2021-11-07 Some people think that it is impossible to cure and heal with natural methods. But in reality, there is no more mistaken belief. These people would greatly benefit from consuming an alkaline plant-based diet. Following an alkaline diet means omitting sweeteners, most grains, and limiting fruit intake. This new effective diet focuses on consuming the alkaline vegetables described in this Complete Nutrition Guide by Dr. Sebi. Read on to learn more about how these foods can help you. This book will provide you with the information you need to feel healthy and empowered. It's never too late or too early to start a new organic lifestyle, and you can use this guide to help you get started. It may seem strange or uncomfortable not to eat the unhealthy foods you love, but if you care about your body, your health, and overall well-being, you need to take action today by changing the way you eat. In this book, you will discover:

- Alkaline diet herbs
- Remedies for many diseases
- Benefits of Dr. Sebi's diet
- The factors that make an Alkaline diet so
- Foods that contribute to weight loss
- What studies say about the effect of having a regular pH level in your body
- What you need to eat and avoid
- How acidity leads to diseases
- The benefits of detoxing your body
- The detox herbs from Dr. Sebi's diet and how you can use them
- Amazing recipes that will help you follow Dr. Sebi's approach to the alkaline diet
- The risks of the alkaline diet and how to avoid them ...and much more!

Now is the time to ask yourself: will you continue to feed as you always have, perhaps suffering from an ailment for which your doctor says he cannot do anything and which may get worse over time, or will you change the way you eat and heal your Body? The choice to have a better life, the life you deserve, is yours. So, what are you waiting for? Grab Dr. Sebi's book today and start healing your life!

dr sebi raw food diet: Dr. Sebi's African Biomineral Balance Julie Beckford, 2024-06-01 The African Biomineral Balance offers an in-depth exploration of natural healing principles inspired by Dr. Sebi. This comprehensive guide provides readers with a thorough understanding of the African Bio-mineral Balance (ABB), its foundations, principles, and practical applications. Chapter 1: What is the African Bio-mineral Balance? This introductory chapter defines the African Bio-mineral Balance, explaining its core concepts and philosophies. It also introduces Dr. Sebi, the influential herbalist whose teachings form the backbone of the ABB. Chapter 2: Foundation of the African Bio-mineral Balance Here, readers learn about the historical and legal background of the ABB, including a detailed account of the pivotal court case involving Dr. Sebi and various news clips. Chapter 3: Principles of the African Bio-mineral Balance This chapter delves into the fundamental principles of the ABB, addressing what constitutes disease and outlining the wholistic healing process. Topics include cleansing and revitalizing the system, the critical role of iron and other minerals in the body, and the importance of a nutritional guide. It also features a recommended herbs list, details on Dr. Sebi's herbal formulas, and discussions on the exclusion of African perspectives in healing, the significance of wild plants over GMOs, and the role of biochemistry. Chapter 4: Current Health Perspectives Not Supported by ABB This chapter critiques mainstream

health perspectives that conflict with the ABB, including views on viruses, bacteria, vaccines, and the underlying causes of diseases. Chapter 5: Transcript of 3 Profound Dr. Sebi Lectures Transcripts of three of Dr. Sebi's most influential lectures are provided, giving readers direct insights into his philosophies and approaches to natural healing. Chapter 6: 25 Simple Recipes A practical section offering 25 easy-to-follow recipes designed to support detoxification, provide iron-rich nutrients, and promote general wellness. It includes recipes for alkaline smoothies, herbal tonics, soups and stews, and various alkaline drinks. Chapter 7: The War on Traditional Healing This chapter addresses the challenges and barriers faced by proponents of traditional healing methods. It discusses the suppression of alternative medicine, the influence of the pharmaceutical industry, regulatory barriers, cultural stigma, and medical dogma. Chapter 8: The Road Ahead This chapter explores current trends and potential developments.

dr sebi raw food diet: Dr. Sebi Treatments and Cures Samantha Plant, 2021-10-19 Do you like to learn different ways to overcome medical problems without using modern medicine full of harmful effects? Are you looking for a natural way to become healthy and fight various health issues without spending more money? If you answer yes to either of these questions, then the Dr. Sebi's way is what you need. There is no doubt that medical sciences have revolutionized the treatment of different body ailments. However, sometimes the body becomes resistant due to such medications' high usage, and you don't get the desired outcome. In this case, you need some natural remedy that has no side effects, and here comes the role of Dr. Sebi's natural alkaline diet. Dr. Sebi was a Honduran herbalist and healer who discovered that a simple diet could be the cure for so many illnesses in the world. Think about the number of auto-immune diseases there are, such as HIV and lupus. Doctors don't know how to heal those diseases. All that is available are medicines to help control them, which is great, but wouldn't it be great if there was something you could do that would get rid of the disease altogether? Dr. Sebi wanted that, and that's what he did. In this Book, you'll find:

- How to prevent naturally high blood pressure, diabetes, hair loss and asthma with dr. sebi's approved nutritional guide and food list.
- What causes high blood pressure and what are the symptoms of hypertension.
- The different types of diabetes and how to reverse it with the alkaline diet.
- Which are the best foods to treat hair loss.
- The different types of asthma and which are the most common causes and triggers.

It's time to make your decision. Will you continue living the way you are, or will you improve the way you eat and heal your body? Get a copy of this book now!

dr sebi raw food diet: DR SEBI DIET CURE FOR LUPUS Harold William Francis, 101-01-01 Lupus is a long-term autoimmune disease that causes the immune system to become hyperactive and attack healthy tissue. Lupus symptoms include swelling, Inflammation, and damage to the joints and skin, blood, heart, and lungs. Dr Sebi's diet was created for anyone who wants to naturally prevent or cure disease and improve overall health without resorting to conventional Western medicine. Alfredo Darrington Bowman, better known as Dr. Sebi. Dr. Sebi, despite his name, was not a doctor, nor did he have a PhD. Dr. Sebi claimed this diet could cure conditions such as AIDS, sickle-cell anemia, and Lupus. Dr. Sebi said that there were six fundamental food groups: live, raw, dead, hybrid, genetically modified, and drugs, but his diet basically cut out all the food groups except live and raw food, thereby encouraging dieters to eat as close to a raw vegan diet as possible. Dr. Sebi has healed millions of lupus individuals across the globe with his method (diet), and his death has done little to change this; he left behind holistic healing for cancer, you can learn from his life and what he really believed about this deadly Disease to eradicate Lupus from the surface of the earth with the aid of Dr. Sebi's diet to cure Lupus.

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problem's real causes. This means that, without proper action, herpes infections can repeatedly occur throughout a lifetime. Being a healer and a herbalist, Dr. Sebi concentrated his attention for his whole life on issues that affect millions of men and women every year, and Herpes is one of them. He firmly believed that a plant-based, alkaline diet, structured to sustain the body with the proper foods and herbs, is the best way to boost health and create the right conditions to beat the virus once and for all, healing the body naturally. --- This book condensates Dr. Sebi's Cure for Herpes and includes

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