



DOCTOR

Sebi

DIET

6 BOOKS IN 1

HOW TO DETOX YOUR BODY AND STOP SMOKING WITH DR SEBI'S ALKALINE DIET, HERBS, TREATMENT AND CURES



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DOCTOR SEBI DIET

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DOCTOR SEBI COOKBOOK

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DOCTOR SEBI DIET

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How to Detox Your Body and Stop Smoking
With Dr. Sebi's Alkaline Diet, Herbs, Treatment
and Cures

BELINDA GOLEMAN



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BOOK 1 - DR. SEBI

The 3-Step System To Naturally Detox Your
Body Through Dr. Sebi Alkaline Diet.
(Includes A Step-By-Step 7-Day Meal Plan)

BELINDA GOLEMAN



CHAPTER 1

Introduction

Health is wealth; many will say, but still, they neglect the call to give proper attention to their health for numerous reasons. Top of the list mostly is the lack of time, but when we are struck by sickness; time eventually pauses because we cannot do what we want to do.

We fail to understand that illnesses and diseases accumulate over time, they do not just appear from nowhere. Your body must have been giving you signs, but you ignored them all.

When you start feeling tired easily, experiencing digestive distress, your allergies became more frequent, you started feeling unhealthy despite eating well, were feeling weak in your joints, not mentally sharp as usual, and you felt stressed out easily, etc., that is your body sending you a message.

This can be likened to a car before it breaks down, it always gives off signals, like starting after several attempts, jerking, and making some weird sounds. These signals are your defense mechanism reacting to the anomalies or impending danger posed by pathogens. So, when we get these signals, we ought to act almost immediately, to ensure that our body system gets back to normal.

Most times, the simple thing to do is detox, which is to rid our system of unwanted materials. You might have heard about detox before or maybe not fully understood the concept. You have nothing to worry about because it is adequately explained in this book.

The idea of detox seems repulsive to a lot of people. For some, it is too restrictive and demanding. Hence, this book provides you with the natural ways and steps you can follow to detox your system. These guidelines are more of healthy eating habits as provided by Dr. Sebi.

To get the best out of Dr. Sebi's alkaline diet; this book has defined a 3-step system to detox your body naturally. The **1st step** is to make you understand what Dr Sebi's diet is all about because we cannot walk in ignorance and get the best out of anything. So, you must have a grand understanding of the diet before doing anything else.

Having received a thorough understanding of the diet; the **2nd step** is to know the constituent make-up of the diet. Knowing the principles of how a car moves, does not mean you know the different parts of the car, hence, the need to understand various components of the car. The best drivers do not just know how the car moves, but they understand every part of their car.

The same thing applies to Dr. Sebi's diet, aside from knowing how the diet works, you should know the foods allowed and those prohibited, as this will guide you in making your meal plan. The **3rd step** is to plan your weekly meal plan, Though a 7-day meal plan guide is already provided for you, you can chart your course for yourself from the list of approved foods in step 2. These 3- steps are the key to unlock your body's natural detoxification, so read on and let me get your feedback.



CHAPTER 2

Who is Dr. Sebi ?

Alfred Darrington Bowman, popularly known as Dr. Sebi, was born in Spanish Honduras, precisely in the village known as Ilanga. He was born on the 26th of November 1933, and he died on August 6, 2016. Throughout his life, he never identified himself as an African Honduran, but as an African living in Honduras. He is believed to have married twice and survived by 17 children.

Dr. Sebi was popularly known as a self-educated herbalist and healer. Among the places, he practised was the US in the latter part of his life. Dr. Sebi was also a biochemist, naturalist and pathologist. He created a special and unique technique of healing centred on rooted herbs. In about 30 years of his career, he carefully studied these herbs found by the rivers and forests in Africa, in South, North and Central America, and in the Caribbean.

At the time Dr. Sebi came to the United States of America, he was diagnosed with diabetes, obesity, impotence and asthma. And after a series of failed treatments with both orthodox doctors with modern drugs and traditional Western medication, he was referred to Mexico to meet an herbalist. The success of this Mexican herbalist, in healing all his medical conditions and the knowledge he acquired studying under his grandmother, 'mama hay' inspired him to start developing natural vegetation cell food compound.

These compounds were created using unorthodox methodology he spent years developing, which was possible through years of

acquired empirical knowledge. His compounds have the sole purpose of cleansing and revitalizing all the cells found in the body. This, he dedicated 30 years of his life doing despite several oppositions until his death.

Dr. Sebi incorporated the famous African methodology to disease, which largely depends on the use of natural herbs (botanical) remedies. These remedies are responsible for cleansing and eliminating toxins from the body through the process known as detoxification. This process is aimed at reinstating the body to its alkaline state, away from an acid state that encourages and leads to growth, development of pathology and diseases.

At the centre of this remedy is a natural vegetable cell food compound. Dr. Sebi believed that cell food, because of its components, could rejuvenate damaged cell tissues which are mostly caused by acidity. This idea is achieved by replenishing used up minerals and getting rid of accumulated toxins in the human body.

These toxins primarily affect organs such as liver, lymph glands, kidneys, skin, etc. So, he developed an alkaline nutritional plan that is not centered on the pathology or diseases, but rather on the entire wellbeing of the individual to boost recovery. And cell foods play a huge role in creating the environment necessary for healing and healthy living.

Dr. Sebi's life work was promoting benefits from alkalizing the body through one's diet (food intake). He claimed that eating dead foods hinders the body from carrying out its natural processes of cleansing itself, which would ensure the body remains in good health. These

dead foods include; alcohol, sugar, meat, all processed products, poultry, fried foods, etc.

His theory is that when these foods mentioned above are eliminated from one's diet, the body's ability to cleanse naturally (detox) would be enhanced, which will eventually lead and keep one's body in good health. These foods which are also referred to as alkaline foods include; vegetables without starch, raw nuts, naturally ripened fruits, and grains (such as rye, quinoa, Kamut). With this simple procedure, he went on to claim he was successful in curing chronic illnesses such as blindness, diabetes, AIDS, cancer and many others.

Through Dr. Sebi's office located in Brooklyn, New York and Dr. Sebi's LLC, which is located in La Ceiba, Honduras, he continuously shares his deep-rooted knowledge of traditional herbs and their constituents. Dr. Sebi believes and claims he can treat all ailments with herbs and a strict vegan diet. And he also denied that AIDS is a result of HIV.

These claims can at best be referred to as pseudoscientific. He created and developed varieties of products which include; Hair Food, Cell Proliferate Eva-Therapeutic Salve, Horadin, Nervino, Limphaslin, Testee II, Uturin, etc. And also, markets his products through the mentioned institutes. He has an all-inclusive package worth 1,500 dollars which he claims will detoxify the body cells by breaking down mucus, acids and toxins for easy excretion.

Alfred Bowman used the title and name Dr. Sebi even though he's had no formal training in medicine. For this fact, some attorneys, doctors with a license and other protection agencies in the United

States have referred to him as a quack. And many hold the opinion that he became a threat to multinational medical industries. This group purported the theory that these industries rely on and profit from continued sickness.

On several occasions, he was arrested and prosecuted for practising without a license. In 1987, Dr. Sebi was charged and sent to court by the attorney general of New York, Robert Adams. He was indicted on two counts of charges of illegal practice of medicine without a license, fraudulent claims of therapeutic abilities of his products and services resulting in the cure of some illness, including AIDS. Also, he was accused of illegally selling products that are not approved by the Food and Drug Administration.

These charges came up as a result of his advertisements which he had put up in the Amsterdam News and Village Voice newspaper claiming that he could cure AIDS, sickle cell anaemia, herpes and other diseases. Though he was instructed to take down the advert by the New York department of consumer affairs and the attorney general before the lawsuits, he refused.

All his clients needed to do was to pay 500 dollars as an initial fee and about 80 dollars on subsequent appointments. He added in the advert that USHA had already cured AIDS. The judge, in this case, demanded that Dr. Sebi should provide a patient who would testify he indeed had cured him. But it was recorded that he brought over 70 patients and was eventually released.

The trial increased Dr. Sebi's fame due to the verdict reached by the Brooklyn supreme court. According to the report on the trial by Amsterdam news, the prosecutor had tape records recovered from

the two agents acting undercover to infiltrate Dr. Sebi's institute with the so purpose of catching him making medical diagnoses.

And although the prosecutor shared these recordings with the court, the jury was not convinced that Dr. Sebi indeed made the medical diagnosis. This verdict was very significant because it ushered in the global recognition of the African bio-mineral balance (a therapeutic method important in suiting the nutritional requirements of the gene structure of Africans) developed by USHA as claimed by Dr. Sebi's attorney, Simeon Greenaway. Dr. Sebi, who is often referred to this victory on interviews.

Five years ago, Dr. Sebi claimed on the Rock Newman show when he was interviewed that he had defended himself. According to him, "the judge instructed me to provide one patient I had treated to justify my claim, and I provided over 70." He also said when he first told his mama he had cured over 10 AIDS patient, she was afraid and was sure that the authorities would come after him.

Dr. Sebi also explained the process he used to cure a patient having AIDS. He told the interviewer that he only helped him cleanse his cells by administrating one of his compounds and restructuring his diet. He also removed foods containing lactose, carbonic acid, starch, milk, meat and uric acid from his diet. By doing this, the patient began to see improvements within 24 hours, he said.

But before his interview, there were subsequent civil suits filed against USHA that were successful. In this case, the court found Dr. Sebi's claims were unsubstantiated. So, Dr. Sebi's company was forced to sign an agreement stopping them from making claims of the therapeutic abilities of their products. The

agreement forbade USHA, Fig Tree institute and their directors, officers, agents, employees, successors, Dr. Sebi and Mama Bowman from making claims, whether written or oral, directly or by implication that their products or services can cure or relieve or even alter the course or direction of any form of disease or physical conditions such as sickle cell anemia, AIDS, pains, leukemia, lupus, injuries, herpes, deformities, ulcers, etc.

Coupled with other restrictions, he was fined 900 dollars. After the case, Dr. Sebi relocated and moved his USHA research institutes to California. In California, he grew and expanded his practice and he had top celebrities among his clientele, including Michael Jackson, Lisa Lopes, John Travolta, Steven Seagal, Eddie Murphy amongst many others.

Dr. Sebi in 2004 claimed Michael Jackson, before the singer was charged with child abuse, was his patient. He also claimed he had helped the superstar to overcome his painkillers addiction (Morphine and Demerol) with the help of his food therapy (African Bio-Electric Cell Food) within six months, working with him in Colorado.

Dr. Sebi later sued Michael Jackson, alleging Jackson's brother didn't pay him fully when he paid him 10,000 dollars. He claimed he was owed 380,000 dollars and demanded to be paid an additional sum of 600,000 dollars for damages resulting from the time he used to make court appointments, which made him defer appointments with other clients and some other engagements.

This made Jackson's publicist issue a statement denying Dr. Sebi's claims, stating that his client neither had a painkillers addition nor received any form of professional treatment from the self-acclaimed

doctor. In 2015, the case was dismissed by the judge due to lack of prosecution.

Dr. Sebi was arrested on the 28th of May with the possession of the sum of 37,000 dollars at the Juan Manuel Galvez international airport located in Honduras. Although he was released pending his court hearing, he was rearrested on June 3 later that same year by Honduras branch of intelligence equivalent to the US FBI known as Ministerio Publico, and he was charged with money laundering.

Official records of his arrest have still not been released to clarify the reasons for the arrest since it would not have been out of place for a man like himself with top celebrities as clients to have that amount of money in his possession. Dr. Sebi remained in custody over a month awaiting trial. His family tried to release him but were unsuccessful. He was later rushed to the hospital on August 6 when he suffered from pneumonia. He, however, died on the way to the hospital at the age of 82.

Dr. Sebi's life, works/claims and death were not covered by major news agencies. This is some of the fuel behind the conspiracy theory that claims multi-dollars pharmaceutical companies were against the self-made doctor and people knowing about him and his diet and products and even his death.

The conspiracy theorist believes that a man who claimed to have cured AIDS and defended his claims in court by providing patients he had cured would make headlines in every news agency. They believe the reason for his non-viral public presence was doctored by these pharmaceutical companies because "there is no profit in a cure." They hold the opinion that the pharmaceutical business need

people to be sick to make their money, and they don't get anything if they are well.

And Dr. Sebi was not only selling wellness, but he was selling it without the use of synthetic drugs and merely encouraging and guiding people towards a healthy lifestyle by eating the right meals and in some cases administering pure herbal products. This would lead people away from the use of medications, which would harm the pockets of these pharmaceutical companies.

This conspiracy theory also connects the death of Nipsey Hussle, a US rapper based in Los Angeles. Before his untimely demise, the rapper made known to the public in a breakfast club interview in 2018 that he was working on a documentary on Dr. Sebi's trial of 1985, against New York when he claimed he had cured AIDS.

He said the story was essential and felt people would want to know more about someone who not only claimed, but also defended the claim to have the cure for AIDS. He was reported to have jokingly said that the project could result in his death. These theorists believed that the death of the rapper was the handiwork of the pharmaceutical companies to prevent Dr. Sebi's work from becoming public.



CHAPTER 3

What is Dr. Sebi's Diet?

Dr. Sebi's diet consists of a strict alkaline centred dietary routine and herbal supplements. Dr. Sebi believes that diseases and illnesses are end products of the accumulation of acid and mucus in the body. But in an alkaline environment, disease and illness cannot survive. So, his diet functions to detoxify or cleanse and restore the alkaline balance of the body.

However, there is yet to be any scientific backing to this claim. The diet is plant-based, and it prohibits the consumption of all kinds of animal products such as milk, meat, etc. It is very similar to a vegan diet, but it doesn't permit the consumption of all plants, especially those that are not alkaline.

Dr. Sebi's diet prohibits seedless fruits, and only grains that are naturally grown are permitted. This diet also prohibits the consumption of all kinds of human-made and hybrid foods. The herbalist believes strict adherence to this diet will not only cure you of diseases, but also help your body become immune to them by creating an alkaline environment in the body that hinders the growth and development of diseases.

What is Alkaline Food?

There are several factors responsible for the proper functioning of the body's cells and tissues; these include the body's pH, temperature, hydration, nutrients availability and so on. pH could either be acidic or alkaline depending on its measurement. It has a scale that starts from 0 and ends in 14. When the pH is below 7 (that is, from 6 to 0), the pH is said to be acidic. When it is 7, it is neutral, and when it is higher than 7 (that is, from 8 to 14), the pH is considered alkalizing.

However, the body operates typically slightly above neutral; at 7.365. The most critical and most protected pH of the body is that of the blood because any slight fluctuation in its pH could prove disastrous. When the blood pH level reduces to 6, it means the individual had already fallen into a coma. To determine whether the body is acidic or alkaline, a simple test which could even be done at home should be carried out. First, get a test strip, then dip it in either saliva or urine. Then wait and check the colour it shows. A colour code comes with the test strip.

While the liver is the organ responsible for cleansing the body (including the blood), the kidney is the principal organ in charge of maintaining the alkaline pH level of the blood. The kidney ensures that the body is enabled to carry out its duties as the medium of both oxygen and other necessary nutrients.

The kidney does this by filtering excessive acidic components in the blood and removing them from the body via urine. And then, the body automatically balances the body's pH level using its alkaline reserve.

However, when we regularly ingest acidic foods, which eventually deposits acid in our system, we are overworking our kidney by tasking it with processing and excretion of excess acids. After a while, our kidney gets worked up, and it can no longer keep up with the level of excess acid, which will lead to acid accumulation in the tissues and subsequent development of diseases and deterioration in our health.

This is because it hampers the body from being able to detoxify and repair itself and will make the body prone to diseases. Studies have shown that an 'acidic inner terrain' (that is a concentrated acidic environment, which could also be referred to as “acidosis”) could result in muscle degradation, kidney stones, reduced bone density, diabetes, arthritis, cancer, etc. Below is a list of some other signs of acidosis:

- Low energy which will lead to weakness
- Chronic fatigue
- Shortage of breath
- Digestive disorder
- Acne and headache
- Osteoporosis
- Weak immune system
- Candida and other infections
- Allergies
- Heart disorder
- Slow recovery time especially after exercise
- Brittle hair and nails, etc.

We have established the fact that it is challenging for the body to continually cleanse and neutralize acids before they accumulate and turn poisonous to the cell by altering the entire environment in the body. And our society has contributed a great deal to the high acidic level through toxins from the foods we eat, the water we drink, tobacco, medications, etc.

But this increase in the acidic level of the body is not only a result of our intake but also a result of our body carrying out its day to day functions. The body creates acids through the processes of respiration, muscles and digestion (although from some specific kinds of food). Stress, lack of sleep and an environment that is polluted could also create acids in the body.

The body is not directly affected by acidic content of food, but through accumulation of chemical waste deposits from food overtime. The consumption of refined and processed foods and all animal products accelerate the process of accumulation. The reason is that these foods, when added to our diet, can produce per day up to 100mEq of acid. This quantity is almost twice the amount our body can handle usually.

So, although our body can regulate its acidic level, our diet would either hinder or help the process. Hence the need to support our system to maintain the alkalinity of the body for proper functioning and to stay healthy by adding alkaline food to our diet. When the body is acidic, the body would need the ingestion of vital minerals that enable it to neutralize the acid in the body. Some plant-based diets contain alkaline while animal products (meat, egg, etc.), as well as refined foods, are acidic.

The cells in the body require an alkaline environment in order to function maximally, defend the body against pathogenic microbes and stop and repair cellular damages. The goal of eating an alkaline diet is to control our body's pH via our food. Because as we said earlier, the food we eat after metabolism leaves behind waste which could either be alkaline or acidic. So, alkaline diets, including Dr. Sebi's is concerned with controlling the pH of metabolic waste from the food we eat through a strict healthy plant-based diet guide.

An alkaline diet which could also be referred to as an alkaline acid diet, alkaline ash diet or acid-alkaline diet sprang up from a hypothesis related to osteoporosis research which came to be known as the acid ash hypothesis. Claude Bernard, a French biologist, developed this hypothesis. He experimented and discovered that when he changed a rabbit's diet from a carnivore diet (i.e. meat) to an herbivore diet (i.e. plant), the pH of its urine became more alkaline compared to its high acidic level when the rabbit was on the former diet.

He then went further to observe the acidic level and chemical properties of the leftover foods which was combusted in a calorimeter for bombs also referred to as "ash." He came up with the conclusion that when foods are metabolized, it will leave behind remains in the body which is similar to alkaline ash or acid ash just as those combusted in the bomb calorimeter.

This hypothesis became refined in the 20th century by a nutritionist, including our own Dr. Sebi. These nutritionists divided particles in food into two parts; anions (which are known as negative charged) and cations (known as positive charge). Food containing anion

particles such as phosphate, sulfate or chloride form acid when broken down. While foods containing cation particles such as calcium, potassium or potassium form alkaline after the metabolic reaction. This diet is also known as alkaline electric diet.

How to Start Dr. Sebi Diet?

Dr. Sebi's alkaline diet is centred on reducing the content of mucus and acid in the body, and it involves following a strict diet guide. This guide includes a list of foods that are either prohibited or permitted based on Dr. Sebi's experience in plant and herbal research that spanned over 30 years. This list comprises of all non-hybrid plants that are alkaline producing and also some herbal supplements to energize the cells.

When following this diet plan, one would need to abstain from the ingestion of dairy products, meat, sugar, and all refined food. This would undoubtedly help you maintain your weight. With the consultation of a doctor, this diet could be combined with fasting to attain the desired result.

The initial stage of this diet is the most challenging because your body will crave sugar. But as you go on in the diet plan, it gets better. Also, following this guide would mean you would have to start making most of your meals at home because most restaurants do not have a menu suitable for this healthy lifestyle.

Dr. Sebi divided food into six categories which are; raw, live, hybrid, dead, genetically modified (GMO) and drugs. Food that fall under the last four categories must be avoided at all cost; these include a plant that has been genetically modified and hybrid plants. Food that falls under these categories to be avoided includes; poultry, meat (although these fall under live and raw categories, they should be avoided), seafood, sugar, alcohol, iodized salt and many more. He encourages people to stick to food that falls under the raw and live

categories; however, they must be plant-based. These foods include naturally ripe fruits, raw nuts, grains, non-starchy vegetables, rye, quinoa, leafy greens, and so many others. These foods are also referred to as electric foods.

There must be strict adherence to this diet plan by strictly following the rules below:

- Only permitted foods found in Dr. Sebi's diet or nutritional guide must be consumed.
- A gallon (i.e. 3.8 ltr.) of natural spring water should be taken daily.
- All Dr. Sebi's herbal supplements should not be used less than an hour before any medication.
- All hybrids foods and animal products are not permitted.
- Alcohol must be avoided.
- Wheat is not allowed and only naturally grown seeds which are listed in the guide should be taken.
- Avoid the use of microwave because it kills your food.
- All seedless fruits are not permitted and you must abstain from canned food.

For anyone who wants to follow this electric diet plan, it is compulsory to purchase Dr. Sebi's herbal cell supplements to get the full promised results of the diet. Products can be purchased via Dr. Sebi's official website. You could either buy the advance package (containing ten products) which cost 750 dollars or the all-inclusive package (containing 20 products) and it cost 1,500 dollars. The

inclusive package is recommended for fast cleansing and restoration of cells. It also has options based on the gender of the user.

However, if you are not able to afford any of the packages, you could buy single products. Products that have high protein constituents should be purchased. This is because the body cannot do without protein and Dr. Sebi's diet forbade the consumption of foods containing high amounts of protein such as beans, soy products, meat, lentils, etc.

Apart from this, there is no specific recommendation of products; you could buy products containing the nutrients which you require per time and your needs. For example, Bio Ferro, which works as a blood cleanser, helps the liver function effectively, enhances immunity, work to facilitate weight loss and also generally aids in the health of the body.



CHAPTER 4

Benefits of Dr. Sebi Diet

So, what is the usefulness of this diet? And why is Dr. Sebi's diet good for you?

Dr. Sebi's diet encourages people to eat more fruits and vegetables and fewer processed meats and high-fat dairy products. Following this diet helps improve the health in people suffering from kidney disease. As would be explained below, some of the benefits of alkaline diet include; helping to stop signs of ageing, gradual loss of organs and cellular functions, slowing down the degeneration of bone mass and tissues which the availability of too much of acid in the body can rob us of important mineral nutrients which alkaline diet supplies.

Protects Muscle Mass and Bone Density

Researchers are of the view that when someone consumes more alkalizing fruits and vegetables, that individual is bound to be protected from Sarcopenia (decreased bone strength and muscle wasting due to ageing) and as such the intake of minerals which alkaline diet supplies plays a pivotal role in the development and maintenance of the structure of the bone.

By balancing the ratio of the important minerals like calcium, magnesium and phosphate needed for maintaining lean muscle

mass and building bones, an alkaline diet supports bone health. Also, there is improved production of growth hormones and vitamin D absorption through the alkaline diet, which helps protect bones and reduce other chronic health challenges.

Increased Muscle Mass

With having more muscle mass, one accomplishes many things even though that is far from your goal. A high level of muscle mass helps to increase your metabolic rate and burn away more fat. Dr. Sebi's diet has been known to preserve and increase your muscle mass.

There exists a study between two groups of men. One group followed a healthy eating pattern while the other operated on the 80/20 principle. Both groups operated on the same diet and the same workout. Our interest is the group that operated the 80/20 rule.

In the course of eight weeks, both groups gained an equal amount of muscle mass, only that the group that operated the alkaline diet lost more fat. It was evident that not only does one gain muscle mass operating on the alkaline diet, one tends to lose fat simultaneously also. The reason behind this is the increased growth hormone gained as a reason of alkalizing. With this hormone, there is a lot less of muscle breakdown and more fat burnt, which is why this diet is vital for preserving and building muscle mass.

Increase Energy Levels

Feeling tired and lethargic because of a sugar crash causes the insulin level to spike up, which brings down your energy level, and sends a signal to your brain, telling it to relax. With an Alkaline diet, you have more energy because there's no sign of insulin spikes throughout the day.

Since your body is in a normal starvation mode, you experience more energy because your body goes into a fight or flight response. This is when your body produces adrenaline throughout the day, giving you the needed energy to get along because your body feels it has to go on a hunting mission to get food. Note here that you will feel less energized at the beginning of your diet journey because it is still in the process of adjusting to these new changes. After the initial week or two, you will start noticing more energy to do more work, which in turn makes you feel a lot better.

Reduce Risk of Stroke and Hypertension

The increase in the production of growth hormone and the decrease of inflammation is one of the anti-ageing effects derives from the consumption of Dr. Sebi's alkaline diet, which has led to protection against common health problems like hypertension, stroke, high cholesterol, kidney stones and improved cardiovascular health. Research finds that growth hormone supports body composition and lowers the risk factors of a heart disease which is the leading cause of death in the U.S.

An estimated 610,000 Americans die from it every year. Other contributing factors are an unhealthy lifestyle which includes poor nutrition and low activity level. The risk of heart disease is being

reduced when you abstain from red meat and consume a diet rich in low-fat dairy, seeds, fruits and vegetables. A healthy body weight derives from the consumption of an alkaline diet produces fewer calories, which can also assist your heart.

Lowers Chronic Pain and Inflammation

Between the alkaline diet and reduced levels of chronic pain, we see a connection with the aid of studies carried out. It is found that chronic back pain, muscle spasms, headaches, inflammation, joint pain, and menstrual symptoms are the by-product of chronic acidosis. In Germany, a study conducted by the Society for Minerals and Trace Elements found out that 76 of our 82 patients with chronic back pain exposed to a daily dosage of alkaline supplement for four weeks reported a major decrease in pain as measured by the “Arhus rating scale for people with low back pain.”

Body Detox and Cell Cleaning

When it comes to living a long and healthy life, detoxing the body is very important. Many methods exist out there through which people detox their body, and some of these methods don't usually work. It has been proven time and time again how the Alkaline diet helps detox the human body both on a cellular and digestive level, which makes it a superior cleaning agent when it comes to the body.

On a Cellular level, Alkaline diet detoxifies the body by removing the bad cells and replacing them with healthier and stronger cell in a

process called Autophagy. With this process comes benefits like; stronger immune system, prevention of diseases, and insulin sensitivity, and reduction in the risk of cancer, which is great news.

Considering how the body can be detoxified with the help of the Alkaline diet from a digestive level, one can see that there is a connection between the stomach and the brain. This is according to studies carried out, which implies that if the digestive system is not functioning at its best, the brain won't either, and is the reason people call the human gut a second brain.

It is important for the gut to be clean and working properly, and the Alkaline diet helps accomplish this feat by cleaning debris and junk out of the intestines. Also, giving the digestive system a break by abstaining from food for a period of time is one way of cleaning the gut because eating all the time doesn't give the body a chance to clean itself.

Your body will slowly begin to rid itself of all toxins present in your gut once you begin fasting. This process helps you think better and digest your food a lot better. The risk of disease is reduced and it will help you tremendously with longevity by detoxifying your body with an Alkaline diet.

Prevents Magnesium Deficiency and Boosts Vitamin Absorption

Magnesium deficiency has led to people suffering from heart complications, headaches, sleep troubles, anxiety, and muscle pain.

The available magnesium is needed for the activation of vitamin D, which is principal for overall immune and endocrine functioning. Also, an increase in magnesium is needed for the function of hundreds of bodily processes and enzyme systems.

Helps improve Immune Function and Cancer Protection

The whole body suffers when cells lack enough minerals to properly oxygenate the body fully or be able to dispose of waste. There is an accumulation of pathogens and toxins in our body, and this weakens our immune system when the absorption of vitamin is compromised by mineral loss and can encourage growth of cancerous cells.

Whether Dr. Sebi's diet can prevent cancer or support chemotherapy is still controversial and unproven, the British Journal of Radiology as per a published research found evidence that cancerous cell death was more likely to occur in the alkaline body as opposed to just an acidic body.

Due to an alteration in electric charges and the release of basic protein components, the prevention of cancer is believed to be associated with an alkaline shift in pH. The alkaline diet has been shown to be more beneficial for some chemotherapeutic agents requiring a higher pH to work appropriately, and the risk of cancer and inflammation is decreased with the help of alkalinity.

Significant evidence from a study carried out in 2010 suggests that eating more vegetables, fruits, and reducing meat consumption might prevent cancer. Diets rich in fruits, vegetables, and whole grains is recommended by The American Cancer Society (ACS) as it

is against consuming processed foods, soft drinks, and many high-fat foods.

Improved Insulin Sensitivity

It is no secret that an Alkaline diet helps with insulin sensitivity. But how does this insulin work in the body?

The insulin level in your body spikes up every time you eat a meal and is used to shuttle food either to your fat stores or to muscle. Too much glycogen in your bloodstream is transferred by your body to your fat store as energy, but when you are insulin sensitive, your muscle store will receive the glycogen sent by your body and uses it for energy. You are more likely to use up all the glycogen from your food faster when you are insulin sensitive without requiring your glycogen to be converted to fats.

Using up all the glycogen stores, and making your body use up fat stores is the way the Alkaline diet helps with curing insulin resistance. Eating food again would only cause the body to use up all the glycogen and shuttle it straight to the muscle mass to be used for energy instead of having it stored as fat.

This is how you become more insulin sensitive through the Alkaline diet. Some of the benefits of being more insulin sensitive include; more mental energy and less mental fog, there is less fat being stored in the body, which is ideal for looking to lose fat or even gain muscle since most of the energy will be sent to the muscle stores. Insulin sensitivity also helps to rid the body of type 2 diabetes. These benefits lead to overall healthy life.

Healthy Weight is Maintained

Alkaline forming foods are also anti-inflammatory food. Eating more of these foods and limiting the intake of acid-forming foods makes it easier to lose weight due to the diet's ability to decrease leptin levels by causing the body to achieve normal leptin levels and inflammation, which in turn affects your hunger and fat-burning abilities.

You feel really satisfied eating the amount of calories needed by the body because the alkaline diet tends to be low in calories. In as much as the alkaline diet's focus is not on fat loss, following the meal plan of the Alkaline diet can certainly help protect against obesity. Going for a keto alkaline diet, which is low in carbs, is one of the best approaches to try out if weight loss is your ultimate goal.

Prevent Diseases

For overall health and well-being, we need to figure out how the risk of diseases can be reduced, and that is where the Alkaline diet comes in.

One of the many disorders Dr. Sebi's diet can help get rid of would be Alzheimer's and Parkinson's. It is proven that the diet can help lower the risk of neurologic diseases and boost brain health. Dr. Sebi's diet can help reduce the risk of depression according to some studies carried out, and even though most persons might not consider this a condition, but its effect cannot be overstated.

According to a 2010 study carried out on overweight women, the diet has been found to reduce cholesterol levels (LDL) and help improve health complications like high blood pressure.

For those individuals suffering from diabetes, the Alkaline diet helps with reducing type 2 diabetes. Although not advisable, you can try this if you have type 2 diabetes, as a study done on men shows how the Alkaline diet helped them stop insulin treatment. This simply goes to show you how powerful the diet is with many detailed studies to back its role in lowering the risk of diabetes and helping people get cured from many diseases.

Those suffering from an illness or other problem; without the use of modern medicine can have their immune system boosted through the Alkaline diet, which helps them to avoid small issues like the common flu. With these and many more rejuvenating properties of the Alkaline diet, one should keep in mind the positives before considering the negatives.

Improve Kidney Health

The typical diet in the United States, according to the study carried out in 2017 contains more acid, and this can be risky for the kidney. The course of kidney disease may be slow for those with it, and its symptoms improve when a lower acid diet is consumed. A person suffering from kidney disease has a harder time removing acid from the blood.

Also, there is no need to follow a specific alkaline diet for those suffering from chronic kidney disease, simply abstain from acidic, rich diet and heavy alkaline food. This is the way the kidney regulates the blood pH level. The concentration of organic salt from

the consumption of vegetables and fruits helps reduce the body's acid loads and is a great method of balancing out your pH level.

Consuming an alkaline diet that is rich in high amounts of vegetables and fruits is also beneficiary during the early stages of kidney disease since the body is not yet sensitive to Potassium. A diet with extra fruits and vegetables has a great benefit on the kidney, as it helps the organs improve their efficiency during illness, this is according to a recent study.

Increased Production of Neurotrophic Growth Factor

The alkaline diet has a great effect on the brain which happens through the help of BDNF- a brain-derived neurotrophic growth factor that helps promote neuroplasticity, which is the brain's ability to shapeshift and migrate, and also helps the brain to produce new brain cells. Older brain cells can be preserved while new ones are produced when there is an ample supply of BDNF, which means the brain will keep growing because of the new cells that are coming and remain healthy.

According to studies, more specifically when it has to do with synapses (where the neurotransmitter travel from cell to cell), an Alkaline diet helps improve brain-derived neurotrophic growth factor. Diet following the 80/20 rule has shown to increase the levels of brain-derived neurotrophic growth factor, by around 50-400% according to the study conducted.

We now understand the importance of diet to BDNF as far as the synapses are concerned. The synaptic plasticity through the diet is

improved greatly, which in turn helps to modulate our mood better. That is, the strengthening or weakening of the synapse causes you to be in a moment of happiness or fright by adjusting your mood accordingly.

What this process does for you according to common knowledge is to help you change your mood and be reactive at the moment. You can be more focused when you want to be because you are in charge of your mood. You will be able to adapt easily in the moment. Your BDNF expression increases when your brain-derived neurotrophic growth factor increases, which causes the production and protection of more brain cells giving your mind all the tools it needs to preserve and recycle out old cells by affecting cells at a genetic level (i.e. your DNA).

The production of growth hormone and serotonin is another thing it helps the body with. In both men and women, a higher amount of growth hormone is considered a plus because it will help the brain rejuvenate a lot faster, and an upward of 4,000% increase in growth hormone levels were found according to a study done. When it comes to weight loss and many other things, growth hormones are hugely responsible for this.

Preventing Osteoporosis

Osteoporosis is a disease that affects men and women, especially older people. Women who are past menopause are at the highest risk. Osteoporosis is a major risk factor for bone fractures and the reason behind broken bones in older people. This condition is yet another cause of Calcium deficiency.

When engaging in the Dr. Sebi' diet, the minerals found in the diet has a similar effect on osteoporosis as they do back pain. Though there is no scientific evidence to support this claim, believers of the alkaline diet say that it reduces the amount of calcium lost in urine, which in turn lowers the risk of osteoporosis.

The intake of fruits and vegetables, a lot of it has a unique way of improving bone health, and alkaline diets which are low in protein are rich in these foods.

Improve Growth hormone levels

Improved growth hormone levels promote better brain functioning, particularly memory and cognition, as well as improved better heart health and even overall quality of life according to some evidence. Although there is no concrete evidence linking an alkaline diet to increases in growth hormone level, correcting a highly acidic environment with specific supplements like bicarbonate can promote alkalinity according to some studies.

It Fights Fatigue

Feeling tired lately could be as a result of too much acidic food in your body. If all you are eating is an acidic food, too much of it can decrease your oxygen supply, and your body would no longer hold on to nutrients as easily even though you are getting the proper amount of rest because the potential of hydrogen in your body is unbalanced.

Healthy green recommended food such as cucumber, avocado, spinach, broccoli consumed regularly can alkalize your tissue, blood and the structuring of stem cells. Also, drinking alkaline water can help boost the potential of hydrogen in your body due to the high concentration of minerals in it having a pH of 8.5.

Improving the quality of your Teeth

Dreaded tooth erosion is due to the terrible impact of an acidic diet on one's teeth by burning away the protective enamel layer, leaving the teeth defenseless against harmful acidic chemicals due to the already low pH value of the teeth. Fruits and vegetables help slow down the erosion process.

Boost Immune System

You are less sick and more immune to disease with a healthy immune system. According to a study done, the Alkaline diet has shown to boost the immune system by considering an individual diet, more specifically, how the stem cells rejuvenate. The white blood cells according to the conclusion of the study were depleted by the Alkaline diet, leading to the production of less white cells and more stem cells, thus making the body produce better and more efficient cells.

You will experience an overall quick recovery with the production of new cells and the releasing of your old white blood cells.

From the above-mentioned study, a reduced amount of Protein Kinase A (PKA) was found, which helps in cell regeneration, allowing them to create new cells.

For someone looking to boost their immune system, the Alkaline diet has shown to reduce the level of insulin, which helps the immune system.

A high amount of insulin, according to a study done, was found to prevent T cells responsible for suppressing inflammation and fighting off illness from effectively doing their job. The immune system will drop down when the insulin level in your body is high because T cells are no longer performing at their peak.

Since there is no requirement for insulin spikes when you are on a diet, T cells function at a higher level, effectively boosting our immune system. Around 70% of energy and blood goes to the stomach to digest the wholesome meal you have consumed, giving your body a chance to recover since you are on a diet.

Both our mental health and immune system cannot do without the role digestion plays. Our colon makes up about 60% of our immune system, which means that when on a diet, the whole body is recovering with a major boost to the immune system.

Increased Longevity

Numerous studies exist that shows the importance of an alkaline diet in the area of boosting longevity. An alkaline diet helps with Autophagy, which is a process of cell rejuvenation by getting rid of the old and weak cells and replacing them with newer and stronger

ones. This, in turn, increases the overall well-being and longevity of an individual.

In as much as there is no study done on humans to attest to this claim, studies show that by reducing the calories in animals by 30% to 40%, their lifespan increases and that monkeys that ate less food but more on the Alkaline side lived longer.

However, this 25-year-old long research was later debunked by another study claiming that it wasn't the case.

It has been suggested that people who ate less had less risk of disease, which could lead to longevity even though there is no actual study backing these claims up.

Reduce Stress

Whenever there is inflammation, there is bound to be stress since both go hand in hand. A high inflammation level gives rise to a high-stress level and vice-versa. Alkaline helps you get rid of stress by improving your brain function. A mind functioning at its peak will reduce your stress level. Whether you are facing pressure or not, the Alkaline diet help with a better functioning brain that gets rid of any mental stress you might face.

See a physician if you are experiencing more stress than you can bear, as it can be something beyond what the Alkaline diet can fix.



CHAPTER 5

Downsides to Dr. Sebi's Diet

Although Dr. Sebi's diet promises excellent results, however, there are some downsides to following the diet. Here are some of these disadvantages:

Lack of Essential Nutrients

Foods listed in Dr. Sebi's diet guide are excellent sources of vital nutrients, which are carefully selected to help the body stay healthy. However, People following this strict alkaline diet may be at risk of shortage of some essential nutrients needed by the human body to function maximally. Although, this diet contains a list of supplements containing proprietary ingredients not listed in the products. This is a call for concern because one cannot determine what nutrients and in what quantity one should take them. This invariably makes it impossible to know if you are meeting the daily requirements of specific nutrients. And some of these nutrients include;

- **Protein Deficiency** – This is a critical nutrient needed in the body. It is essential for muscle growth, the health of the brain, production of hormones, formation of bones, secretion of enzymes, supports DNA, etc. According to the standard requirements for the body to function and develop healthily, people above 19 years of age either

male or female needs to ingest daily, 56 grams and 46 grams, respectively.

And although some of the foods listed in this nutritional guide contain protein, they are not significant sources of this all-important nutrient. Some of these Dr. Sebi's approve foods containing protein include; hemp seeds which contain 31.7 grams of protein per 100 grams. One hundred grams of walnut would give you 16.8 grams of protein, which is similar to 100 grams of roasted chicken breast. So, for one to be able to meet up with the protein requirements of the body, it is advisable to consume a wide variety of foods rich in amino acids (proteins building blocks). But this is not possible because most of the other sources (excellent) of protein are in Dr. Sebi's forbidden food list. This include; meat, lentils, beans and soy.

To meet up with the body's protein requirements daily, you would have to consume a particular, tiring, nearly impossible portions of food when following Dr. Sebi's diet. This will still leave the question of how much quantity and is it enough to meet the nutrient requirements every day.

- Vitamin B-12 Deficiency – This may happen when a person does not consume enough of this vitamin, which could be another side effect of following Dr. Sebi's diet guide. This vitamin is part of the essential nutrients needed by the body. It functions to maintain the health of the nerves and also the blood cells. It is also critical to the formation of DNA. One of the most excellent sources of

vitamin B-12 is animal products which are prohibited by Dr. Sebi's diet.

The following symptoms are the result of vitamin B-12 deficiency; a worst case scenario of possible pernicious anaemia, a condition that affects the body by hindering its ability to produce healthy and sufficient red blood cells. Other symptoms are depression, chronic tiredness and tingling of the feet and hands. Although Dr. Sebi's herbal supplement promises to make up for the missing or inadequate nutrients in the food, because there is no quantitative measure listed on the supplement, one cannot know if one is consuming enough of the required nutrients.

- Omega-3 Fatty Acids Deficiency – This nutrient is an essential part of the cell membrane. And it supports the health of the heart, brain and eyes. It is also a source of energy required by the body for carrying out daily activities, as well as boosting the body's immune system. Although food like walnuts and hemp seeds found in Dr. Sebi's permitted list are plant sources of omega-3 acids, however, they are not sufficient.

According to researches, omega-3 acids are easily absorbed by the body from animal products which are excellent sources of the nutrient. In order to ensure one is taking a sufficient quantity of omega-3 acids when following Dr. Sebi's diet or any vegan diet for that matter, it is advisable to take an omega-3 supplement daily. This will now lead us to the secondary side effect of following Dr. Sebi's diet.

Insufficient Calories and Negative Eating Habits

Following this diet plan could prove self-defeating because it could lead to negative or poor eating habits. This is as a result of insufficient calories associated with the diet. The diet encourages the use of supplements to balance the missing or inadequate nutrients in the plant-based diet. And supplements do not provide the body with calories. This will lead to under-eating, which could result in several mental, emotional and physical health issues.

The body needs at least 1,000 calories to function basically, and this is known as the resting metabolic rate. But when the body engages in physical activities, the calories needed by the body could increase to about 2,000. So, consuming less would lead to slow metabolism, which will eventually lead to low energy. It could also lead to hair loss, constant hunger (which will lead to an unhealthy eating habit), infertility, sleep disorder, irritability, always feeling cold, constipation and anxiety.

Very Restrictive

Dr. Sebi's nutritional guide is highly restrictive as it forbids so much more food than it permits. It prohibits the consumption of all animal products and some plants as we have seen earlier. It is so restrictive that it even forbids the eating of all seedless fruits and even some fruits with seeds (for example cherries).

Lack of Scientific Prove

This is the most important concern with following Dr. Sebi's diet. There is no scientific backing to all the promises of the diet plan. Dr. Sebi claims to change the body's pH (most importantly, the blood pH) through the foods we eat. However, some researches show that while the food we eat could slightly change the pH of our urine temporarily, it cannot change the pH of the blood and that of the stomach (this is because it needs to maintain a certain level of acidity to carry out digestion). This is one of the reasons some people believe Dr. Sebi to either be fraud or foolish.



CHAPTER 6

How to Detox Naturally Using Dr. Sebi's Method

Detox for Cancer Prevention and Cure

To have our cells and tissues regenerated, cleaned and strengthened, detoxification is the process one must undergo to make this happen, and this is made possible by alkalizing oneself through a raw food diet. Acids, and blockages that cause inflammation and block nutrition to our body cells are being removed through this process. Cells are allowed to gain nutritional energy and properly discard waste through cellular respiration due to detoxification, thereby causing the body to rebuild itself.

According to studies conducted, it has been proven that a diet that contains animal protein which is acidic (inflammatory, congestive and putrefactive) causes cancer. The mucus causes the congestive aspect formed from its putrefactive and abrasive aspects. Vaccinations, toxic chemicals and hormones fed to these animals or injected into them create tissue toxicity within the body which in turn causes your immune system to be affected by inflammation.

Also, a biochemical imbalance within the body is caused by consuming meat. You begin to experience weakness and dehydration of the body because of the high levels of iron and phosphorus, which eliminates other useful minerals such as magnesium, calcium and other vital electrolytes needed by the body, thereby making it difficult to trace the presence of cancerous cells that originate from these sources.

Making use of chemotherapy or burning it with radiation doesn't work, rather it aggravates the issue by causing the cancerous infection to move to areas whose cells have been weakened or

destroyed by these therapies. The oxygen-carrying and utilization factors of a cell are destroyed by radiation. Glucose can still enter into the cell through the cell membrane, causing fermentation and autointoxication within that cell.

The underlining factor here is that over-acidity or inflammation and the build-up of cellular toxicity causes cancer, leading to the loss of cellular energy and function and invariably, the systematic loss of energy and health. The result of this is the overworking of our immune system. The Thymus gland (production site of T-cells) and the bone marrow (production site of B-cell) becomes hypoactive, since it is the tissue responsible for the production of immune cells in a cancer patient.

A healthy Lymph system is Needed.

Most of the time, 90% of all disease processes begins in your lymphatic system, which is the “sewer system of the body,” and a proper understanding of it is a plus. When your system cannot eliminate waste properly because of its congested nature, it then stores the entire waste product in the sewer system, thereby causing a lack of improper elimination of metabolic or cellular wastes, as well as ingested metals and toxic chemicals. Cellular death is bound to occur if these toxins are not eliminated.

First, clean out your lymphatic system so that your immune system can be enhanced for better functionality since the lymph system is a vital part of the immune system. The lymphatic system’s channels of secretion are your skin, kidney, and colon; this is worth remembering. You don’t remove a septic system that is full or obstructed; you simply clean it out.

Many people don’t sweat properly; intestinal bowels walls are impacted; many have lost the proper filtration of their kidney; all these are simply pointers that the channel of secretion is closed because of its inability to allow waste to be properly eliminated. Since these wastes couldn’t get out, they are backed up to the lymphatic system, causing its nodes to enlarge, thus producing all manners of lymphomas, throat cancer- especially having the tonsils removed, non-estrogen types of breast cancer, colon, kidney, liver and so many problems since this process of always backing up of the waste to the lymph system has been going on for years.

Your cells will begin to strengthen, and the sludge of toxins that kills your cells will be gone by alkalizing and cleansing your fluids and tissues. This is the reason detoxification is important in the elimination of cancer. You will begin to experience vitality, energy and joy.

There really is no better way to rebuild and clean your body than through detoxification and regeneration of its cells through Dr. Sebi's diet and herbs. There is so much to be accomplished for your life and health if you can just open your heart and take responsibility for your health.

NOTE: Do not have your lymph nodes removed and never compromise your immune system.

Neurological Disorder and Injuries

The highest centres in the body are Neurons, and they require the highest energy foods-fruits, acting as an alkaline soil in order to regenerate. Fructose lends its energy effortlessly to your cells since it is a high energy simple sugar. For all neurological issues such as Parkinson's, multiple sclerosis, asthma and even Bell's palsy, this process is valid.

There is an adrenal weakness as a precursor for every neurological weakness. It is very important for all neurological issues, including injuries that the adrenal glands be enhanced along with the rest of the endocrine gland system. This makes living on 100% raw food a top necessity.

Through Dr. Sebi's diet and herbs, you can strengthen every cell in your body. To further strengthen the nerve centers, spinal column and brain tissue, herbal, brain and nerve formulas of high quality are recommended. Since a great number of our body's neurotransmitters and steroids are created at the adrenal glands, enhancing it is also important.

Considering the thyroid/parathyroid with respect to neurological disorder and injuries. For proper utilization, the parathyroid is needed. Your success is almost guaranteed with Dr. Sebi's diet and good calcium utilization.

With the elimination of over-acidity, pain, cellulitis, deterioration of tissue, obesity and urinary tract infections, the quality of life of those suffering from nerve damage has been improved greatly or they may

experience total recovery at the very best. Don't lose hope that the body cannot regenerate itself again because it can.

The modern food we consume has so much toxin and acid in it and at such makes it difficult for the body to regenerate, due to the high level of mucus, parasite, toxic chemicals, inflammation and unnecessary hormones. Become alive again by avoiding cooked mucus-forming dairy foods, dead animal flesh, refined sugars, acidic fatty grains whose sole purpose is not to build, but to destroy the body. It is in abstaining from these foods that you begin to experience the miracle of regeneration again.



CHAPTER 7

Approved Food List

Dr. Sebi divides food into six categories which include; Raw food, Live food, Dead food, Hybrid food, Genetically enhanced food and Drugs. According to Dr. Sebi, Live and Raw food are considered to be “electric foods” for the cells since they help heal the body from the negative effects of acidic food. He is also of the opinion that the remaining classes of food such as drugs, hybrid, dead and genetically enhanced food should be avoided. Below are Dr. Sebi’s approved food list from the nutritional guide;

FRUITS

No canned or seedless fruits are allowed, Dr. Sebi

- Apples
- Bananas -The smallest one or the Burro/midsize original banana
- Berries - All varieties.
- Elderberries in any form. No Cranberries.
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes-seeded
- Limes (Key limes preferred with seeds)
- Mango
- Melons-seeded
- Orange (Seville or sour preferred, difficult to find)
- Papayas
- Peaches
- Pears
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins -seeded
- Soft Jelly coconuts
- Soursops (Latin or West Indian markets)
- Tamarind

VEGETABLES

- Amaranth Greens
- Avocado
- Bell Peppers
- Chayote (Mexican squash)
- Cucumber
- Dandelion Greens
- Garbanzo Beans
- Green Banana
- Izote - cactus flower/cactus leaf
- Kale
- Lettuce- all, except iceberg
- Mushrooms - all, except Shitake
- Nopales -Mexican Cactus
- Okra
- Olives
- Onions
- Poke salad (Greens)
- Sea vegetables (wakame/Dulse/Arame/Hijiki/Nori)
- Squash
- Tomato -cherry and plum only
- Tomatillo
- Turnip Greens
- Zucchini
- Watercress
- Purslane (Verdolaga)
- Wild Arugula

GRAINS

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

NATURAL HERBAL TEAS

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

NUTS AND SEED (Includes Nut and Seed Butters)

- Hemp Seeds
- Raw Sesame Seeds
- Raw Sesame “Tahini” Butter
- Walnuts
- Brazilian Nuts

OILS

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

SPICES AND SEASONINGS

SWEET FLAVORS

- 100% Pure Agave Syrup (from cactus)
- Date Sugar

MILD FLAVORS

- Basil
- Bay Leaf
- Cloves
- Dill
- Oregano
- Parsley
- Savoury
- Sweet Basil
- Tarragon
- Thyme

SALTY FLAVORS

- Pure Sea Salt
- Powdered Granulated Seaweed (Kelp/Dulce/Nori Has-
"Sea Taste")

PUNGENT AND SPICY FLAVORS

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



CHAPTER 8

7 Day Meal Plan

DAY 1

BREAKFAST

PLANT BASED QUINOA BOWL

This quinoa dish is very delicious, filling and above all easy to prepare. This is a perfect lunch or perhaps dinner recipe; if you like.

What are the ingredients?

1 Cup of Cooked Quinoa

1 Handful of Approved Greens

2 Cups of Chopped Approved Vegetables

1 Tablespoon of Grapeseed Oil

How to prepare plant-based quinoa bowl?

You start by heating up a large pan containing a tablespoon of grapeseed oil, and sauté the sliced vegetables until tender.

Carefully mix the fresh greens, the cooked quinoa, and the vegetables together.

Then season it with cayenne pepper and sea salt to taste.

LUNCH

DR. SEBI'S MANGO SALAD

Mango salad will take you 15 minutes to prepare, it is fresh and bright if properly prepared. Starting your 7 days meal course with this. It will not be a miss for you, but will invigorate your commitment to completing this course.

What are the ingredients?

- 2 Mangoes
- ¼ Cup Cherry Tomatoes
- ¼ Red Onion
- ½ Green Bell Pepper
- ½ Seeded Cucumber
- 1 key Lime
- Cayenne Pepper and Sea Salt

How to prepare Mango Salad?

When you want to prepare your mango salad, the first thing you do is to chop the mangoes, red onions, and cherry tomatoes into tiny cubes.

After which, you finely chop the bell pepper and seeded cucumber.

Properly mix all the ingredients in a mini bowl and squeeze the juice out of the key lime and spread over the salad.

Add pepper and salt to season it, and place it in the refrigerator to marinate for 20 minutes.

You can serve your salad and enjoy your meal.

DINNER

BASIL AVOCADO PASTA SALAD

This combination has a very high nutritional value. The basil leaves contain divers' antioxidants to fight-off diseases, and they can also act as adaptogen to combat stress.

What are the ingredients?

1 Chopped Avocado

1 Cup of Chopped Fresh Basil

1 Pint of Cherry Tomatoes, Halved.

1 Tablespoon of Key Lime Juice

1 Tablespoon of Agave Syrup

¼ Cup of Olive Oil

4 Cups of Cooked Spelt Pasta (any Dr. Sebi's approved pasta can be used)

How to Prepare basil avocado pasta salad?

Place the cooked pasta in a big bowl.

Then, add the basil, avocado, and tomatoes and mix thoroughly until all ingredients are properly mixed.

Whisk the lime, oil, sea salt, and agave syrup together in a small mixing bowl.

Pour it on the pasta and continue stirring for it to blend properly

DAY 2

BREAKFAST

KAMUT BREAKFAST PORRIDGE

Kamut is often referred to as Khorasan wheat, it contains variety of minerals and fiber such as selenium, magnesium, zinc, and manganese. It has a nutty flavor and it is a delicious, filling breakfast that makes a wonderful addition to your diets.

What are the ingredients?

1 Cup (7 ounces) of Kamut

3³/₄ Cups of either Homemade Walnut Milk or Soft-Jelly Coconut milk

1 Tablespoon of Coconut Oil

½ Tablespoon of Sea Salt

4 Tablespoon of Agave Syrup

How to Prepare Kamut Breakfast Porridge?

Mill the Kamut in a high-speed food processor or blender till you get a quantity of 1¼ cups of cracked Kamut.

Mix the walnut or coconut milk, the cracked Kamut, and the sea salt in medium sized saucepan.

Allow it to boil on high heat, and gradually reduce the heat from high-low and then simmer, while stirring it occasionally to get a preferred thickness for about 10 minutes.

After 10 minutes, take it off the fire and stir in the agave syrup and coconut oil.

You can garnish the meal with fruits (fresh) if you like, and enjoy your Kamut porridge.

LUNCH

STEWED OKRA AND TOMATOES WILD RICE

This is a very affordable dish and also easy to make. You can combine it with either wild rice or quinoa.

What are the Ingredients?

2 Cups of Fresh Okra

1 Cup of Cherry Tomatoes

1 Medium Onion

1 Tablespoon of Avocado Oil

½ Cup of Fresh Spring Water

Sea Salt and Cayenne Pepper

How to Prepare Stewed Okra and Tomatoes

Peel the onion and cherry tomatoes and diced them.

Pour the avocado oil in a skillet and heat it, then add the chopped onion. Allow it to cook till the onion becomes translucent.

Immediately the onion turns translucent, add the spring water and okra. Cook on low heat for about 10 minutes.

Add the diced cherry tomatoes and heat on low heat for about 20 minutes or till the okra is properly cooked.

Then, add pepper and sea salt to taste.

DINNER

DANDELION STRAWBERRY SALAD

Dandelion greens are highly medicinal but popular traditionally for treating many ailments. In modern scientific researches carried out, it has been acknowledged that dandelion kills bacteria and other micro-organisms, it also has anti-cancer characteristics. You can take it mixed with savory and sweet flavors to bring out the best taste.

What are the Ingredients?

2 Tablespoon of Grapeseed Oil

1 Medium Red Onion (Sliced)

10 Ripe Strawberry (Sliced)

2 Tablespoon of Key Lime Juice

4 Cups Dandelion Greens

Sea Salt to taste

How to Prepare Dandelion Strawberry Salad?

Pour the grapeseed oil in a 12-inch nonstick frying pan and heat it over medium heat to warm it up. Add the diced red onions and a pinch of salt. Stir it occasionally and allow it to cook till the onions are soft, light brown, and have reduced in size to about one-third of its raw size.

Mix the diced strawberry with 1 teaspoon of key lime juice in a small bowl and toss it. Wash the dandelion greens and dice it into your preferred sizes.

When you sense that the onions are almost done, add the key lime juice remaining to the pan. Continue cooking till it thickens to cover the onions, within a minute or two. remove the onions from the pan.

Properly mix the onions, the greens, and the strawberries in a salad bowl with all their juices, and sprinkle sea salt on the mixture.

DAY 3

BREAKFAST

GREEN DETOX SMOOTHIE AND JUICY PORTOBELLO BURGER

Green detox smoothie is very good in the removal of harmful waste from the body, it aids the process of detoxification. When combined with juicy Portobello mushroom burger, they provide an awesome combo that will satisfy you and also pose a good health benefit.

Green Detox Smoothie

What are the ingredients?

½ Burro Banana

1 Cup Romaine Lettuce

½ Cup Ginger Tea

2 – 3 Tablespoon of Key Lime Juice

¼ Cup of Blueberries

½ Cup of Soft Jelly Coconut Water

How to Prepare Green Detox Smoothie?

Make the tea and allow it to cool.

Mix all the ingredients together using a blender.

Juicy Portobello Burger

What are the ingredients?

2 Large Portobello Mushroom Caps

3 Tablespoon of Olive Oil

1 Tablespoon of Dried Oregano

2 Tablespoon of Dried Basil

1 Avocado (Sliced)

1 Tomato (Sliced)

1 Cup Purslane

How to Prepare Juicy Portobello Burger?

Cut off the stems of the mushroom at about $\frac{1}{2}$ of the mushroom top, like cutting a bun.

Put the onion powder, olive oil, cayenne pepper, basil, and oregano into a small bowl and mix them thoroughly.

Add grapeseed oil to the foil to avoid sticking, and place your mushroom caps on the oiled foil.

Pour the marinade over the mushroom cap using a large spoon and allow it settle for about 10 minutes.

Heat the oven up to about 425 °F before you put the mushroom to bake for about 10 minutes, check occasionally to observe the level of readiness before you flip it to bake for another 10 minutes.

Serve by placing the bottom of the mushroom cap on a plate, and you can garnish it with any toppings of your choice and cover it with the upper portion of the mushroom cap.

LUNCH

MAGIC GREEN FELAFEL

The magic green falafel dish discourages frying and it is a super flavored alkaline electric dish. It is very easy and quick to prepare and you will enjoy it.

What are the Ingredients?

2 Cups of Dry Garbanzo Beans (Chickpeas)

1 Large Onions (Chopped)

2/3 Cup of Fresh Basil

1/3 Cup of Red Bell Pepper (Chopped)

1/2 Cup of Fresh Dill

1 Teaspoon of Sea Salt

1/2 Cup of Garbanzo Bean Flour

1/4 Teaspoon of Oregano

Grapeseed or Avocado Oil for Frying

How to Prepare Magic Green Falafel?

The first thing to do when cooking magic green falafel is to ensure you boil the chickpeas till they are soft, then drain and rinse the beans.

Place the chickpeas with all other ingredients in a food processor (the red bell pepper, onion, sea salt, oregano, flour, and fresh herbs.)

Pulse until all the ingredients forms a coarse meal or are finely chopped. Scrape the sides of the food processor and continue pulsing again until it becomes a fine meal. Taste it and add more seasoning if need be.

Use your hands to transfer the mix into a big bowl, and form thick discs or small balls and wrap them in a lined parchment paper. Allow to cool in the refrigerator for a minimum of 1 hour.

Heat a large skillet with oil to about 1 inch deep. Cook the oil over low heat for about 5-7 minutes. Then, deep fry the Magic Green Falafels for about 2-3 minutes on each sides.

DINNER

THE GRILLED ROMAINE LETTUCE SALAD

This meal provides you with satisfying alternative to the usual lettuce salad. The grilled romaine lettuce is used as the base, which gives it a unique result.

What are the Ingredients?

- 4 Small Heads Romaine Lettuce (Rinsed)
- 1 Tablespoon of Key Lime Juice.
- 1 Tablespoon of Red Onion (Finely Chopped)
- 1 Tablespoon of Fresh Basil (Chopped)
- 1 Tablespoon of Agave Syrup
- 4 Tablespoons of Olive Oil
- Sea Salt and Cayenne Pepper to taste

How to Prepare Grilled Romaine Lettuce Salad?

Cut the lettuce into halves and place them on a big nonstick pan. Allow the lettuce to grill without adding oil to the pan, occasionally turn the lettuce to observe its colour, once it is brown on both sides remove the pan from the fire.

Allow the lettuce to cool on a big platter.

Mix the ingredients (agave syrup, red onion, key lime juice, olive oil, and fresh basil) in a mixing bowl, then add salt and pepper to taste and mix thoroughly.

Move the grilled lettuce into a serving dish and spread the dressing on it.

Enjoy your dinner.

DAY 4

BREAKFAST

GREEN PANCAKE

One major problem faced by those who stick with plant-based diets is the lack of protein; people often complain of losing their muscle and stuffs like that. But this Green Pancake solves all that problem, with garbanzo bean being its main ingredient, it is naturally full of protein and contains enough minerals, and fibers to build up the body.

What are the Ingredients?

½ Cup of Chickpea Flour

½ Cup of Spring Water

½ Teaspoon of Sea Salt

¼ Cup of Blueberries

1 Tablespoon of Agave Syrup

1 Handful of Amaranth Green

1 tablespoon of your favorite Nut Butter for more protein (homemade walnut, homemade tahini, or Brazil nut butter)

How to Prepare Green Pancake?

First, put all the ingredients into a blender and blend until it becomes smooth. Be wary when adding water, because too much water will affect the meal, it will become less fluffy and might not cook well.

Let the blended mix settle for 5-10 minutes. While allowing it settle, prepare a nonstick pan and heat it over a low heat.

Scoop the blended mix and place in the frying pan to form six small pancakes. The size depends on what you want; you can also make three large sized pancakes or 4-5 medium ones.

Allow them to cook properly until you start seeing bubbles on the blended mix, they start looking fluffy, and looking cooked around the edges. Then flip it and allow to cook for few minutes.

You can then garnish it with burro banana, agave syrup, or blueberries and enjoy your meal.

LUNCH

ALKALINE MUSHROOM GRAVY

The alkaline mushroom gravy is entirely plant-based mushroom gravy.

What are the ingredients?

2 Tablespoon of Grapeseed Oil

1 Cup of Thinly Sliced Mushroom (all types of mushroom except for shiitake)

¼ of an Onion (Diced)

1 Pinch each of Cayenne pepper and Sea Salt

½ Cup of Homemade Approved Vegetable Broth

1½ Tablespoon of Amaranth or Spelt Flour

1 Cup of Homemade Walnut Milk

½ Teaspoon of Fresh Thyme

2 Tablespoons of Finely Chopped Walnuts

How to Prepare Alkaline Mushroom Gravy

Pour the grapeseed oil on the pan you want to use, either a saucepan or a cast-iron skillet, and cook on medium heat. Then add the onion, mushroom, and a pinch of the cayenne pepper and sea salt to season it. Cook for about 3 – 4 minutes or until you observe the onion becomes translucent.

Add the spelt flour and amaranth and mix properly to ensure that it coats. Then cook for a minute.

Gradually mix the homemade vegetables broth and the walnut milk, ½ cup at a time. Then season with a pinch of both the cayenne pepper and sea salt. Allow to cook until it thickens while stirring continually on low heat. You can taste and adjust the seasoning to suit your taste.

You can now add the walnuts and mix it properly. Ensure it is on low heat and you can add more walnut milk to adjust the thickness, if perhaps it is too thick.

You can serve and enjoy it with plant-based biscuits or bread made with flour gotten from any of the approved grains.

DINNER

ZUCCHINI BREAD PANCAKE

What are the ingredients?

2 Cups of Spelt or Kamut Flour

2 Tablespoon of Date Sugar

2 Cups of Homemade Walnut Milk

1 Cup of Finely Shredded Zucchini

½ Cup of Chopped Walnuts

¼ Cup of Mashed Burro Banana

How to Prepare Zucchini Bread Pancakes?

You start by whisking the flour and date sugar in a big bowl.

Add the mashed burro banana and the walnut milk and stir until it blends. You must stir it properly scraping the bottom of the bowl to ensure that there are no dry mix stuck to the base.

Mix the shredded zucchini and walnuts separately and add it.

Heat up the grapeseed oil on medium – high heat inside a skillet or griddle.

Then pour your blended mix into the skillet to make your pancakes. Allow to cook for another 4 – 5 minutes on both sides.

Your meal is ready, serve along with agave syrup to enjoy it.

DAY 5

BREAKFAST

ZOODLES WITH AVOCADO PEAR

What are the ingredients?

2 Large Zucchini

2 Cups of Basil

½ Cup of Walnuts

½ Cup of Water

2 Avocados

24 Sliced Cherry Tomatoes

4 Tablespoons of Key Lime Juice

Sea Salt to taste

How to Prepare Zoodles with Avocado Pear?

You will use a spiralizer or peeler to make the zucchini noodles.

Put all the ingredients in a blender and blend until they become smooth excluding the cherry tomatoes.

Place the avocado sauce, cherry tomatoes, and noodles on a mixing bowl and mix them together.

Serve and enjoy your meal.

LUNCH

CLASSIC HOMEMADE HUMMUS

This classic homemade hummus recipe is a must-have for all homes, it is a staple food that can be easily without rigour. It is super creamy, smooth, flavorful, and tastes really fresh. This is a perfect breakfast dish when you are in a hurry or late for work.

What are the ingredients?

1 Cup of Cooked Chickpeas

1/3 Cup Homemade Tahini Butter

2 Tablespoons Key Lime Juice

2 Tablespoons Olive Oil

A Dash of Onion Powder

Sea Salt to taste

How to Prepare Classic Homemade Hummus

All you have to do, is to place all the ingredients in a high-powered blender and blend.

Serve and enjoy your dish.

DINNER

HEALTHY FRIED RICE

With this recipe, it is goodbye to Chinese take-outs to get yourself a nice fried rice dinner. All you need do is to follow these simple steps, and you will be healthily satisfied.

What are the ingredients?

1 Cup of Wild Rice or Quinoa

½ Cup of Mushrooms

½ Cup of Bell Peppers

½ Cup of Zucchini

¼ Onion

1 Tablespoon of Grapeseed Oil

Cayenne Pepper and Sea Salt to taste

How to Prepare Healthy Fried Rice?

The first thing to do is to per-boil the rice after washing it properly.

Then slice all the ingredients (bell pepper, mushroom, zucchini, and onion (cubed)).

Place the grapeseed oil in a frying pan and heat, then add the onion and fry until it becomes brownish.

Put all the sliced vegetables and allow it cook for about 5 minutes. But ensure they do not become too soft.

Put in the cooked rice and cook until it becomes brown.

You can serve your meal and enjoy.

DAY 6

BREAKFAST

WILD RICE MUSHROOM

What are the ingredients?

2 Six-Pound Packages Wild Rice and Long Grain Mix

3 Tablespoon of Grapeseed Oil

1 Large Sweet Onion (Diced)

12 Ounces of Assorted Fresh Mushrooms (Sliced and Trimmed)

½ Cup Marsala

¼ Teaspoon Salt

½ Cup Chopped Fresh Flat-Leaf Parsley

How to Prepare Wild Rice Mushroom

The first thing to do is to per-boil the rice after properly washing it at first.

Place your grapeseed oil on a big skillet and heat on low heat.

Then add the onion and sauté for about 7 minutes or until it turns brown.

Add mushroom and salt and allow to cook for 4 – 5 minutes or until the mushroom becomes soft.

Add the marsala and cook for 3 minutes or until the liquid is absorbed.

Mix the mushroom together with the parsley and pour into the rice.

Serve your meal and enjoy.

LUNCH

DETOX SALAD BURRITOS AND DETOX SMOOTHIE

What are the ingredients?

2 Cups Wild Arugula or any other approved grain

2 Cups of Cherry Tomatoes

1 Tablespoon of Key Lime Juice

1 Tablespoon of Homemade Raw Sesame Tahini Butter

1 Cup of Cooked Chickpeas (Garbanzo Beans)

4 Kamut Flour Tortillas

Cayenne Pepper and Sea salt to taste

How to Prepare Detox Salad Burritos

To prepare the dressing, you have to mix the key lime juice with the raw sesame tahini butter in a small cup and set it aside.

Then mix chickpeas, wild arugula, and cherry tomatoes together in a big bowl. You cover this mix with the dressing and put it in the refrigerator for the flavour to sink in.

You can warm up the Kamut flour tortillas in a big griddle or pan until they become pliable and ensure it is over low heat.

Add your seasoning, the cayenne pepper and sea salt after filling the tortillas with the salad. Then you can roll it up.

Serve and enjoy your meal.

DINNER

MUSHROOM, VEGAN CHEESE, AND ALMOND RISOTTO

What are the ingredients?

1½ Tablespoons of Butter

1½ Cups of Arborio Rice

8 Ounce of Baby Bella Mushrooms (Sliced)

24 Ounce of Vegetable broth

½ Cup Grated Vegan Cheese

2 Tablespoon Sliced Almonds

Sea Salt and Cayenne Pepper

How to Prepare Mushroom, Vegan Cheese, and Almond Risotto

To start, pour the vegetable broth into a saucepan and allow to it simmer slowly.

Put a medium pot on medium-low heat and add your butter to melt. Then add the cooked rice to toast it lightly. Leave it for about 2 minutes or until the colour changes from pure white to slightly off white. Stir the rice frequently.

Pour in the vegan broth to just cover the rice completely. Let it cook on low heat.

You can place the remaining butter in a griddle or skillet on medium heat. Then add the mushroom and stir to allow them coat evenly in the butter. You can season with cayenne pepper and sea salt. Allow the mushroom to sauté for about 8 minutes until they all turn brown and keep it warm.

Use a wooden spoon to stir the rice frequently. Immediately it has absorbed the initial broth, pour in more broth to completely cover the rice again and allow to cook.

You can now toast the almonds for 1 – 2 minutes at 350 degrees in an oven until it just turns brown. Put the toasted almond aside.

The cooking rice might need a third and even a fourth addition of broth. The idea is for the rice to cook but not too soft. It should be chewy and not mushy. You should taste the rice before and after adding the third broth, in order to know if a fourth broth is required or not.

When the rice is perfectly cooked, add the cheese and mushrooms while stirring. Then you can season with the cayenne pepper and sea salt.

You can serve and top it with the toasted almonds, and enjoy your meal.

DAY 7

BREAKFAST

ASIAN SESAME DRESSING AND NOODLES

What are the ingredients?

Asian Sesame Dressing

2 Tablespoons of Sesame Butter (Tahini)

2 Teaspoons Gluten-Free Tamari

½ Teaspoon of Lemon

½ Teaspoon of Liquid Coconut Nectar (Coconut Secrets Brand)

1 Freshly Squeezed Clove Garlic (Minced)

Noodles Salad

1 Scallion (Chopped)

1 Tablespoon of Raw Sesame Seeds (Toppings)

Red Bell Pepper and Carrot (Sliced)

How to Prepare Asian Sesame Dressing and Noodles

You can select one from the either zucchini or Kelp noodles. If you are using kelp noodles, you put in warm water for about 10 minutes to wash off the packaging liquid, and also to soften and separate them. But if you are using zucchini noodles, you use a vegetable peeler or spiralizer.

Put all the dressing ingredients into a mixing bowl, and properly mix them with a spoon.

Then, add the Asian sesame dressing to the scallion and noodles, and mix again.

Garnish it with the sesame seeds on top and serve.

LUNCH

FAT-FREE PEACH MUFFINS

This meal is very helpful for your gallbladder. Since it has low-fat it helps reduce and manage gallstone symptoms. Aside from the health benefits of this meal, it is also very tasty and delicious.

What are the ingredients?

1 Tablespoon of Agave Syrup

2 Large Peaches about 2 Cups (Chopped)

2 Tablespoons of Warm Spring Water

1½ Teaspoons of Mashed Burro Banana

2 Teaspoon of Key Lime Juice

2 Cups of Spelt Flour

1¼ Cups of Homemade Walnut Milk

¼ Teaspoon Salt

2 Tablespoons of Chopped Walnuts

½ Cup of Date Sugar

How to Prepare Fat-Free Peach Muffins

First set your oven to 400 °F to preheat. Then, get your muffin pan ready by rubbing a little grapeseed oil around in it.

Attend to the peaches by peeling off the skin (if you are using a very ripe peach, the skin will come off easily; but if not very ripe, dip the peaches into boiling water for about 30 seconds and peel after it cools off and remove the pit.

You can add the walnut milk and key lime juice to and mix it with the burro banana.

Pour the sea salt, date sugar, and flour into a big bowl and mix thoroughly.

Continue stirring and add the liquid ingredients and ensure it is properly mixed (batter will be thick). Properly fold the peaches and make sure they are well distributed over the batter.

Fill up all the muffin to about ½ inch of the top, and smoothen the top of all the muffin. If you desire, chopped walnuts can be sprinkled on it.

Bake for 15 – 20 minutes or until toothpick comes out clean. Then, allow the muffins to cool off before serving.

DINNER

DR. SEBI's MUSHROOM RISOTTO

This meal is creamy, rich, and filled with flavour. This will be the best mushroom you have ever tasted yet.

What are the ingredients?

1 Tablespoon Grapeseed Oil

4 Cups of Homemade Vegetable Broth (from any of the approved vegetables)

4 Mushrooms

2 Cups of wild Rice

Cayenne Pepper to taste

Sea Salt to taste

How to Prepare Dr. Sebi's Mushroom Risotto

Pour your grapeseed oil into a large pot and place on medium heat.

Place the onions and the mushrooms into the pot and allow to cook for about 5 – 7 minutes or until the mushrooms are brownish in colour and all the liquid has evaporated. Occasionally stir & mix.

Pour in the cooked rice and allow to boil for a minute.

Add the broth (vegetable), cayenne pepper and sea salt. Then, cover properly and allow it to cook for 2 hours 45 minutes or 1 hour 15 minutes on either low heat or high heat respectively, or until the rice softens.

Serve and enjoy your meal.



CHAPTER 9

Conclusion

For quite some number of years, Dr. Sebi's diet has grown in popularity among the younger generation. This new trend is rising due to the poor healthy lifestyle of the current generation in terms of what they consume. So many fast foods are available to them, foods that contain harmful minerals that can cause a long-term problem like cancer. So, it is not a surprise that people are becoming more interested in natural means of flushing their system. Thus, the demand for Dr. Sebi's Alkaline Diet.

The 3-step system to naturally detox your body;

Step 1

This alkaline diet is a principle which is not fully backed by science, but it is believed that an alkaline method is a safe zone against pathogens. Upon this basis, different plant-based diets have been made to reduce the level of acidity in the body. Aside from this common-sense principle, it is a general knowledge that the foods outside Dr. Sebi's lists have a long term effect on the body; this aspect has been backed by science. The alkaline diet is mostly vegan and has its challenges.

Step 2

Dr. Sebi's alkaline diet carries a strict food list, which should be adhered to for maximum result to be attained. Foods like dairy products, canned foods, seedless fruits, processed, and synthesized foods are prohibited. Though these foods are readily available to us, it is not healthy for consumption regularly. Alkaline diets propose more natural foods with lesser acidic content such as vegetables, fruits with seeds, and some selected grains, oils, teas, and spices, etc.

Step 3

All these diets have been carefully analyzed, and a weekly meal plan has been drawn to guide you. The meal was separated into a 3 meal plan of breakfast, lunch and dinner, where the breakfast are lighter foods, but the lunch and dinner are heavier depending on your preference.

Following this guide guarantees you a stronger and healthier system. Even if you skip a day, you can always make up for it because the goal is to get your system fully functional. These meals are not just tasty meals, but can help revitalize the organs in your body, especially the kidney.

BOOK 2 - DOCTOR SEBI RECIPE BOOK

**Over 100 Alkaline Recipes with Dr. Sebi
Approved Ingredients to Naturally Cleanse Your
Body, Lose Weight and Detox the Liver**

BELINDA GOLEMAN



Chapter 1

Introduction

Dr. Sebi was of the opinion that the factors behind diseases were mucus and acidity. Therefore, detoxifying the body could be achieved through the consumption of certain kinds of food. Furthermore, the doctor was convinced modern medicine was not effective in the treating of diseases. He therefore, created a diet that would leave the body in an alkaline state since according to his beliefs, in acidity lay the foundation for the occurrence of many diseases and infections.

Dr. Sebi's alkaline diet lists various kinds of foods to cover breakfast, lunch, dinner, dessert and more.



Chapter 2

Who Is Dr. Sebi

Dr. Sebi is a specialist in medical diagnoses, use of herbs, biochemistry, and a natural scientist; with in-depth knowledge gathered over a period of 30 years concerning herbs in South America, as well as North and Central America, Africa and the Caribbean; he was able to develop a special method of healing for various ailments with the use of herbs.

The doctor was originally named, Alfredo Darrington Bowman in the village of Ilanga in the Spanish area of Honduras where he was born on the 26th of November, 1933. He basically taught himself everything he knew. Through close observation of his grandmother, he picked up the proper etiquette and morals necessary to approach day-to-day life, as well as what needed to be done to get by. It was the constant observation of his grandmother, his childhood activities, and the direction and counselling he got from his grandmother which shaped his being and his entire outlook on life.

When he arrived in the United States of America, Alfredo Bowman was diagnosed and found to be asthmatic, diabetic, obese and impotent. He went through a lot of treatment procedures in both modern medicine and traditional western medicine, but all of these forms of treatment proved to be unsuccessful. The only hope he had left was to visit a herbal specialist in Mexico and he did.

Fortunately, his journey was not a waste as the reason behind it, which was; treatment for his illnesses, was accomplished. Due to the

astonishing recovery to proper good health, he was inspired to create his natural vegetation cell food compounds; whose job was to cleanse as well as revitalize the cells in the human body. And to this end, the doctor has committed more than 30 years of his life towards the development of his special healing procedures, which arrived at due to the many years he spent on diverse experimentations which ended up being the backing for his know-how.

Dr. Sebi started sharing his new-found knowledge with the world due to the inspiration he got from his knowledge and his own experience of herbal healing, and that was how Dr. Sebi's Cell Food was born.



Chapter 3

Dr. Sebi's Food Nutrition Philosophy

Dr. Sebi's diet has as its core in maintaining and improving health or wellness (which earned him the alias the 'wellness guru') by returning the body to its original alkaline state. Western medical research holds the view that diseases in the host result from a bacterium, fungal or virus infection. And that in order to treat these diseases, you first must attack their causes, and then employ carcinogenic chemicals to treat it.

However, this approach for over 400 years has not been successful, as it has not provided to be a sustainable cure. In contrast to the Western medical procedure, the wellness guru believes illness and disease are a result of and can only survive in mucus and an acidic environment (that is, a compromise in the mucous membrane).

For example, excess mucous in the lungs would lead to the disease known as pneumonia, in the bronchial tube it leads to bronchitis, etc. So, to use inorganic chemicals to treat diseases is ineffective and self-defeating because they contain an acid-base. Therefore, in treating these diseases, it is more beneficial to use natural herbal remedies since they alone can effectively detoxify the body by returning it to its original alkaline state.

Although, toxins which eventually build up the acidic level of the body are normally released in the body as a result of the body performing its day to day functions (these are known as endogenous). He also believes that among other things like our

environment and lifestyle, the kinds of food we eat have a crucial role to play in either maintaining, increasing or even reducing the level of acid or alkaline in the body.

The reason for this is because they could end up producing exogenous toxic chemicals (toxins from the outside) in the body. Dr. Sebi divided these foods into six primary groups which are; raw, live, dead, drugs, genetically enhanced or modified and hybrids.

Dr. Sebi went further to divide the particle contents of food into two categories; positive charged ions (for example, chloride, phosphate and sulfate) and negative charged anions (for example, potassium and calcium). When foods containing these particles are broken down or digested they form either alkaline or acids in the body, respectively.

However, ingesting and digesting of this food might not immediately result in any trouble. Still, over a period of continuous ingestion and digestion, it leads to accumulation of toxic acidic waste which will invariably lead to acidosis (a very high acidic environment). In this type of environment, health begins to deteriorate, and illness and disease would continue to thrive.

So, according to this nutrition philosophy, our body needs to always be in an alkaline environment for it to remain healthy and carry out its functions effectively. Dr. Sebi's whole diet goal is to regulate the alkaline level of the body using the food we ingest as the principal tool and some herbal supplements which his company produce.

So, among Dr Sebi's six food categories listed above, only raw and live foods are permitted to be taken. The reason for this is that he considers them to be "electric foods." He further restricted approved

foods in these two categories to only plants which include vegetables, fruits with seed, grains, etc.

Dr. Sebi's diet excludes the consumption of animals and all their associated products entirely. Hence, this diet could be referred to as 'an alkaline vegan diet'.

What is a vegan diet?

A vegan diet or veganism is a more complex and stricter form of a vegetarian diet. While a vegetarian diet prohibits the consumption of animals such as poultry, fish and meat, a vegan diet goes further to prohibit all animal products such as dairy, eggs, etc. A vegan diet is a strict all plant-based diet! There are several types of vegan diets which may include;

- Raw food diet: These are foods based on raw vegetables, seeds, fruits or even botanical foods cooked below the temperature of 118 degrees Fahrenheit or 48 degrees Celsius.
- All-food vegan diet: These are foods based on all foods that are plant-based such as grains, nuts, legumes, vegetables, fruits, etc.
- Starch solution: Based on a plant food that is low in fat and rich in carbs. It has as its primary focus cooked starchy foods such as rice, potatoes and corn instead of fruits.
- Raw till 4 p.m.: This diet is deficient in fat and prohibits the eating of raw food after 4 p.m. it, however, allows cooked plant-based food for dinner.
- 80/10/10: This diet, like the starch solution, also limits plant food that's rich in fat (for example, avocados, nuts, etc.). This vegan diet focuses mainly on soft vegetables and raw fruit, and it is also known as a fruitarian diet or raw food vegan diet.
- Junk vegan diet: This vegan diet allows the consumption of cheese, fries, fake meats, vegan desserts and all other

vegan food that are heavily processed. Beginners to the vegan diet would easily find this vegan diet appealing.

- Thrive diet: This diet allows the consumptions of whole plant-based foods raw or at most a little heated up at a very low temperature. Like 80/10/10, it is also a raw-food vegan diet.

It would be correct to say that Dr. Sebi's diet (that is, all foods on his recommended and approved food list) are foods in the vegan diet. But not all foods in the vegan diet are in Dr. Sebi's approved food list. The reason for this is because while veganism focuses on all plant-based foods, Dr. Sebi's diet focuses on specific plant-based foods that are alkaline.

Simply put, food that helps regulate the body's pH to its original alkaline state by producing positively charged ions. Some of these foods include; ripe fruits with seeds, quinoa, Kamut, non-starchy vegetables, rye, avocado, bananas, cauliflower, grapes, lemon, chamomile, ginger, walnut, etc. A detailed list would be given in the next chapter. However, there are some principles to adhere to when following an alkaline vegan diet we should consider.

Principles of eating a vegan alkaline diet

1. Ensure to ingest (eat) a lot of high quality fresh whole foods: when following an alkaline diet, the idea is to eat fresh whole foods grown without genetic modifiers (GMO) and in several varieties. So, sticking with an alkaline vegan diet would focus on eating a variety of plant-based foods which include fresh fruits; squeezed or whole, fresh vegetables; raw (whole or juiced) and lightly cooked,

slightly toasted nuts and seeds. In these forms, we could ensure that the foods retain their active and essential ingredients. Note, for full health benefits, a wide variety of these foods is required. The reason for this is simple; repeated consumption of a particular food does not only limit your necessary nutritional types but also disrupts digestion. This would also ensure the digestive system is given the room to develop fully, by trying out different varieties of food and flavours.

2. Ensure you consume 60-80% alkaline foods: the 60-80% range would ensure you get the maximum benefits of an alkaline diet whether you choose to follow the diet in order to remain in good health or to restore good health and then maintain it. In the first case, at least 60% of the foods containing a positive charge or also known as alkaline-forming foods should be eaten. While in the second instance, at least 80% of these foods should be eaten. So, it is recommended that you find alkaline-forming foods you enjoy in order to meet this requirement.
3. Avoid eating food that is not friendly with your immune system: for this reason, it is highly recommended that you carry out an LRA test so you know what you are allergic to. This would help you plan out an all plant alkaline diet that your immune system won't be reactive to.
4. Follow the recommended healthy nutrient ratio: this is a critical ratio that will ensure you get the necessary amounts of nutrients in the right proportions. This

principle would balance your intake of plant-based carbohydrates, protein and fats. The recommended ratio is as follows below;

- Complex carbohydrates should make up about 60 – 70% of your overall food intake. These carbs could either be gotten from grains, legumes; to include lentils and peas, vegetables, herbs or spices.
- For protein, about 50 to 60g per day is recommended. And this should amount to about 15 – 20% of your calorie intake. These whole plant sources include seeds, mushrooms, sprouts, legumes, etc. However, during pregnancy, your protein requirement would increase.
- The recommended ratio for healthy fats is about 15 -20% of your entire calorie intake. However, we must be particular about getting omega-3 essential fats for enhancing and improving our body's energy production abilities, tissue repair and also the production of proteins (for example, enzymes). Omega-3 crucial fats from plants include; fresh seed and nuts, organic cold-pressed oils (such as olive oil, walnut, avocado, safflower, peanut, sesame, grape seed, black current, **etc.**). Omega-3 supplements could be used, but you must ensure that the ingredients or components are from whole plants.

1. Plant based proteins from a single plant when compared to animal proteins, lack essential amino acids. So, to fully get the required amino acids, it is highly recommended that plant-based food be paired. The following lists are examples of food pairing that would complete your required protein;
 - i. Beans and brown rice or corn.
 - ii. Grains with plant-based milk.
 - iii. Grains with legumes, seeds or nuts.
 - iv. Chopped walnuts and brown rice.
5. Consume food and drinks that are pro-biotic: These foods and drinks are known to promote life, which is the aim of an all alkaline vegan diet. These life-promoting foods could either be fermented or cultured. These foods and beverages are the major sources of probiotics which facilitate healthy gastrointestinal tracts.

These tracts in turn house numerous pro-biotic bacteria which play a very important role in balancing our immune system and body in general. When these bacteria are depleted, maybe as a result of illness, stress, poor dieting or even antibiotics, harmful pathogens are given room to develop freely. Examples of pro-biotic foods and drinks include; yogurt (nondairy), kombucha (a fermented tea), sauerkraut (a fermented cabbage), kefir (a fermented milk), olives, fermented soya beans (known as tempeh), pickles, freeze dried microalgae, etc.

6. Take a lot of fiber and water: There is a general belief that staying disease free requires the consumption of about

40 to 100 grams of fiber from whole plant food daily. This is very correct and for this reason, we recommend that you consume at least 40 grams of fiber per day. The reason for this is because fibers contain roughage, which aids the digestion and excretions processes.

It not only cuts down transit time (that is, the period between the time of ingestion of food and the waste products from the food are ejected from the body), it also adds to one's stool to make it bulky. A balanced intake of fibers facilitates the regular, easy, and convenient elimination of toxic which will invariably prevent the body from accumulating and reabsorbing toxic waste. Note, 12 to 18 hours is the range of a healthy transit time.

While water is very important to a healthy living, it not only regulates the body's temperature, it also aids the easy removal of waste products from the body, especially when on a fiber diet. It is recommended to take about eight cups of water a day. Drinking water about 30 minutes before and meals improves the body's process of digestion.

7. Consume different varieties and combine healthy foods:
Just like we discussed in principle 4, following a whole plant alkaline diet would require a healthy combination of foods in order for you not to only get the necessary nutrients, but also to get them in the required proportions. In fact, because of the shortage in necessary nutrients a single plant-based food can provide, one cannot really talk about following a healthy vegan diet without talking about food combinations.

Apart from the above facts, it also aids digestion process which invariable affect the body's health in general. Food combinations also reduce wear and tear on the system of digestion, which is associated with repeated consumption of the same food. Note, when combining foods, you should be on the look out for simple and compactable foods.

Rules for following Dr. Sebi's Diet

Apart from the fact that when following Dr. Sebi's diet, it is compulsory get and religiously use Dr. Sebi's available herbal cell supplements in other to receive maximum results of the diet, there are also specific rules to adhere to when following his diet plan and these rules are as follows;

- The only plant-based foods you must consume are foods listed on Dr. Sebi's approved list of foods.
- You must drink a gallon of natural spring water daily.
- When taking any Dr. Sebi's supplements, they should be taken over an hour before the application of any medication.
- Avoid the consumption of animals and all their products, as well as all hybrid and genetically modified foods.
- Avoid the intake of alcohol.
- Avoid the consumption of grains that are not naturally grown and found on Dr. Sebi's approved list. And also, completely stay away from consuming wheat.
- The only fruits allowed are fruits containing seeds. And also, avoid eating canned foods.
- On no account should your food be microwaved. The reason for this is because microwaves kill your food.



Chapter 4

Breakfast Recipes

In this chapter and the next two chapters, we will look at recipes and combinations of alkaline plant-based foods also known as electric food that could serve as good breakfast, lunch and dinner meals respectively. These foods are based on Dr. Sebi's list of approved foods.

Kamut breakfast porridge

This meal is also known as Khorasan wheat and it is a great beneficial addition to your diet. It has a nutty flour and is rich in minerals such as selenium, zinc, magnesium and manganese. Kamut is also rich in fiber and it is delicious just as a filling.

Ingredients:

- **A cup of kamut or if you are measuring 7 ounces,**
- 3 ³/₄ cups of soft-jelly coconut milk or walnut milk (depending on which is available or your preference),
- 1/2 teaspoon sea salt,
- 4 tablespoon agave syrup,
- 1 tablespoon coconut oil.

Directions:

1. Blend kamut in a blender. It should not be allowed to get smooth but just cracked. The cracked kamut should after milling, amount to about 1 1/4 cups.

2. Now mix cracked kamut, coconut or walnut milk (depending on individual preference or availability), and sea salt. Then continue stirring until they are completely blended. This could be done in a bowl or a saucepan.
3. Put the mix on heat for about 10 minutes. Then, allow it to boil over high heat and after a few seconds, lower the heat. Stir regularly till you get your desired thickness.
4. After removing it from the heat, add either agave syrup or coconut oil to your boiled kamut mixture and then stir it again. You could then add some fresh fruits if you wish. Your kamut porridge is ready to be served.

Cinnamon apple breakfast quinoa

This is a very healthy meal which could be made with only five ingredients within 30 minutes from preparation time to cook time. It is very rich in protein and fiber. Because it has no gluten, it makes it a recommended breakfast meal. This dish is filling and it could keep you satisfied all morning.

Ingredients

- ½ cup quinoa,
- 2 large sized apples,
- 1½ cups water,
- 2 teaspoons cinnamon,
- Honey.

Directions:

1. First peel the apples and then cut them into little pieces.
2. Now, add water, quinoa and chopped apples to a pan. Cover the pan and allow it boil for about 20 to 25 minutes at a simmer level heat. This will allow the quinoa to absorb water and at the same time soften the apples.
3. Then, add cinnamon to the boiled mixture and stir to blend.
4. Add honey and if you like you may add some more cinnamon. Your breakfast is ready!

Broccoli soup

This is a very easy meal to prepare and it is also freezer friendly. So, in case you are the type who really doesn't have the time to always cook fresh meals, you could prepare this soup and store it in the freezer for almost 6 months. It has a preparation time of about 40 minutes.

Ingredients:

- 1 tablespoon of olive oil,
- 1 zucchini (when chopped should be about 1 cup),
- 2 carrots (when chopped should be about 1 cup),
- ½ onion (chopped),
- 2 garlic cloves (minced),
- 6 cup broccoli florets,
- ½ cup raw cashew nuts,
- 2 cups vegetable broth,
- Spring water (2 cups),
- 1 or 2 cups almond milk,

- 1 cup nutritional yeast,
- 2 tablespoons lemon juice,
- ½ tablespoon sea salt and pepper.

Directions:

1. Pour olive oil into a pan and then heat it up
2. Add zucchini, onion, carrots and garlic to the hot olive oil and cook till the garlic is fragrant.
3. Add pepper and salt to season.
4. Now, add broccoli, vegetable broth, raw cashews and water. Then transfer the mixture to a deep pot and reduce heat to just a simmer. Cover and leave on simmering heat for 20 minutes to allow the broccoli to get soft.
5. Take the pot off the heat and allow it to get cold.
6. Then pour the mixture into a blender. You may need to blend in batches depending on the size of your blender.
7. After blending, pour back into the pot and add yeast, almond milk, lemon juice and stir.
8. Taste and if need be, add sea salt and pepper. Your soup is ready!

Ginger and turmeric carrot soup

This meal is not only rich in nutrients, it has an appealing flavor and it is also anti-inflammatory. Among the benefits of this meal is that it aids digestion. And as a soup breakfast, it nourishes the gut and this

improves the general health of the body. It has a preparation time of about 50 minutes including cooking time.

Ingredients:

- 1 tablespoon of oil (olive or coconut),
- 1 cleaned leek (sliced),
- 1 cup fennel (chopped),
- 3 cups carrots (chopped),
- 1 cup butternut squash (chopped) or more carrots (if butternut is not available),
- 2 garlic (minced),
- 1 tablespoon of ginger (grated),
- 1 tablespoon turmeric powder,
- Sea salt and pepper,
- 3 cups vegetable broth with low sodium,
- 1 can of coconut milk.

Directions:

1. First heat up oil either using a saucepan or an oven.
2. Then add leeks, fennel, squash and carrots to the oil and leave for about 4 minutes to allow the veggies to get soft.
3. Now add ginger, garlic, turmeric, pepper and sea salt. Then leave to fry for a few minutes.
4. Pour mixture into a deep pot and add coconut milk and broth and stir. Again leave 20 minutes on a low heat.
5. Take the pot off the stove and allow to cool before pouring into a blender jar to blend till it gets creamy.

6. Taste and add seasonings if necessary.

Pumpkin steel cut oats

This is a sweet, creamy breakfast meal that could be topped with caramelized pecans. Remember cane sugar is prohibited by our guide; Dr. Sebi's list of approved foods. So that leaves us with the question; how do we caramelize? Since normally we would need cane sugar. Sauté the pecans in this case with coconut oil and either honey or maple syrup for about 3 minutes.

Ingredients:

- $\frac{3}{4}$ cup of steel cut oats,
- 3 cups almond milk,
- $\frac{1}{2}$ cup of pumpkin puree,
- 1 tablespoon of coconut oil,
- $\frac{1}{4}$ cup of coconut sugar (divided; half to caramelize the pecans),
- 1 teaspoon pumpkin pie spice,
- $\frac{1}{4}$ teaspoon sea salt,
- $\frac{1}{2}$ cup pecans (should be caramelize),
- 2 tablespoons of coconut oil,
- Extra almond milk for drizzling and pecans (optional).

Directions:

1. Put the oats into a pan and add almond milk and then boil.
2. Add butter (vegan), pumpkin, sea salt, coconut sugar and pumpkin spice and stir till its blends
3. Add caramelized pecans and cook for about 3 minutes until the whole dish caramelizes.
4. Your meal is ready.
5. Dish up the oats and add the extra almond milk and some pecans (optional).

Spelt granola

Ingredients:

- 2 cups spelt flakes,
- ½ cup chopped dry fruit (any seed dry seeded fruit would do),
- ½ cup chopped walnuts,
- ¼ cup hemp, sesame seeds and pumpkin,
- ½ coconut flakes (dried),
- 4 tablespoon of agave syrup,
- 2 tablespoons of avocado oil,
- 1 teaspoon of sea salt (might not use all so taste and add as required).

Directions:

1. First preheat oven to about 300 degrees Fahrenheits
2. Then put all the ingredients into a reasonable size bowl and stir.
3. Continue stirring until all the dried ingredients are coated with agave syrup, oil and sea salt.
4. Now by this time the mixture is now a little thick and sticky, so then put it into the already heated oven for about 8 to 10 minutes.
5. Your breakfast is ready!

Spelt roti

This breakfast is very convenient because it can be frozen and it is very easy to make.

Ingredients:

- 1 cup spelt flour (add a little for dipping),
- 1 teaspoon sea salt,
- 2 teaspoon grapeseed oil,
- Spring water (to be added a little at a time).

Directions:

1. Mix all ingredients in a deep bowl. After doing that you will get a soft spongy-like dough.
2. Leave sitting in the bowl for about 30 minutes.
3. Then heat up a skillet without oil
4. Cut dough and roll into 12 balls.
5. Dip balls into spelt flour one at a time.
6. Then roll ball thin and flat into a circular roti.
7. Now, place roti in hot dry skillet and leave.
8. Once roti starts bubbling, flip and remove roti when it starts to bubble again.

Brazil nut and banana cookies

This breakfast is among the simplest meals to prepare and it is rich in nutrients. It is also an energy giving meal, so you might want to add this to your menu.

Ingredients:

- Scottish oats 200g (reserve $\frac{1}{4}$ of the oats),

- 2 bananas (to be mashed),
- Buckwheat flour 30g (though the name is wheat, it is not a wheat grain and is gluten free),
- 3 tablespoons sunflower seeds,
- 1½ tablespoons of flax seeds,
- A handful of brazil nuts (chopped),
- 200ml olive oil or sunflower oil,
- 3 tablespoons maple syrup,
- 1 teaspoon baking soda,
- 1 ½ teaspoons cinnamon (ground),
- 1 teaspoon of almond extract.

Directions:

1. Preheat oven to about 180 degrees Celsius.
2. Put all ingredients in a deep bowl and mix to form a smooth dough.
3. Then add the reserved oats and stir (for texture).
4. Bake for 10 minutes if you prefer soft cookies.
5. If you prefer more crisper cookies then bake for an additional 3 minutes.
6. Then, bring out from oven and leave for about 15 minutes to cool.
7. Your breakfast is served.

Spelt pasta

For this diet, this dish would be made without eggs.

Ingredients:

- 2½ cups or 10 ounces whole spelt flour,

- ½ teaspoon sea salt,
- 2 tablespoon olive oil,
- 3 to 6 tablespoons of spring water.

Directions:

1. Make a mound of spelt flour and sprinkle the sea salt on the surface.
2. Make a hole at the center and then pour the mix of oil and only 3 tablespoons of water.
3. Now, mix the flour gently and knead the dough while adding water (1 tablespoon at a time) if needed to make a soft ball of dough.
4. Make sure the dough is flexible and smooth by continuously kneading for about 10 minutes.
5. Cut the dough and form it into balls and cover the dough and leave in room temperature for about 60 minutes.
6. Take a quarter of the dough and flatten the shape and roll the dough through a pasta machine. This would make the dough long.
7. Cut the dough according to the size of noodles you want and allow the pasta to cool and rack. (Repeat steps 6 and 7 for the remaining dough).
8. Get a hollow pot and pour salted water to cook the pasta.
9. Add the pasta and immediately stir to avoid sticking.
10. Boil for 4 minutes till the pasta is tender.
11. Your pasta is ready

Mixed berry smoothie

This could serve as breakfast if you are going for something super light and at the same time packed with energy.

Ingredients:

- ½ cup slice fresh raspberries,
- ½ cup of slice strawberries (fresh),
- ¼ cup of yellow banana,
- 1 cup of blueberries (fresh),
- 1 tablespoon hemp seed (raw),
- 1 teaspoon maple syrup,
- 2 teaspoons sea moss gel or powder.

Directions:

1. Take some berries and keep on the side for topping later
2. Put all berries and bananas in a blender and blend till its smooth.
3. Then pour into a bowl and top with the berries that were reserved, and the hemp seeds.
4. Drizzle maple syrup on top (optional).



Chapter 5

Lunch Recipes

Blackened tempeh with Cajun vegan ranch

This meal could also serve as dinner, especially when combined with cauliflower rice or black rice.

Ingredients:

For Cajun vegan

- ½ cup vegan ranch dressing,
- ½ teaspoon paprika and ¼ teaspoon cayenne (or better still use ½ Cajun spice).

For blackened tempeh

- 1 block tempeh,
- 3 tablespoons of Cajun spice (such black magic),
- 2 tablespoon olive oil,
- ½ lemon zest,
- ½ sea salt,
- 4 radishes (sliced),
- 1 scallion (sliced),
- 1 avocado (sliced),
- Optional; sprouts and ½ cup onion.

Directions:

1. Add all ingredients for the Cajun dressing and stir while tasting to ensure the taste is bold.

2. Pour water in a pan and salt it sufficiently. Put pan on heat.
3. Add tempeh to the salted water and ensure the water is covering it. The cook for 10 minutes to reduce bitterness from tempeh as well as to soften it.
4. Then slice the tempeh into tiny sizes and cover each slice in Cajun spice.
5. Heat up oil and add the tempeh till it is crispy. And then set aside.
6. Now, remove any sharp stems from kale and slice to make ribbons.
7. Put kale in a bowl and drizzle with 2 tablespoon of olive oil, ensuring the kale is properly coated.
8. Add salt (a pinch) and little lemon zest.
9. Gently massage kale with hand to make it soft and then add scallion, radishes and pickled onions and avocado (if available).
10. Add some Cajun dressing and mix thoroughly.
11. Dish it up the way it is or heat up the salad with blackened tempeh with sprouts (this will help preserve it till the next day).

Vegan tlayudas

This is similar to Mexican style pizza.

Ingredients:

- 4 grain tortillas, each about 10 inches wide.

For cabbage slaw

- ½ of 16 ounces cabbage (shredded),
- 1 cup carrots (shredded),
- ¼ cup red onions (sliced),
- 4 sliced radishes (optional),
- ¾ teaspoon sea salt,
- ½ cucumber (sliced),
- ¼ cup scallion (sliced),
- 2 tablespoon olive oil or its substitutes,
- 3 tablespoon pf lemon juice with a little zest,
- 1 cup of salt, coriander and cumin sautéed blacked beans (for topping),
- Avocado cilantro sauce for saucing.

For avocado cilantro sauce

- 1 perfectly ripped avocado of medium size,
- 6 slices of jalapeno,
- 1 garlic clove,
- ¼ cup cilantro,
- 2 tablespoons of olive oil,
- 2 tablespoons of lime,
- 4 tablespoon spring water,
- ¼ teaspoon sea salt.
-

Directions:

1. Preheat oven to about 275 degrees Fahrenheit
2. Then dry toast tortillas in oven rack for 20 minutes to make them crisp.

3. Mix carrots, radish, onion and cabbage and season with salt.
4. Add cucumber, cilantro and scallion and stir very well. Then add lime juice and oil coupled with a little zest.
5. Leave it for some time inside the bowl
6. Prepare the avocado sauce by mixing all the listed ingredients and blend until very smooth and place in a bowl.
7. Now reheat the sautéed beans and add a little water to loosen it using a fork. Then season with a pinch of cumin, salt, and coriander.
8. Spread some beans on the crisp tortilla and then, cool slaw.
9. Now, with a spoon spread the avocado sauce on top the slaw. Finally, garnish with pickled onions, shallot or lime wedge.
10. Lunch is served!

Stack of chickpea avocado salad sandwich

Ingredients:

- 2 cups of rinsed and drained chickpea,
- 1 ripe avocado,
- 2 teaspoons of fresh lemon juice,
- ¼ cup of cranberries (dried),
- 1 teaspoon of sea salt and pepper,
- 4 slices of bread (whole grain); optional,
- Red onion or spinach for topping.

Directions:

1. Mash chickpeas in a medium sized bowl using a fork, and add avocado and continue to mash till avocado becomes smooth.
2. Add cranberries and lemon juice, then stir while seasoning with pepper and salt.
3. Place dish in refrigerator for 2 days maximum.
4. To serve, first toast bread and then spread chickpea avocado on it. Top it with either red onion or spinach (if desired). Place another slice of toasted bread on top.
5. Your lunch is ready.

Vegan pecan apple chickpea salad wraps

This super easy lunch does not require any cooking. And it takes just 15 minutes to prepare.

Ingredients:

- 1 cup of diced apples,
- 1 cup of rinse chickpeas,
- 1/3 cup of pecans (raw or toasted),
- 1/3 cup of tart cherries (dried),
- 1 celery stalk,
- 2 tablespoons of chopped parsley leaf,
- ¼ cup green onions (chopped).

For dressing

- 3 tablespoons of tahini,

- 2 teaspoons of maple syrup,
- 1 teaspoon Dijon mustard,
- ¼ teaspoon of garlic (powder),
- 1 teaspoon apple cider vinegar,
- ¼ teaspoon of sea salt,
- Ground black pepper,
- 3 tablespoon of warm spring water.

For wrapping

- 3 spinach tortillas (large size),
- 4 cups of organic spinach,
- ¾ cup of carrots (shredded).

Directions:

1. Mash rinsed and drained chickpeas in a bowl using a fork or masher (it should not be smooth).
2. Dice the apples, chop pecans, celery, parsley, green onions and tart cherries and add all to the bowl.
3. Prepare dressing in another bowl. Add all the ingredients listed for dressing and mix to make it creamy. You could use more water if necessary (but it shouldn't exceed 3 teaspoons).
4. Now add dressing to chickpea salad bowl and stir to ensure proper coating of all ingredients.
5. Add more pepper if necessary.
6. Then lay out spinach wrap and spread 1 cup of organic spinach with ¼ cup of shredded carrots.

7. Add chickpea salad mixture and roll up wrap tightly and tuck in at both ends.
8. Repeat Step 7 with the remaining ingredients.

Tofu burger

Healthy and delicious dish. Outside is crispy and the inside is juicy. It can either be grilled or fried in a pan.

Ingredients:

For tofu burger

- 400g of tofu,
- Breadcrumbs 100g,
- 1 tablespoon of pepper and sea salt,
- 2 tablespoons of oil (either olive or coconut).

For sauce

- 1 tablespoon of oil (olive),
- 1 sliced onion,
- Red wine,
- 1 cup of ground fresh tomatoes,
- 3 tablespoons of tamari,
- 1 teaspoon apple cider vinegar,
- 1 tablespoon of sea salt and pepper.

For serving

- Burger buns
- Tomatoes or salad lettuce

Directions:

For burgers

1. Hand mash tofu and put in a blender or food processor and blend till it's smooth.
2. Put smooth tofu with salt, pepper and breadcrumbs in a bowl and mix by hand.
3. Flatten the patties and make 6 burgers with them.
4. Now heat up oil in a pan and place tofu patties inside the hot oil.
5. Flip halfway through the cooking time of 15 minutes until both sides turn either golden or brown.

For sauce

Note, this sauce can be prepared alongside the burgers.

1. Add onion and sauté for 5 minutes after heating the oil.
2. Then, pour red wine and cook till every wine evaporates and add tomato, tamari, pepper, date syrup, salt and vinegar.
3. Boil for 15 minutes on low heat.
4. Taste and add seasoning if necessary.

To serve, add salad and sufficient sauce on the burger in the burger buns.

Roasted rainbow vegetable bowl

Ingredients:

Vegetables

- ½ large size sweet potato (sliced round with skin on),
- 4 medium yellow or red potato,
- 2 large carrots (half sliced),
- 4 radishes (divided),
- 1 beet (sliced),
- 2 tablespoons of coconut or avocado oil (divided into 2 portions),
- 1 teaspoon curry powder,
- ½ teaspoon of sea salt (divided),
- 1 cup of cabbage (sliced),
- 1 sliced red pepper,
- 1 cup of broccoli (chopped),
- 2 cups of organic kale or collard (chopped).

For toppings

- 3 tablespoons of lemon juice,
- 2 tablespoons of tahini (divided),
- 2 tablespoons of hemp seeds (divided),
- ½ avocado (optional).

Directions:

1. First heat up the oven to 200 degrees Celsius beforehand.
2. Then arrange 2 baking pans with parchment.
3. Add potatoes, carrots, sweet potatoes, radishes and beets to one of the pans, then drizzle with half portion oil (water could be used if preferred).

4. Add salt and curry powder and stir to evenly mix. Bake for about 25 minutes.
5. Place the cabbage, broccolini and pepper drizzled with oil in the other pan. Then, season with curry powder and salt. Stir frequently.
6. After 10 minutes of baking the potatoes, place the other pan in the oven and bake for a total of 25 minutes.
7. Add collard greens and kale to the pan and roast till it turns bright green. This should be done in the last 5 minutes.
8. After serving, add avocado to garnish and season with hemp seeds, tahini, lemon juice and salt if needed.

Vegan fried rice topped with tofu

Ingredients:

- 1 cup of tofu,
- 1 cup of rice (brown),
- 4 garlic cloves,
- 1 cup of green chopped onion,
- ½ cup of peas,
- ½ cup of diced carrot.

For sauce

- 3 teaspoons of tamari,
- 3 tablespoons of maple syrup or honey,
- 1 tablespoon of peanut butter,
- 1 garlic clove (minced),
- 2 teaspoon of chili sauce,

- 1 teaspoon of sesame oil or avocado oil (optional).

Directions:

1. First preheat oven to about 204 degrees Celsius and put a non-stick pan (or spray pan with non-stick spray) inside.
2. Wrap up tofu with an absorbent cloth and drain water by placing it under a heavy object.
3. When the oven is ready and the tofu is drained, cut into cubes and place in pan. Leave for about 30 minutes for it to turn brown.
4. At the same time, cook rice in a large pot filled with 12 cups of water after rinsing. Boil for about 30 minutes on high heat.
5. Strain for just 10 seconds poured into pot once more. But this time remove pot from heat and cover with foil for 10 minutes to steam.
6. To prepare sauce add all listed ingredients for sauce and blend or whisked. Add flavor, tamari, honey, peanut butter as necessary.
7. Add sauce to finished baking tofu for 5 minutes and keep stirring.
8. Now, heat up a large skillet and with the use of a spoon, scoop and place tofu on the pan mostly without the sauce. Roast for about 4 minutes, tossing frequently until all sides turn golden brown.
9. Then remove from pan and set aside while you repeat the process.
10. Afterwards, add and sauté green onion, carrots, garlic and peas in the still hot pan. Stir thoroughly after

seasoning with either soy sauce or tamari.

11. Lastly, add rice, tofu and sauce left and stir. Leave on medium heat for about 4 minutes.
12. You could serve immediately with roasted peanuts or cashews.

Vegan corn chowder

Ingredients:

- 2 tablespoons olive oil,
- 1 red pepper (to be diced),
- ½ white diced onion,
- 2 stalks celery (diced),
- 2 potatoes (diced),
- 3 cups of fresh corn kernels,
- 3 cups of veggie stock,
- 1 cup of coconut milk,
- 1 teaspoon of salt,
- ½ teaspoon of black pepper,
- 2 tablespoons of chives (chopped).

Directions:

1. Pour olive oil in pan and heat up on medium heat.
2. Add bell pepper, onion and celery to the hot oil and continuously stir for about 5 minutes.
3. Now add all other ingredients except chives and 1 cup of corn. Cook for 15 minutes till the potatoes get soft.

4. Then remove pot and allow to cool before pouring into a blender jar to blend to get the desired smoothness.
5. Return soup to pot and add the leftover corn kernels and stir.
6. Simmer soup for 10 minutes and add chives and stir in.
7. Your meal is ready to be served.

Sun dried tomato alfredo

Ingredients:

- Olive oil (1 tablespoon),
- 3 garlic cloves (broken),
- 1 tablespoon of oregano,
- ½ cup of dried tomatoes,
- 2 tablespoon of arrowroot flour,
- 1½ cups of almond milk,
- 2 tablespoons of tomato paste,
- ¼ cup vegan parmesan,
- 1 pound of any shape chickpea pasta,
- ¼ cup of fresh basil (chopped).

Directions:

1. First prepare pasta (see above for recipe and directions).
2. Place a saucepan containing oil on heat and sauté garlic for about 1 minute, before adding oregano, arrowroot flour, and dried tomatoes (half). Ensure to stir very well.
3. Also add almond milk and leave on reduced heat for 2 minutes to thicken.

4. At this point, vegan parmesan and tomato paste should be stirred in.
5. Now, transfer the sauce to a blender (cool sauce) and blend smooth and make it creamy.
6. Then return sauce to pan and gently add pasta in bits while continuously stirring.
7. Add remaining dried tomatoes and top with basil (fresh) and or parmesan.
8. Your meal is ready!

Peanut spinach udon

Ingredients:

- 1 bundle udon,
- 1½ cups of baby spinach,
- 2 green onion (slice and divide),
- ½ tablespoon peanut butter,
- 1 tablespoon sesame oil,
- 1 tablespoon soy sauce,
- ½ tablespoon of lime juice,
- 1 garlic clove (minced),
- ½ teaspoon of ginger,
- ½ tablespoon honey,
- 1 tablespoon sesame seeds (to garnish).

Directions:

1. First prepare udon noodles using directions on package
2. At the same time prepare spinach by adding all ingredients together starting with baby spinach and mix very well before blending. Taste and make necessary adjustments by adding more seasoning.
3. Remove and drain pasta when its cooked. Then place the empty pot on heat and add ½ tablespoon of green onions and chopped spinach. Add the noodles to it and leave for about 3 minutes.
4. Then, gently stir in sauce ensuring it mixess well.
5. After serving, if you want, you could add extra soy sauce.
6. Top with sesame seeds and little green onions.



Chapter 6

Dinner Recipes

Frankies

This is an Indian dish also known as Bombay burritos.

Ingredients:

- 16 ounces potatoes (reserve $\frac{1}{4}$),
- 1 tablespoon of coconut oil or olive oil,
- $\frac{3}{4}$ teaspoon sea salt,
- 2 teaspoons of yellow curry powder,
- 1 teaspoon of granulated garlic or onion powder.

Chickpea and roasted cauliflower

- 1 head cauliflower (chopped),
- 1 can rinsed and proper drained chickpeas,
- 2 tablespoons of olive oil,
- $1\frac{1}{2}$ teaspoon sea salt,
- 1 tablespoon coriander,
- 1 tablespoon cumin,
- 1 teaspoon fennel seed or coriander seed (optional).

For burrito

- 4 large grain tortillas,
- 1 cup of baby spinach,
- 2 tablespoons of cilantro mint chutney,
- 2 tablespoons of pickled onions.

Directions:

1. Preheat oven to about 425 degrees Fahrenheits
2. At the same time, cut and put the potatoes in a pot of water. Cover pot and simmer for about 15 to 20 minutes to allow the potatoes to become very tender.
3. Then cut the cauliflower into little florets and place on one side of a parchment lined pan.
4. Place the chickpeas on the other side of the pan.
5. Drizzle both chickpea and cauliflower with oil and season with salt and spices. Turn or toss both sides for proper coating.
6. Then place in the preheated oven for about 20 to 25 minutes and ensure to toss after 10 minutes.
7. Then, make pickled onions and cilantro mint chutney and add both in a jar. This will take about 10 minutes to make, so you might want to make them beforehand
8. Now remove the potatoes when they are very soft and the drain hot water and keep about 1 cup of the water.
9. Put the potatoes into the pot and mash by adding hot water gradually as required. Also add salt, spices and oil and mix till it blends. Remember to add water at intervals to get a fairly loose spreadable mash.
10. Taste to ensure the spices are in adequate proportions. Then cover and keep warm.
11. When the veggies are ready, warm the tortillas and spread sufficiently with curried potatoes, cauliflower and chickpeas.
12. Now add spinach leaves (a handful), some pickled onions and cilantro mint chutney and then roll up the

burrito.

13. Your delicious dish is ready!

14. Keep warm in the oven until it is ready to be served.

Vegetarian biryani

This is also an Indian dish, and it is an easy quick meal. This meal could be served with bread, Bombay salad, etc.

Ingredients:

- 1 large onion (sliced),
- 2 tablespoons of olive oil,
- 2 cups chopped veggies (including carrots and zucchini),
- 3 rough chopped garlic,
- 1 tablespoon chopped ginger,
- 1 tablespoon coriander,
- 1 tablespoon cumin,
- 1 teaspoon cinnamon,
- 1 teaspoon of chili powder,
- ½ teaspoon cardamom or 3 mashed cardamom pods,
- ½ teaspoon turmeric,
- 1 bay leaf,
- 2 cups rinsed basmati rice,
- ¾ cup rinsed and drained chickpeas,
- ½ cup raisins,
- ¼ cup chopped parsley and cashew nuts (for garnishing).

Directions:

1. Pour oil in and pan and add onion. While continuously stirring sauté until onion turns golden and tender for

about 5 minutes.

2. Lower heat to medium and add veggies, garlic and ginger and leave for about 5 minutes.
3. Remove one cup from the mix and set aside.
4. Now add bay leaf and spices and continuously stir for 1 minute.
5. Then add basmati rice and sauté for one minute.
6. Add raisin and chickpeas and the cup of veggies you removed earlier.
7. Now bring heat to low and cover pot with dish towel and cover to tighten seal which will keep steam in.
8. Cook with low heat for 20 to 30 minutes till the rice soak up all liquid and turn off fire.
9. Afterwards, open the pot and top with cilantro and cashew. Your meal is ready!
10. However, you may need to keep the heat on for a few minutes when cooking brown basmati rice.

Whole roasted cauliflower with tahini sauce

Although this dish is mostly a side dish, it is filling and could be used as dinner. Especially when you just want something simple and fast that would digest quickly. It is also Middle Eastern.

Ingredients:

- 1 tablespoon zaatar or cumin or dukkah spice,
- 1 whole cauliflower,
- 1 cup of spring water,
- 2 tablespoons olive oil (share into two portions),

- Tahini sauce (1 batch),
- Mint and or parsley for garnishing,
- 1 tablespoon sea salt.

Directions:

1. Preheat oven to about 425 degrees Fahrenheit,
2. Prepare cauliflower by trimming the bottom. This will enable it to stand.
3. Now place the trimmed cauliflower in a skillet and drizzle it with olive oil (1 tablespoon). Season with salt and the spice you choose to use.
4. Seal the skillet with foil and bake for 45 to 55 minutes.
5. Carefully uncover the skillet and drizzle with a little oil and return to oven for additional 30 minutes.
6. Remove when it has completely turned gold.
7. Then garnish with fresh herbs; mint or parsley and drizzle whole dish with tahini sauce or in portion when served.

Date night vegan alfredo

Preparation time for this dish is 30 minutes and it can be served with a tasty green salad. The meal is a combination of vegan pasta and vegan alfredo sauce.

Ingredients:

- Olive oil (2 tablespoons),
- ½ onion (white preferably),
- ½ cup raw cashew nuts or hemp seeds,
- 4 garlic cloves,

- 1 cup veggie broth (or water),
- 1 tablespoon nutritional yeast,
- ½ teaspoon sea salt,
- ½ teaspoon miso paste (white),
- 1 teaspoon nutmeg,
- 5 ounces dry spelt pasta,
- 1 cup fresh peas,
- 8 ounces mushrooms (sautéed or smoked),
- Chili flakes, lemon zest, pepper and parsley for garnishing.

Directions:

1. Cook pasta in salted water. (see Directions for spelt pasta above)
2. To prepare the sauce, heat up the olive over low heat and add onions and garlic. Sauté till it turns golden.
3. Turn off heat and allow to cool,
4. Then pour in a blender and add vegetable broth, cashew nuts, yeast, nutmeg, salt and miso. Blend till it is smooth and creamy.
5. In the case of using sautéed mushrooms; heat up the oil over medium heat in a pan and add mushrooms and season with salt. Leave for about 7 minutes for mushrooms to get soft.
6. Drain out water from the cooked pasta. And pour both sauce and pasta into a reasonable sized pan and stir.
7. Then add the mushrooms and stir to mix properly.
8. Add chili flakes, lemon zest, chopped parsley and pepper to garnish.

9. Voila! Your dish is ready.

Oaxacan bowl

This is a Mexican styled dish with a preparation time of 40 minutes.

Ingredients:

- 2 teaspoons of cumin,
- 1 teaspoon sea salt,
- 1 teaspoon ground chipotle,
- ½ onion (preferably red),
- 1 medium size sweet potato or yam (diced into little cubes with skin on it),
- 8 baby bell peppers or 1 regular sized red pepper (sliced),
- ½ cup pecans,
- 2 teaspoons maple syrup,
- Fresh black beans sautéed with seasoning,
- Avocado, scallion, cilantro, for garnishing.

Ingredients for quick cabbage slaw

- 1 tablespoon olive oil,
- A quarter of a red cabbage (shredded),
- ¼ cup of either chopped cilantro or scallion or both,
- 1 teaspoon coriander,
- 1 teaspoon sea salt,
- 1 tablespoon lemon juice.

Directions:

1. First preheat oven to about 400 degrees Fahrenheit
2. Then, mix chipotle, salt and cumin in a bowl

3. Put sweet potato, onion and peppers on a lined pan. Drizzle with little oil and add spices while tossing for proper coating. Reserve some spice.
4. Then place in oven for 20 to 30 minutes, but flip in 10 minutes.
5. Get another lined sheet pan. Place pecans and 1 teaspoon mixed spice while drizzling with maple syrup. Don't forget to toss also.
6. Place in oven for 10 to 12 minutes or remove when it turns brown.
7. Toss immediately after you remove so nuts will be loosed and easy to remove.
8. Heat up sautéed seasoned beans.
9. Prepare slaw by finely chopping cabbage and pour in a bowl with the remaining ingredients for making slaw. Mix and taste while adding salt and lime to get desired taste.
10. Slice the avocado.
11. Then divide beans into 3 bowls. Add veggies, slaw and avocado to each bowl.
12. You could serve with avocado sauce (very optional).

Quinoa pasta with creamy carrot miso sauce

To make quinoa pasta, get all ingredients listed above necessary for making spelt pasta and replace the spelt with quinoa. Follow the same directions.

Ingredients:

- 10 ounces quinoa pasta cooked in sea salted water,
- 6 garlic cloves (chopped),
- 2 shallots or onions (roughly chopped),
- 2 tablespoon olive oil,
- 2 cups spring water,
- ¼ cup raw cashew nuts,
- 2 full cups of medium carrots (sliced),
- ¼ tablespoon sea salt,
- ¼ teaspoon pepper,
- 3 tablespoons white miso paste,
- ½ cup parsley or tender carrot tops,
- 1 garlic clove,
- 1 tablespoon lemon zest.

Directions:

1. Cook pasta with salted water.
2. Heat up oil using medium heat. Add garlic and shallot and leave for 5 minutes till its golden while stirring continuously.
3. Add cashew nut, carrots pepper, salt and water.
4. Stir and cover pot to boil, then lower heat to simmer until carrots are tender. This would normally take 15 minutes.
5. Add 3 tablespoons miso and turn off heat. Allow to cool for about 5 to 10 minutes.
6. Once cool, pour in a blender and cover tightly using a towel. Then blend till silky smooth and creamy.

7. Then drain pasta properly and pour on sauce. Mix together while tasting to adjust salt as needed.
8. Then warm using a very low heat.
9. Sprinkle bread crumbs on top after serving.

Instant pot mujadara

This nourishing meal is made up of lentils and rice with a Moroccan fragrant spice. You could serve with veggies and caramelized shallot (using coconut sugar).

Ingredients:

- 1 cup of lentils (brown),
- 1½ tablespoons of olive oil,
- 3 shallots or 1 red onion (sliced),
- 4 garlic cloves (roughly chopped),
- 2 teaspoons cumin,
- 1 teaspoon coriander,
- 1 teaspoon of a mix of all spice,
- ½ teaspoon cinnamon,
- ½ teaspoon of ground ginger,
- 1½ teaspoons sea salt,
- 1 teaspoon dried parsley or mint,
- 1 teaspoon lemon zest,
- 3 cups spring water,
- 1 cup basmati rice (brown),
- Optional; carrots, yoghurt, sprouts, roasted veggies for garnishing.

Directions:

1. Cover lentils with hot spring water in a bowl and allow it to soak.
2. Set instant pot to sauté. Pour in oil and add shallots and leave for about 5 minutes on low heat while stirring frequently till shallots are slightly caramelized.
3. Set aside half to be used for topping later.
4. Now add garlic to the remaining half and sauté for another 2 minutes, before adding spices, salt, zest and water. Then stir.
5. Add drained lentils with rinsed rice to instant pot.
6. Cover pot and regulate to normal pressure for 11 minutes.
7. Prepare whatever garnishes you decide to us.
8. Serve with sliced avocado, drizzled with oil, yoghurt, fresh or roasted veggies (mint or parsley) and/or with caramelized shallots.

Veggie lo mein!

This meal is packed with healthy veggies and can be prepared in 20 minutes.

Ingredients:

For lo mein sauce

- 3 tablespoons of soy sauce,
- 2 tablespoons of cooking wine (Chinese preferably),
- 2 teaspoons sesame oil,

- 1 teaspoon honey (or sugar or maple syrup),
- 1 teaspoon of pepper (preferably white),
- 1 teaspoon of sriracha.

For lo mein fry

- ½ onion (sliced),
- 2 tablespoons of coconut or peanut oil,
- 2 cups mushrooms (sliced),
- 3 garlic cloves,
- 1 teaspoon minced ginger,
- ½ bell pepper (sliced),
- 1 cup carrots,
- 1 cup peas (snow),
- 1 cup cabbage (shredded),
- Slice scallions for garnishing.

Directions:

1. Cook the noodles in salted water.
2. Mix all ingredients for lo mein sauce in a bowl.
3. Prepare all veggies.
4. Heat coconut oil on a skillet and sauté mushrooms and onion for 4 minutes while stirring regularly.
5. Turn up heat to medium and put in garlic and ginger. Leave for another 2 minutes.
6. Then, add carrots, pepper, peas and cabbage. Continue stirring for 4 minutes for them to get soft and crisp.
7. Add the drained noodle and mix thoroughly.
8. Now add the sauce and stir very well for about 2 minutes. Add a little water if it becomes too dry.

9. Serve and garnish using scallions.

Szechuan tofu and veggies

This dish is made up of crispy tofu and vegan stir fry sauced in Szechuan sauce. It can be served over zucchini noodles, rice, etc.

Ingredients:

- 8 ounces of patted dry tofu,
- 1 teaspoon sea salt and pepper,
- 2 tablespoons olive oil,
- ½ onion (sliced),
- 4 ounces mushrooms (sliced),
- 2 cups of cabbage (shredded),
- 1 cup carrots (shredded),
- ½ red pepper (sliced),
- 1 cup green beans or asparagus,
- Scallion, chili flake and sesame seeds for garnishing,
- ¼ cup Szechuan sauce.

Directions:

1. Pour olive oil in pan and heat before adding onions, sliced mushrooms and leave for about 3 minutes while continuously stirring over medium heat.
2. Then add every other vegetable and further reduce the heat. Stir and sauté for 5 minutes.
3. Now add ¼ cup Szechuan sauce first. Keep adding till the desired taste and cook for 2 minutes while stirring. It would become thick.

4. Then, put in crispy tofu just to heat it up and turn the heat off.
5. Serve and sprinkle with scallions and sesame seeds (for more heat, add chili flakes).
6. You can serve just the way it is or over noodles or rice as mentioned earlier.

Roasted portobello mushrooms with walnut coffee sauce

This meal can be eaten with either roasted mashed potatoes or wild rice.

Ingredients:

- 4 big portobello mushrooms,
- 1 tablespoon balsamic vinegar,
- 1 teaspoon of sea salt and pepper.

For walnut sauce

- 3 tablespoons olive oil,
- 2 large shallots (roughly diced),
- 1 cup raw walnut,
- 4 garlic cloves (roughly chopped),
- ½ teaspoon sea salt,
- ½ teaspoon miso,
- 1 teaspoon balsamic,
- Green herbs (for color), truffle oil, thyme and pomegranate seeds for garnishing.

Directions:

1. Preheat oven to about 400 degrees Fahrenheit.

2. Mix vinegar with oil. Use the mix to brush both sides of the portobellos and sprinkle salt and pepper.
3. Turn the gill side down on a lined pan and bake for about 25 minutes.
4. Then wrap in foil till it is ready to be used.
5. To make the sauce, heat up the oil and add garlic and shallots and cook for 5 minutes till they are soft.
6. Add walnuts and stir for 2 additional minutes.
7. Turn off heat and allow to cool. Then add salt, miso paste, balsamic and pepper and blend in blender till it's silky smooth.
8. Place sauce back in pan and heat it up.
9. Either slice or place fully cooked portobellos over walnut sauce while serving.



Chapter 7

Dr Sebi's Snack and Dessert Recipes

1. Owl blueberry pancakes

Ingredients

1¼ Cup of Homemade Walnut Milk

1/3 Cup of Blueberries

1½ Cup of Spelt, Kamut, or Amaranth Flour

2 Tablespoons of Grapeseed Oil

3 Tablespoons Date Sugar

Agave Syrup

How to Prepare it?

Step 1

Mix the date sugar and flour thoroughly to avoid lumps. Add the grapeseed oil and walnut milk and continue mixing until it forms a lumpy blend.

Step 2

Do not overmix when adding the blueberries, fold them in using a spatula to maintain the lumps.

Step 3

Brush a large pan with grapeseed oil and preheat.

Step 4

Pour the batter on the pan and flatten with the spatula to form the shape you want.

Step 5

Cook for about 3 minutes, and notice when the edges become brown and the bottom golden.

Step 6

Turn the other side and cook for about 2 minutes.

Step 7

Serve with different fruits and the agave syrup.

2. Scrumptious mango cheesecake

Ingredients

Crust

1 Cup of Walnuts

¼ Cup of Shredded Desiccated Soft Jelly Coconut

1 Cup of Dates

Filling

2 Cups of Walnuts (Soaked overnight and drained)

1/3 Cup of Agave

1 Key Lime Juice

1 Cup of Homemade Soft Jelly Coconut Oil

2 Large Mangoes (Peeled and cut into cubes)

6 Tablespoons of Coconut Oil

1 Tablespoon of Zest Key Lime

How to Prepare it?

Step 1

Prepare an 8×8-inch baking sheet by lining it with parchment paper.

Step 2

Blend the dates, soft jelly coconut, and walnuts. Add more dates if the dough is not sticky, and press it evenly into the base of the pan. Put it in the freezer.

Step 3

Blend the coconut milk and walnuts until they smoothen for about 3 minutes. Add the agave syrup, key lime juice and zest, mango cubes, and coconut oil and continue blending.

Step 4

Put the mixture into the prepared pan and spread it uniformly.

Step 5

Put in the freezer to cool for about 4 hours. Serve frozen and enjoy your dish.

3. Portobello mushroom burgers

Ingredients

6 Large Portobello Mushroom Caps

2 Tablespoons of Key Lime Juice

4 Tablespoons Avocado Oil

2 Tablespoons of Agave Syrup

Extra Veggies (Bell Peppers, Mushrooms, and Onions)

Cayenne Pepper and Sea Salt

How to Prepare it?

Step 1

Mix the marinade ingredients in a small sized bowl

Step 2

Pour the marinade onto the mushroom cap and place on the 9×13 baking dish. Allow to soak in the marinade for about 30 minutes while brushing the top occasionally.

Step 3

Grill both sides of the mushroom for about 7 minutes while brushing it with the marinade.

Step 4

Serve with your favourite topping.

4. Dr. Sebi's Sleepy Time Drink

Ingredients

½ Cup of Amaranth Greens

¼ Cup of Cooked Quinoa

½ Dr Sebi's Stomach Relief Herbal Tea

½ Cup Dr Sebi's Nerve/Stress Relief Herbal Tea

¼ Cup of Cherries

1 Burro Banana

Agave Syrup

How to Prepare it?

Step 1

Prepare the tea according to the instructions attached.

Step 2

Allow it to cool.

Step 3

Blend all the ingredients and serve your dessert.

5. Dr. Sebi's Strawberry Infused Water

Ingredients

5 Cups of Water

½ Cup Strawberries Stemmed and Sliced

1 Cup Ice Cubes

5 Large Fresh Basil Leaves, Torn

1 Thinly Sliced Key Lime

How to Prepare it?

Step 1

Pour water into a cup.

Step 2

Add all other ingredients.

6. Dr. Sebi's Cucumber Infused Water

ingredients

5 Cups of Water

1 Thinly Sliced Seeded Cucumber

½ Cup of Honeydew Melon Cubes

1 Cup of Ice Cubes

How to Prepare it?

Step 1

Pour water into a cup

Step 2

Add all other ingredients.

7. Dr. Sebi Blackberry Infused Water

Ingredients

5 Cups of Water

½ Pint of Blackberries

1 Cup of Ice Cubes

1 Thinly Sliced Seville Orange

How to Prepare it?

Steps 1

Pour water into a cup.

Step 2

Add all other ingredients.

8. Dr. Sebi's Apple Infused Water

Ingredients

5 Cups of Water

1 Sliced Organic Apple

1 Cup of Ice Cubes

1 Tablespoon of Cloves

How to Prepare it?

Steps 1

Pour water into a cup.

Step 2

Add all other ingredients.

9. Dr Sebi's Raw Energy Balls

Ingredients

½ Cup of Blueberries

½ Cup of Walnuts or Brazil nuts

½ Cup of Dried Dates

2 Cups of Shredded Soft-Jelly Coconut

1 Tablespoon Agave Syrup

1 Teaspoon Date Sugar

Pinch of Sea Salt

How to Prepare it?

Step 1

Blend the nuts into powder.

Step 2

Pour in the date sugar, blueberries, and dried dates. Add the agave syrup gradually until it forms a soft paste.

Step 3

Chill mix between 30 minutes to 1 hour.

Step 4

Roll it up to form a ball using the tablespoon and save it between 1 week to 3 months in a freezer.

10. Alkaline electric spelt meal raisin cookies

Ingredients

3 Cups of Spelt Flour

1 Cup Raisins

1½ Cups of Pitted Dates

1/3 Cup Agave Syrup

2/3 Cups of Homemade Applesauce

1/3 Cup of Grapeseed Oil

½ Teaspoon Sea Salt

2 Tablespoons Water

1 Cup of Raisins

How to Prepare it?

Step 1

Blend the dates, spelt meal flour, and sea salt together.

Step 2

Remove from the blender to a bowl, add the remaining ingredients and mix.

Step 3

Roll the dough into a ball and place them on a cookie sheet lined with parchment paper.

Step 4

Place in the oven at 350 °F and allow it to bake for about 20 minutes.

Step 5

Allow it to cool and enjoy your cookies.



Chapter 8

Dr Sebi's Smoothie Recipes

1. Brain-Boosting Smoothie

Ingredients

1 cup of stress/nerve relieving herbal tea on Dr Sebi's approved list

½ Cup of Burro Banana

½ Cup of Blueberries

½ Cup of Raspberries

½ Tablespoon of Agave Syrup or Date Sugar

How to Prepare it?

Step 1

The first thing to do is to boil a cup of distilled water.

Step 2

Take ½ tablespoon from the 1 cup of the stress/nerve relieving herbal tea and add it to the boiling water.

Step 3

Allow it to steep between 10-15 minutes and strain, then let it cool.

Step 4

After cooling, pour all the ingredients into a blender and add the cooled tea, then blend on high speed.

Step 5

Pour into a cup and enjoy your brain-boosting smoothie.

2. Blissful smoothie

Ingredients

1 Chopped Pear

¼ Pitted Avocado

1 Ounce of Blueberries

¼ Cup of Cooked Quinoa

1 Cup of Water

How to Prepare it?

Step 1

The first thing is to wash the ingredients that require cleaning thoroughly.

Step 2

Pour all the ingredients into a high-speed blender, and then blend properly.

Step 3

Serve in a glass cup and enjoy your smoothie.

3. Heavy Metal Detox Smoothie

Ingredients

1-2 Cups of Blueberries

1 Burro Banana

1 Organic Apple

1 Cup of Watercress

1 Cup of Seville Orange Juice

1 Cup of Spring Water

1 Tablespoon of Dr Sebi's Bromide Plus Powder

How to Prepare it?

Step 1

Wash the ingredients that need to be washed.

Step 2

Pour all the ingredients into a blender and blend the ingredients until it smoothens.

Step 3

Pour in a cup of the spring water, blend again.

Step 4

Serve in a cup and enjoy your smoothie.

4. Detox berry smoothie

Ingredients

1 Seville Orange

1 Cup of Berries (you can use a combination of blueberries, raspberries and strawberries, or just blueberries only)

2 Cups of Fresh Lettuce

1 Medium Burro Banana

¼ Pitted Avocado

1 Tablespoon of Hempseed

1 Cup of Water

How to Prepare it?

Step 1

Wash the fruits.

Step 2

Pour the water into a high-speed blender and add the fruits.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

5. Herbal smoothie

Ingredients

Your Favorite Herbal Tea from Dr Sebi's Approved list of Herbs.

1 Burro Banana

1 Tablespoon of Walnuts

1 Tablespoon of Agave Syrup and Date Sugar

How to Prepare it?

Step 1

Follow the instructions on the herbal tea and prepare it accordingly.

Step 2

Wash the fruits.

Step 3

Pour the fruits into a blender and blend on high speed.

Step 4

Pour the smoothened blend into a cup and enjoy your smoothie.

6. Triple berry smoothie

Ingredients

½ Cup of Blueberries

½ Cup of Raspberry

½ Cup of Strawberries

1 Burro Banana

1 Cup of Water

Agave Syrup

How to Prepare it?

Step 1

Wash all the fruits.

Step 2

Pour all the ingredients into a blender and properly blend them until it forms a perfect mix.

Step 3

Serve in a cup and enjoy your smoothie.

7. Blueberry smoothie

Ingredients

½ Cup of Blueberries

¼ Cup of Cooked Quinoa

1 Burro Banana

1 Cup of Homemade Walnut Milk

2 Tablespoons of Date Sugar

How to Prepare it?

Step 1

Wash all the fruits.

Step 2

Pour all the ingredients into a blender and properly blend them until it forms a perfect mix.

Step 3

Serve in a cup and enjoy your smoothie.

8. Original bromide plus smoothie

Ingredients

½ Tablespoon of Bromide Plus Powder

1 Cup of Fresh Dr. Sebi's Approved Fruits

3 Tablespoons of Walnuts

1 Quart of Boiling Spring Water

¼ Cup of Agave Syrup

How to Prepare it?

Step 1

Wash the fruits you want to use.

Step 2

Pour all the ingredients including the bromide plus powder into a blender, then blend until it smoothens.

Step 3

Add the quart of spring water slowly into the mix, blend again for 3-4 minutes.

Step 4

Allow it to cool, serve in a glass cup and enjoy your smoothie.

9. Alkaline mineral smoothie

Ingredients

1 Tablespoon of Bromide Plus Powder

½ Large Seed Papaya

2 Burro Banana

1 Cup of Fresh Spring Water

Juice of half a key lime

4-5 Date Sugar

How to Prepare it?

Step 1

Wash the fruits.

Step 2

Pour the water into a high-speed blender and add the fruits.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

10. Berry heart-healthy smoothie

Ingredients

½ Cup of Blueberries

½ Cup of Raspberries

½ Cup of Strawberries

½ Cup of Blackberries

1 Tablespoon of Bromide Plus Powder

¼ Cup of Walnuts

How to Prepare it?

Step 1

The first thing is to wash the ingredients that require cleaning thoroughly.

Step 2

Pour all the ingredients into a high-speed blender, and then blend properly.

Step 4

Serve in a glass cup and enjoy your smoothie.

11. Pancreas Support Smoothie

Ingredients

2 Cups of Dr. Sebi's Stomach Relief Herbal Tea

1 Seeded Cucumber

1 Fistful of Watercress or Wild Arugula

1 Tablespoon Tamarind Pulp

Juice of One Key Lime

Water

How to Prepare it?

Step 1

Boil two cups of water and pour in 1½ tablespoons of Dr. Sebi's stomach relief herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

12. Anti-bloat smoothie

Ingredients

½ Cup of Dr Sebi's Stomach Relief Herbal Tea

½ Teaspoon of Bromide Plus Powder

½ Cup of Soft-Jelly Coconut Water

½ Seeded Cucumber

1 Burro Banana

How to Prepare it?

Step 1

Follow the instructions on the herbal tea and prepare it accordingly.

Step 2

Wash the fruits.

Step 3

Pour the fruits into a blender and blend on high speed.

Step 4

Pour the smoothened blend into a cup and enjoy your smoothie.

13. Mood-Boosting Smoothie

Ingredients

1 Cup of Dr. Sebi's Stress/Nerve Relief Herbal Tea

1 Cup of Strawberries

½ Cup of Soft Jelly Coconut Meat

Date Sugar or Agave Syrup

How to Prepare it?

Step 1

Boil two cups of water and pour in 1½ tablespoons of Dr. Sebi's stress/nerve relief herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

14. Energy-boosting Green Smoothie

Ingredients

2 Handfuls of Greens (either Amaranth Greens, Dandelion Greens, Wild Arugula or Lettuce)

1 Apple

½ Seeded Cucumber

1 Tablespoon Walnuts

1 Burro Banana

1 Cup of Soft-Jelly Coconut Milk

How to Prepare it?

Step 1

Wash the fruits.

Step 2

Pour the water into a high-speed blender and add the fruits.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

15. Relaxation smoothie

Ingredients

1 Cup of Cantaloupe

1 Chopped Zucchini

½ Burro Banana

½ Cup of Dr. Sebi's Stress/Nerve Relief Herbal Tea

½ Cup of Soft-Jelly Coconut Water

How to Prepare it?

Step 1

Boil two cups of water and pour in 1½ tablespoons of Dr. Sebi's stress/nerve relief herbal tea.

Step 2

Allow to simmer for 5 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

16. Fruity smoothie bowl

Ingredients

1 Cup of Mixed Berries

¼ Cup of Seeded Grapes

¼ Cup of Blueberries

¼ Cup of Strawberries

1 Burro Banana

1 Mango

1 tablespoon of your preferred nut butter (either Homemade Tahini, Brazil Nut, or Homemade Walnut Butter)

2-3 tablespoons of Walnut or Soft-Jelly Coconut Milk

Agave Syrup or Date Sugar

How to Prepare it?

Step 1

Place the burro banana and the berries in a blender and blend them into bits.

Step 2

Add some nut butter, date sugar, and soft-jelly or walnut milk and blend on low speed until it forms a consistent mix.

Step 3

Pour into a bowl and top with mango, grapes, strawberries, and blueberries.

17. Magnesium boosting smoothie

Ingredients

1 Cup of Fresh Spring Water

½ Burro Banana

¼ Cup of Brazil Nuts

2 Strawberries

½ Cup of Figs

How to Prepare it?

Step 1

Wash the fruits.

Step 2

Pour the water into a high-speed blender and add the fruits.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

18. Sugar Detox Smoothie

Ingredients

½ Avocado

1 Cup of Homemade Soft-Jelly Coconut Milk

1 Squeeze of Key Lime

1 Handful of Approved Greens, like Callaloo, Dandelion, Watercress
Greens

1 Teaspoon of Dr Sebi's Bromide Plus Powder

How to Prepare it?

Step 1

Wash the fruit and greens.

Step 2

Pour all the ingredients into a high-speed blender.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

19. Dr. Sebi's Immunity Boosting Smoothie

Ingredients

1 Seville Orange

½ Mango

1 Seville Orange

1 Cup of Brewed Dr. Sebi's Immune Support Herbal Tea

1 Tablespoon Coconut Oil

1 Tablespoon Date Sugar or Agave Syrup

1 Key Lime

How to Prepare it?

Step 1

Boil two cups of water and pour in 1½ tablespoons of Dr. Sebi's support herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

20. Heart Healthy Smoothie

Ingredients

1 Cup of Homemade Walnut Milk

1 Cup of Approved Greens (Dandelion Greens, Watercress, Turnip Greens)

1 Cup of Homemade Walnut Milk

1 Cup of Blueberries

¼ Cup of Brazil

½ Tablespoon of Agave Syrup and Date Sugar

How to Prepare it?

Step 1

The first thing is to wash the ingredients that require cleaning thoroughly.

Step 2

Pour all the ingredients into a high-speed blender, and then blend properly.

Step 3

Serve in a glass cup and enjoy your smoothie.

21. Hormone balancing smoothie

Ingredients

1¼ Cup of Homemade Walnut Milk

¼ Large Avocado

2 Handful of Dandelion Greens

1/3 Cup of Diced Zucchini

3 Tablespoons of Hemp Seed

How to Prepare it?

Step 1

The first thing is to wash the ingredients that require cleaning thoroughly.

Step 2

Pour all the ingredients into a high-speed blender, and then blend properly.

Step 3

Serve in a glass cup and enjoy your smoothie.

22. Blueberry pie smoothie

Ingredients

1 Cup of Fresh Blueberries

2 Cups of Homemade Soft-Jelly Coconut Milk

¼ Cup of Cooked Amaranth

1 Burro Banana

1 Teaspoon of Bromide Plus Powder

1 Tablespoon Homemade Walnut Butter

2 Tablespoons of Date Sugar

How to Prepare it?

Step 1

Pour all the ingredients into a blender.

Step 2

Pour the mix and put it in a freezer to cool.

Step 3

Serve in a cup and enjoy your smoothie.

23. Super hydration smoothie

Ingredients

1 Cup of Watermelon

¼ of Seeded Cucumber

½ Cup of Raspberries

1 Juiced Key Lime

½ Cup Soft-Jelly Coconut Water

How to Prepare it?

Step 1

Peel the cucumber and slice it into small bits.

Step 2

Pour all the ingredients into a blender.

Step 3

Pour the mix into a container and put it in a freezer to cool

Step 4

Serve in a cup and enjoy your smoothie.

24. Immunity boosting smoothie

Ingredients

1 Cup Brewed Dr Sebi's Immune Support Herbal Tea

½ Mango

1 Seville Orange

1 Tablespoon of Coconut Oil

1 Tablespoon of Date Sugar or Agave Syrup

1 Juiced Key Lime

How to Prepare it?

Step 1

Boil two cups of water and pour in 1½ tablespoons of Dr. Sebi's support herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Cut the mango into smaller sizes and peel the Seville orange.

Step 5

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 6

Serve in a cup and enjoy your smoothie.

25. Creamy relaxing smoothie

Ingredients

½ Cup of Prepared Dr Sebi's Nerve/Stress Relief Herbal Tea

¼ Avocado

1 Burro Banana

¼ Seeded Cucumber

1 Cup Soft-Jelly Coconut Milk

1 Tablespoon Chopped Walnuts

1 Tablespoon Date Sugar or Agave Syrup

How to Prepare it?

Step 1

Boil two cups of water and pour in 1 Tablespoon of Dr. Sebi's nerve/stress relief herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

26. Creamsicle smoothie

Ingredients

3 Peeled Seville Oranges

½ Burro Banana

½ Teaspoon of Bromide Plus Powder

1 Cup Coconut Water

Date Sugar

How to Prepare it?

Step 1

Wash the fruits.

Step 2

Pour the water into a high-speed blender and add the fruits.

Step 3

Blend all the ingredients to form a perfect blend.

Step 4

Serve in a glass cup and enjoy your smoothie.

27. Green detox smoothie

Ingredients

½ Cup of Ginger Tea

1 Cup of Romaine Lettuce

½ Burro Banana

¼ Cup of Blueberries

2-3 Tablespoons Juiced Key Lime

½ Cup of Soft-Jelly Coconut Water

How to Prepare it?

Step 1

Follow the instructions on the herbal tea and prepare it accordingly.

Step 2

Pour all the ingredients into a blender and blend on high speed.

Step 3

Pour the smoothed blend into a cup and enjoy your smoothie.

28. Iron power smoothie

Ingredients

½ Cup of Cooked Quinoa

½ Large Red Apple

1 Fig

1 Handful Amaranth Greens

1 Cup of Homemade Hemp Seed Milk

1 Tablespoon of Currants or Raisins

1 Tablespoon Date Sugar

1 Teaspoon of Bromide Plus Powder

How to Prepare it?

Step 1

Pour all the ingredients into a high-speed blender.

Step 2

Blend all the ingredients to form a perfect blend.

Step 3

Serve in a glass cup and enjoy your smoothie.

29. Dr. Sebi's Sweet Sunrise Smoothie

Ingredients

1 Cup of Mago

1 Cup of Raspberries

½ Burro Banana

1 Seville Orange

1 Cup of Water

How to Prepare it?

Step 1

Pour all the ingredients into a high-speed blender.

Step 2

Blend all the ingredients to form a perfect blend.

Step 3

Serve in a glass cup and enjoy your smoothie.

30. Dr. Sebi's Stomach Soother Smoothie

Ingredients

½ Cup of Prepared Dr. Sebi's Stomach Relief Herbal Tea

1 Burro Banana

½ Cup of Ginger Tea

1 Tablespoon Agave Syrup

How to Prepare it?

Step 1

Follow the instructions on the ginger tea and prepare it accordingly.

Step 2

Pour all the ingredients into a blender and blend on high speed.

Step 3

Pour the smoothened blend into a cup and enjoy your smoothie.

31. Tropical Breeze Smoothie

Ingredients

½ Watermelon

½ Cup of Cantaloupe

½ Mango

½ Burro Banana

1 Handful Amaranth Greens

1 Cup of Soft-Jelly Coconut Water

How to Prepare it?

Step 1

Pour all the ingredients into a high-speed blender.

Step 2

Blend all the ingredients to form a perfect blend.

Step 3

Serve in a glass cup and enjoy your smoothie

32. Energizer smoothie

Ingredients

½ Cup of Cooked Quinoa or Amaranth

1 Cup of Papaya or Melon

1 Cup of Homemade Hemp Milk

1 Teaspoon of Bromide Plus Powder

1 Tablespoon of Date Sugar

How to Prepare it?

Step 1

Pour all the ingredients into a high-speed blender.

Step 2

Blend all the ingredients to form a perfect blend.

Step 3

Serve in a glass cup and enjoy your smoothie.

33. Veggie-full Smoothie

Ingredients

¼ Avocado

1 Cored and Seeded Pear

1 Handful of Romaine Lettuce

1 Handful of Watercress

½ Peeled Seeded Cucumber

½ Cup of Spring Water

Date Sugar

How to Prepare it?

Step 1

Pour all the ingredients into a high-speed blender.

Step 2

Blend all the ingredients to form a perfect blend.

Step 3

Serve a glass cup and enjoy your smoothie.

34. Apple pie smoothie

Ingredients

½ Large Apple

1 Cup of Ginger Tea

Small Handful Walnuts

Figs

1 Teaspoon of Bromide Plus Powder

1 Tablespoon of Date Sugar

How to Prepare it?

Step 1

Follow the instructions on the ginger tea and prepare it accordingly.

Step 2

Pour all the ingredients into a blender and blend on high speed.

Step 3

Pour the smoothened blend into a cup and enjoy your smoothie.

35. Detox smoothie

Ingredients

½ Cup of Ginger Tea

½ Burro Banana

¼ Cup of Blueberries

1 Cup of Romaine Lettuce

2-3 Tablespoons of Juiced Key Lime

½ Cup of Soft-Jelly Coconut Water

How to Prepare it?

Step 1

Follow the instructions on the ginger tea and prepare it accordingly.

Step 2

Pour all the ingredients into a blender and blend on high speed.

Step 3

Pour the smoothed blend into a cup and enjoy your smoothie.

36. Chamomile delight smoothie

Ingredients

¼ Cup of Prepared Dr. Sebi's Nerve/Stress Relief Herbal Tea

1 Burro Banana

½ Cup of Homemade Walnut Milk

1 Tablespoon of Date Sugar

How to Prepare it?

Step 1

Boil two cups of water and pour in 1 Tablespoon of Dr. Sebi's nerve/stress relief herbal tea.

Step 2

Allow to simmer for 15 minutes.

Step 3

Strain and allow it to cool.

Step 4

Pour all the ingredients and the tea into the blender and blend them thoroughly.

Step 5

Serve in a cup and enjoy your smoothie.

37. Super hydrating smoothie

Ingredients

1 Cup of Watermelon

1 Cup of Strawberry

1 Cup of Soft-Jelly Coconut Water

1 Tablespoon of Date Sugar

How to Prepare it?

Step 1

Follow the instructions on the ginger tea and prepare it accordingly.

Step 2

Pour all the ingredients into a blender and blend on high speed.

Step 3

Pour the smoothened blend into a cup and enjoy your smoothie.



Chapter 9

Dr. Sebi's salad and soup recipes

1. Cleansing green soup

Ingredients

Asian Cucumber

1 Tablespoon of Sesame Oil

3 Tablespoon of Juiced Key Juice

1 Tablespoon of Grated Ginger

1 Tablespoon of Powered Granulated Seaweed

1 Tablespoon of Sesame Seeds

1 Teaspoon of Sea Salt

How to Prepare it?

Step 1

Pour all the ingredients into a bowl.

Step 2

Mix thoroughly and enjoy your salad.

2. Dr. Sebi's Cleansing Green Soup

Ingredients

1 Bunch of Dandelion Greens

1 Zucchini (Washed and roughly Chopped, but not peeled)

1 Bunch of Wild Arugula

3 Medium or 2 Large Yellow Onions (Roughly Chopped and Peeled)

½ Cup of Packed Dill

½ Cup of Packed Basil

¼ Avocado

1 Juiced Key Lime

3 Tablespoon of Grapeseed Oil

¼ Teaspoon Sea Salt

Cayenne Pepper

How to Prepare it?

Step 1

Heat the grapeseed oil on medium heat inside a large pot.

Step 2

Add onions and allow to cook for about 5 minutes, while stirring continuously until it turns translucent.

Step 3

Add the wild arugula, dandelion greens, and zucchini, and allow it to cook for another 5 minutes.

Step 4

Add the homemade vegetable stock and allow it to boil. Reduce the heat and cover it for about 20 minutes.

Step 5

Uncover the pot and allow it to cool for 15 minutes.

Step 6

Blend it along with the other ingredients until it becomes smooth.

Step 7

Serve and garnish with fresh herbs.

3. Dr. Sebi's Mango Salad

Ingredients

2 Mangoes

¼ Cup of Cherry Tomatoes

¼ Red Onion

½ Green Bell Pepper

½ Seeded Cucumber

1 Key Lime

Cayenne Pepper and sea salt

How to Prepare it?

Step 1

Cut the mangoes, red onion, seeded cucumber, bell pepper, and cherry tomatoes into small bits.

Step 2

Pour all the ingredients into a small bowl and mix thoroughly. Add the juiced key lime into the mix.

Step 3

Season it with pepper and sea salt and put in the refrigerator for 20 minutes to marinate.

4. Cherry Tomato Salad

Ingredients

4 Cups of Cherry Tomatoes

¼ Cup of Fresh Approved Herbs like Sweet Basil, Thyme, or Dill

¼ Cup of Olive Oil
¼ Cup of Chopped Red Onion
1½ Tablespoon of Juiced Key Lime
¼ Teaspoon of Date Sugar
Cayenne Pepper and Salt.

How to Prepare it?

Step 1

Place the red onion, herbs, and tomatoes in a big bowl.

Step 2

Place the cayenne pepper, sea salt, date sugar, key lime juice, and olive oil in a small bowl and mix.

Step 3

Mix the dressing and the tomato mixture. Serve and enjoy your salad.

5. Detox Salad Burritos

Ingredients

2 Cups of Cherry Tomatoes
2 Cups of Wild Arugula or Other Approved Greens
1 Tablespoon of Juiced Key Lime
2 Tablespoons of Homemade Raw Sesame Tahini Butter
4 Kamut Flour Tortillas
1 Cup of Cooked Chickpeas
Sea Salt and Cayenne Pepper

How to Prepare it?

Step 1

Prepare the dressing in a small cup by mixing the raw sesame butter and key lime juice.

Step 2

Pour the cherry tomatoes, chickpeas, and wild arugula in a big bowl and mix thoroughly. Pour the dressing to cover it and place it in the refrigerator.

Step 3

Warm up the kamut flour tortillas in a big pan until it is pliable.

Step 4

Pour the tortillas into the salad and season it with cayenne pepper and sea salt.

6. Immunity Boosting Soup

Ingredients

1 Zucchini

1 Pack of Approved Flour Noodles

1 Cup of Mushroom

1 Bell Pepper

½ Onion

1 Tablespoon Grapeseed

1 Key Lime

4 Cups of Cherry Tomatoes

4 Cups of Water

Approved herbs

Cayenne Pepper and Sea Salt

How to Prepare it?

Step 1

Follow the instructions to prepare the noodles.

Step 2

Heat the grapeseed oil in a pan and sauté the chopped onion.

Step 3

Slice the bell pepper, cherry tomatoes, and mushrooms and sauté in the pan also.

Step 4

Add the grated zucchini to the pan.

Step 5

Add the salt, pepper, and water.

Step 6

Cook on medium heat until it reaches a boiling point.

Step 7

Pour in the noodles and allow to cook for an additional 10 minutes.

Step 8

Add seasoning to taste, and serve topped with key lime juice and herbs.

7. Headache Preventing Salad

Ingredients

½ Seeded Cucumber

2 Tablespoons of Olive Oil

2 Cups of Watercress
1 Tablespoon of Juiced Key Lime
Cayenne Pepper and Sea Salt

How to Prepare it?

Step 1

Properly mix the key lime juice and olive oil.

Step 2

Arrange the cucumber and watercress.

Step 3

Add the mix and sprinkle the pepper and salt on it.

8. Detox Watercress Citrus Salad

Ingredients

4 Cups of Watercress
1 Ripe Avocado
2 Extremely Thin Slices of Red Onion
1 Seville Orange (Peeled, Zested, and Sliced)
2 Tablespoons of Key Lime Juice
2 Teaspoons of Agave syrup
2 Tablespoons of Olive Oil
Cayenne pepper
1/8 Teaspoon of Salt

How to Prepare it?

Step 1

Place the prepared avocado, oranges, onion, and watercress on two separate plates.

Step 2

Make a dressing by mixing the olive oil, key lime juice, salt, cayenne pepper, and agave syrup in a small bowl.

Step 3

Spread the mix over the salad and enjoy your dish.

9. Cucumber Basil Gazpacho Soup

Ingredients

1 Perfectly Ripe Avocado

2 Small Handfuls of Fresh Basil

1 Seeded Cucumber (seeds removed, but the skin is left on)

2 Cups of Water

1 Juice Key Lime

1¼ Teaspoons of Sea Salt

How to Prepare it?

Step 1

Place all the ingredients in the refrigerator to cool.

Step 2

Pour the cooled ingredients in a blender, and blend until a smooth consistency with specks of green is achieved.

Step 3

Put the blended mix back to the refrigerator until it's time to serve.

Step 4

Garnish it with basil leaves and the sliced cucumbers.

10. Basil Avocado Pasta Salad

Ingredients

- 1 Cup of Chopped Fresh Basil
- 1 Chopped Avocado
- 1 Pint of Halved Cherry Tomatoes
- 1 Teaspoon of Agave Syrup
- 1 Tablespoon of Key Lime Juice
- ¼ Cup of Olive Oil
- 4 Cups of Cooked Spelt Pasta

How to Prepare it?

Step 1

Pour the cooked pasta in a big bowl.

Step 2

Mix the pasta thoroughly after adding the tomatoes, avocado, and Basil.

Step 3

Make a dressing in a small bowl by mixing the agave syrup, oil, lime juice, and salt, and pour over the pasta while stirring continuously.

11. Wakame Salad

Ingredients

- 2 Cups of Wakame Stem
- 1 teaspoon of Ginger

- 1 Teaspoon of Onion Powder
- 1 Tablespoon of Sesame Oil
- 1 Tablespoon of Sesame Seeds
- 1 Tablespoon of Red Bell Pepper
- 1 Tablespoon of Key Lime Juice
- 1 Tablespoon of Agave Syrup

How to Prepare it?

Step 1

Place wakame stems in water for about 10 minutes and remove the water.

Step 2

Pour the agave syrup, sesame oil, onion powder, key lime juice, and ginger into a bowl and mix properly.

Step 3

Place the bell pepper and wakame on a dish and spread the mix on it.

Step 4

Garnish with sesame seeds and enjoy the dish.

12. Green Romaine Lettuce Salad

Ingredients

- 4 Small Heads of Rinsed Romaine Lettuce
- Onion Powder
- 4 Tablespoon of Olive Oil
- 1 Tablespoon of Key Lime Juice
- 1 Tablespoon of Agave Syrup
- 1 Tablespoon of Finely Chopped Red Onion

Cayenne Pepper and Sea Salt

How to Prepare it?

Step 1

Place the halved lettuce on a nonstick frying pan and brown it on both sides.

Step 2

Remove the lettuce from the pan and allow it to cool

Step 3

Make a dressing by mixing all the other ingredients.

Step 4

Place the lettuce on a plate and spread the mix on it.

13. Dandelion Strawberry Salad

Ingredients

4 Cups of Dandelions

10 Ripe Sliced Strawberries

2 Tablespoons of Grapeseed Oil

2 Tablespoons of Key Lime Juice

1 Medium Sliced Red Onion

Sea Salt

How to Prepare it?

Step 1

Fry the sliced onions in a frying pan with grapeseed oil until it turns brown.

Step 2

Mix the sliced strawberry with key lime juice in a bowl and slice the dandelion greens into smaller bits.

Step 3

Add the remaining key lime juice to the onion before it is browned, and allow it to thicken for about 2 minutes.

Step 4

Mix all ingredients in a salad bowl and sprinkle sea salt to taste.

14. Stewed Okra and Tomatoes

Ingredients

2 Cups of Fresh Okra

1 Cup of Cherry Tomatoes

1 Tablespoon of Avocado Oil

1 Medium Sized Onion

½ Cup of Fresh Spring Water

Cayenne Pepper and Sea Salt

How to Prepare it?

Step 1

Peel the cherry tomatoes and onions and dice them.

Step 2

Pour the onion into a skillet containing avocado oil and cook until it becomes translucent.

Step 3

Add the spring water and okra and allow to cook for about 10 minutes on low heat.

Step 4

Add the cherry tomatoes and allow to cook for another 20 minutes.

Step 5

Put in the pepper and sea salt.

15. Veggie Fajitas Tacos

Ingredients

3 Large Portobello Mushrooms

6 Corn Free Tortillas

2 Bell Peppers

Juice from ½ Key Lime

1 Onion

Avocado

1 Tablespoon of Grapeseed Oil

Cayenne Pepper

How to Prepare it?

Step 1

Prepare the mushrooms.

Step 2

Slice the onion and bell peppers into smaller bits.

Step 3

Cook onion and peppers for about 2 minutes in a skillet containing grapeseed oil.

Step 4

Add the seasonings and mushrooms and allow to cook for another 8 minutes while stirring occasionally.

Step 5

Heat tortillas and place the fajita mix in the middle of the tortillas.

Step 6

Serve and enjoy the dish.



Conclusion

Although, there isn't any scientific evidence to back Dr. Sebi's beliefs and his diet, it does not shut down the fact that consuming a variety of foods that are based on plants, does not have remedial effects for the body's systems. Even doctors practicing modern medicine will agree that consumption of vegetables and fruits have a healthy effect on the human body, its organs, and systems.

Contained in the Dr. Sebi Diet are nutrients, one of which is Vitamin B-12. Also, the diet is very effective for loss of weight if that is what you are aiming for.

Note that, the alkaline diet comes with a downside; certain groups of people can be exposed to harm rather than good if they consume these diet foods and these include; children, women and nursing mothers. This is why many recommend that you see a doctor to confirm if consumption of any of the diet foods will have negative effects on you.

BOOK 3 - Dr. Sebi Treatment and Cures

How to Cure Cancer, Diabetes, Lupus, Herpes, HIV, Hair Loss, and Other Diseases Using Dr. Sebi's Alkaline Diet

BELINDA GOLEMAN



Chapter 1

Introduction

Herbs and natural food have been used since time immemorial, and it has been beneficial and useful in curing some chronic ailments such as diabetes, mental illness etc. Firstly, we have to look at what herbs are and some ancient usage, as well as their composition.

Herb

Herbs are multipurpose plants which contain aromatic components used for cooking and medicinal functions.

History

The usage of herbs can be dated as far back as 5000 BCE, which is proof that Sumerians made use of herbs as medicine. The famous physicians were famous for combining close to 100 ingredients in formulating some herbal remedies. Some plants also contain phytochemicals that may not have been very good for the body. Plus, there are some effects the body experiences when they are assimilated, such as when they are used to spice food, and some herbs can be harmful when taken in excess. A good example is *Hypericum perforatum* or *Piper methysticum*, which is used to relieve stress and depression. Notwithstanding, an overload of these herbs may result in complications and so they must be taken carefully.

Additional complications may arise when taken with certain prescription drugs.

The use of herbs have long been used as the basis of Chinese natural medicine in general, and their usage dates back to the first century AD, and also in India, Ayurvedic medicines are based on herbs. The use of plant healing in Western culture is rooted in the Hippocratic (Greek) system of healing elements, which is based on a metaphor for restoring quaternary elements.

Renowned herbalists from the western tradition include Avicenna (Persian), Galen (Roman), Paracelsus (German-Swiss), Culpeper (UK) and a botanist from America in the 19th century / early 20th century (John Milton Scudder, Harvey W.). John Uri Lloyd). Modern medicine comes from raw herbal medication, and until now, some capsules are still extracted as compounds which are

fractionated/isolated from herbal raw materials and then purified to meet pharmaceutical standards.

Some herbs contain psychoactive elements which with human assistance, are used for all kinds of secular and recreational purposes in the early Holocene period. The leaves and potent extracts from the cannabis and coca plants have been chewed by people in northern Peruvian society for more than 8,000 years, while the use of marijuana herbs as a substances that affect the mind dates back to the first century AD. in China and North Africa.

Indigenous peoples of Australia developed a "shrub medicine" based solely on herbs that were easily accessible to them. The isolation of these companies means that the medicines developed affect far fewer diseases than western diseases, which dwindled during colonialism. Herbs such as peppermint, tangled, and eucalyptus has been used for coughs, diarrhoea, fever and headaches.



Chapter 2

Who is Dr. Sebi?

Alfredo Darrington Bowman was born on the 26th of November 1933 in Ilanga and died on the 6th of August 2016. He is well known as Dr. Sebi. Dr. Sebi was a Honduran who became well known for his herbal cures, which he practised as an herbal profession not just in Honduras, but also in the United States in the late 20th and early 21st centuries.

His self-acclaimed healing ability is second to none using a vegan diet based on various pseudoscientific claims. Dr. Sebi objected to regular scientific proof on the HIV leading to AIDs. He was able to set up a treatment center in Honduras and later moved his practice to New York City and Los Angeles.

His popularity grew as he gained famous and prominent clients, amongst whom was the renowned pop star, Michael Jackson.

Early years

Bowman a Honduras was of an African descent from his grandfather. He first gained knowledge of herbal medicine from his grandmother. His grandfather immigrated from Haiti. He was seen as an "African in Honduras." His research grew due to the displeasure he got from the western medicines which he applied to his several ailments such as asthma, diabetes, visual impairment and impotence. He went on to visit a herbalist in Mexico called Alfredo Cortez who told him emphatically that he was dying, Bowman said the man changed his story as he healed him.

After Bowman's healing, he went on to practice in Honduras. He modelled a treatment process he called "African Bio-Electric Cell Food therapy," and demonstrated that it could help treat several diseases, including cancer and Aids, as well as various persistent disorders and mental illnesses. He further went on to create other herbal related products.

In the 1980s, Bowman set up a center near La Ceiba, Honduras and sold his herbal products in the United States. The name of his center is USHA Research Institute, which is situated in the village of USHA. He later moved to New York in that decade. Soon after, Bowman experienced legal trouble based on his medical and therapeutic stance. He kept on claiming that his supplements could erase AIDS from the human body. He further established his new center in California.

McGill University saw Bowman's diet and food therapy source as an untrusted alkaline diet base. Along the line, his revenue skyrocketed with over \$3,000 daily. He was like a consultant; he advised on the use of herbs and diets. He had some celebrity, well-paying customers, amongst such were Steven Seagal, John Travolta, Lisa Lopes, Eddie Murphy and Micheal Jackson. It was reported that he helped to treat Micheal Jackson right before going on trial in 2004 due to a child abuse case.

AIDS became well known in the early 1980s as a deadly disease in the United States with several cases in major cities like New York and others. Bowman kept saying that HIV was not the cause of AIDS and he could use his herbal medicine to treat people who had it.

In 1987 while in New York, Bowman was arrested and taken to court for practicing medicine without a proper license. The court didn't convict him since his prosecutors had no substantial evidence on him. Three years later he was again sued in New York on his therapeutic claims and gains for his products. Due to the civil case, he was forbidden from stating such claims. He later went moved to Los Angeles where his fortune increased as he was able to gain the attention of celebrities who needed his services.

Arrest And Death Controversy

In the year 2016, 28th of May, Bowman and his close associate Pablo Medina Gamboa were apprehended for money laundering at the Juan Manuel Galvez de Roatan Airport for possessing a huge sum of money estimated to be \$37,000 cash. When they were asked the reason for having such money, they said nothing. They tried to move from one commercial flight right from the United States to a private plane heading to a place in Honduras. He was later released awaiting a court hearing to take place on the 6th of June 2016, and his troubles doubled as he was later arrested by the Public Ministerio on money laundering charges. Dr. Sebi was imprisoned in Honduras for several weeks; and during this time, his family was moved around to secure his release.

During this period, he became ill, which grew worse. Seeing the severity of his condition, they moved him to a hospital. Bowman couldn't survive the condition as he died of chronic pneumonia on the 6th of August 2016 while in transit to Hospital D'Antoni, coupled with the poor state of the jail may have caused his death, and the long period he spent there. There were controversies regarding his death, as some of his fans feel there was a big conspiracy to quickly and permanently silent him because his teaching and methods put western medicine and its establishments at risk.



Chapter 3

Dr. Sebi's Approach to All Diseases

Dr. Sebi's approach to several diseases is quite simple. Let me give you a quick break down on his premise and methodology to all diseases. Dr. Sebi's methods and approach have been consistent. They have a different approach to diseases, and their causes. Let's look at the western approach first.

Following the western Medical research, disease results when the host is being infected with a “germ,” “virus,” or “bacteria.” Western medicine employs inorganic, carcinogenic chemicals. Dr. Sebi claims that the western approach and definition is filled with errors, and they have uncovered it. By persistently making use of the identical premise and methods, they have persistently yielded ineffective results. In essence, in the 400-year lifestyle of the European philosophy of medicine, their approach in treating health problem has yet to produce any cures.

In contrast, the African approach to the remedy for these disorders is very much at odds with the modern-day Western approach. Africa's biomineral stability, in particular, refutes the germ/virus/bacteria premise, and our research indicates that each manifestation of an ailment finds its starting place when and where the mucous membrane is disturbed.

For example, bronchitis is a sickness caused by excess mucus in the bronchi. If it is in the lungs, the disease is pneumonia, in the pancreatic duct it is diabetes, and in arthritis the joints. All African

compounds for biomineral balance are made from natural plants; which means that their composition is alkaline.

This is crucial and contributes to our success in reversing pathology - due to the fact disease exists only in an acidic environment; Therefore, the use of inorganic materials in the remedy of ailments is nevertheless controversial due to the fact they are acid-based. Only the non-stop use of herbal drugs can efficiently cleanse and detoxify the negative health in the body, returning it to an alkaline state.

Our meal plan goes a step further. Apart from disposing of years of amassed toxins, the balance of African biominerals replaces depleted minerals and rejuvenates damaged tissues that have been eroded with the supply of diseased acid conditions. The quintessential excretory organs are the skin, liver, gallbladder, lymph nodes, kidneys and large intestine, and when all the toxins are eliminated from the above organs, they are recycled in some part of the body, thus causing disease. Finally, the body breaks down into its weakest organ as it can't breakdown the effects of the poison.



Chapter 4

Naturally Cleanse with Herbs and Product

Herbs contain natural healing components. Dr. Sebi has developed some strict plant-based diet that helps achieve the optimum value from these plants. Dr. Sebi believes that mucus and acidity cause diseases. He also established that eating some foods and avoiding some others could naturally detoxify the body, thereby reaching an alkaline state that will help reduce the tendency of disease.

Dr. Sebi believes that diseases can only live in an acidic environment. The sole purpose of the diet is for the body to reach an alkaline state to prevent or eliminate the disease.

How To Follow The Diet

In Dr. Sebi's nutritional guide, there are some rules there to be followed to achieve the best results.

- Only eat foods listed in the guide.
- Drink 1 gallon of natural spring water daily.
- Avoid animal products, hybrid foods, and alcohol.
- Avoid using a microwave, which will "kill your food."
- Avoid canned and seedless fruits.

The Dr. Sebi diet consists of the following:

Vegetables, which includes avocados, kale, bell peppers, and wild arugula

Fruits, which includes apples, bananas, dates, and Seville oranges

Grains, which includes rye, spelt, wild rice, and quinoa

Oils, which includes avocado, hempseed, coconut, and olive oils, though Dr. Sebi advises against using the latter two in cooking.

Nuts and seeds, which includes hemp and raw sesame seeds, tahini butter, and walnuts

Herbal teas, which includes chamomile, fennel, and ginger varieties

Natural sweeteners, which includes agave syrup and date sugar

What Are The Benefits?

Since there is no scientific evidence to support the Dr. Sebi diet, nonetheless, a good number of researches show that a plant-based diet can maintain and improve health. There are zero risks to worry over.

Some health benefits of plant-based diets include the following:

Weight loss — A 2015 research concluded that a vegan eating program resulted in more weight loss than other, less restrictive diets. The people who participated lost up to 7.5% of body weight after 6 months on a vegan diet.

Appetite manipulates — A 2016 research in younger male participants found they felt more full and cozy after ingesting a plant-based meal containing peas and beans than a meal containing meat.

Altering the microbiome — The time word “microbiome” refers to the microorganisms in the gut. A 2019 research showed that a plant-based food plan could alter the microbiome favourably, leading to much less threat of disease. However, confirming this will require additional research.

Reduced risk of disease – A 2017 research showed that a diet based strictly on herbs might slow down the risk of heart disease by 40% and it also reduces the risk of getting metabolic syndrome and type-2 diabetes by half.

One of Dr. Sebi’s standards is found in natural food. He encourages us to avoid processed food and eat more edible and natural foods.

Dr. Sebi's Products



Dr. Sebi's Energy Booster Tea

Dr. Sebi's Energy Booster tea aims explicitly to optimize your body and its energy levels. It increases your body's iron levels which carry more oxygen in the haemoglobin of red blood cells throughout the body so that the cells can produce energy. The Muicle herb has been used for its antioxidant properties, detoxing benefits, and efficiency as a blood purifier. To this day, many enjoy the help of this powerful herb as part of their daily routine to feel more energised than ever! Directions: Boil two cups of distilled water and add 1½ tablespoon of Dr. Sebi's Energy Booster Tea. Simmer for about 15 minutes. Allow to cool, strain. Should be drunk twice daily.

Ingredients:

- Muicle



Bio

Ferro

Bio Ferro puts together the right ingredients to provide the most potent and effective way to nourish and purify the blood. Yellow dock root (*Rumex Crispus*) is a natural herb that is used as a bitter digestive medicine in people with indigestion. Yellow dock root is a general blood purifier and detoxifier, especially for the liver. Yellow dock root stimulates the production of bile, which aids digestion, mostly fat digestion. It can stimulate bowel movements to clear stubborn muck from the intestinal tract. It also increases the rate of urination to help flush out toxins.

Ingredients:

- Elderberry
- Chaparral
- Burdock Root
- Yellow dock
- Cocolmeca



Bio

Ferro Capsules

Bio Ferro capsules contain the right ingredients to provide the most potent and effective way to nourish and purify the blood. Chaparral (Larrea Tridentate) is considered to be a powerful antioxidant. Native Americans have used Chaparral to treat a variety of conditions, including respiratory disease, chickenpox, snake bites, and arthritis pain. Due to its powerful antioxidant properties, Chaparral is an excellent remedy for treating liver health, purifying the blood,

boosting immunity, losing weight, and general well-being. It is also used to treat digestive problems such as cramps and gas, as well as breathing problems.

Ingredients:

- Chaparral
- Burdock
- Nettle
- Nopal
- Yellowdock



Small Cleansing Package

The small cleaning pack consists of Chelation2, Bio Ferro, and Viento. This cleansing pack is designed to cleanse and nourish your body at the cellular level. This bundle helps rid the body of mucus, toxins, and acids that have amassed in the body. It will moreover nourish and purify the blood and deliver the whole body to a perfect state. This is now no longer a treatment package.



Banju

Banju was formulated using a unique combination of powerful ingredients. This tonic was made to stimulate the brain and central nervous system. Elderberry – Elder is a large shrub or small tree that grows up to 30 feet tall in wet or dry soil in a sunny location.

Ingredients:

- Elderberry
- Blue Vervain
- Burdock Root
- Valerian Root
- Bugleweed



Booster

The booster package provides building elements to the reviving process to your body. This process further increases the strength of the inter-cellular healing and detoxification process.

Products Included (7 products):

- Chelation 2
- Lymphalin
- Fucus Liquid
- Bio Ferro Capsules
- Bromide Plus Capsules
- Viento
- Green Food

Dr. Sebi's Immune Support Herbal Tea



Dr. Sebi's Cell Food is proud to present a herbal tea with immune support and the natural antioxidant elderberry. Elderberry can help reduce swelling of the lining of the mucous membranes, including the sinuses, and relieve nasal congestion, antiviral, and cancer-fighting properties. Ideally, you can strengthen your immune system.

Elderberry can also lower cholesterol, improve vision, sore throats, coughs, colds, flu, bacterial and viral infections, and breathing problems. It also protects against autoimmune diseases. Elderberry also contains flavonoids which have antioxidant properties and can help prevent damage to the body's cells.

Directions:

Boil two glasses of distilled water and add 1½ tablespoons of herbal immune booster tea from Dr. Sebi's list. Let it simmer for 15 minutes. Let it cool, then strain. It must be drunk twice a day.

Ingredients:

- Elderberry



Bromide Plus Capsules

Beneficial for people who have bad breath, lung disease, respiratory problems, and dysentery. Bromide Plus acts as a natural diuretic, suppresses appetite, regulates the intestines, and helps the entire digestive system. Bromide Plus is suitable for the whole digestive system. Bladderwrack (*Fucus Vesiculous*) is an alga found on the shores of the Pacific Ocean, Atlantic Ocean, and Baltic Sea. It is known as the primary source of iodine. Bladderwrack is rich in beta-carotene, bromine, potassium, alginic, and mannitol.

Ingredients:

- Irish Seamoss
- Bladderwrack

Eyewash



It acts as a natural nourisher and cleaner for the eye. Euphrasia (Eyebright) is used to cure a list of eye diseases. It reduces the irritation of the eye due to blepharitis and conjunctivitis.

Ingredients:

- Eyebright

Green Food



This is a multi-mineral component made with herbs from Africa, supplying chlorophyll-rich food for the complete body. It promotes overall excellent fitness and nourishment. Ortigia (Urtica Dioica) is well recognised as a useful anti-inflammatory herb used in the treatment of kidney disorders, urinary tract infections (enlarged prostate, nighttime urination, regular urination, painful urination and irritable bladder), gastrointestinal tract disorders, locomotor system disorders, cardiovascular system, haemorrhage, influenza, rheumatism, and gout. It is additionally environmentally friendly as a blood cleanser and for treating negative circulation. Ortigia has been used to treat hypersensitive reaction symptoms, especially hay fever.

Ingredients:

- Nettle
- Tila
- Nopal
- Bladderwrack



Hair

Food Oil

It promotes hair growth, as well as it is good for the scalp. It is gentle enough for daily use. Ingredients are:

Ingredients:

- Olive Oil
- Batana
- Coconut Oil
- French Vanilla fragrance oil



Support

Package

The Support package leads a restorative process in your body. This package deal is customised to supply inter-cellular restoration and detoxification.

Products Included (5 products):

- Chelation 2
- Lymphalin
- Bio Ferro Capsules
- Bromide Plus Capsules
- Viento



Testo

Testo is one of the world's natural boosters used to enhance the production of testosterone in the male. Dr. Sebi's unique formula puts together the right herbs to produce a powerful synergy to improve the testosterone level.

Benefits:

- It supports Male Hormonal Balance.
- It is a Natural Testosterone Booster
- It supplies strength
- It promotes Endurance
- It promotes Stamina
- It enhances Sexual Health
- It boosts Libido (Sexual Desire)
- It promotes healthy blood flow to the male genitalia (Blood vessel tone and dilatation)
- It enhances Prostate Health

Ingredients:

- Sarsaparilla
- Yohimbi
- Locust Bark
- Capadulla
- Irish Seamoss

Tooth Powder



This Tooth Powder helps treat tooth decay and gum disease.

Ingredients:

- Myrrh Gum Powder
- Encino

Uterine Wash & Oil

Cleans and restores flora and fauna in the vaginal tract. Red clover (*Trifolium pratense*) acts as a natural blood purifier, expectorant and it also enhances circulation. Red clover is made up of flavonoids and isoflavones, which produce estrogens in the body. Red clover is useful for treating various conditions of menopause.

Ingredients:

- Lupulo
- Arnica
- Sage
- Red Clover



Viento

Viento is a tonic, cleanser and revitalising agent. Chaparral (Larrea Tridentate) has been noted as a powerful antioxidant. Native Americans used Chaparral to treat several ailments such as respiratory ailments, chickenpox, snake bites, and arthritis pain. Thanks to its powerful antioxidant properties, Chapel is an excellent remedy for liver health, blood purification, immune-boosting, weight

loss and overall wellness. It is also used to treat digestive and breathing problems such as cramps and gas.

Ingredients:

- Chaparral
- Bladderwrack
- Valeriana
- Hierba del Sapo
- Hombre Grande



Iron Plus

Iron plus cleans out the entire body. Chaparral (*Larrea Tridentate*) has been verified as a powerful antioxidant. The Native Americans used Chaparral to treat a variety of ailments, like respiratory ailments, chickenpox, snake bites, and arthritis pain. Due to its powerful antioxidant properties, Chaparral is exceptionally beneficial for liver health, blood purification, immunity enhancement, weight

loss and wellness. It is also used to treat digestive and breathing problems such as cramps and gas.

Ingredients:

- Elderberry
- Chaparral
- Blue Vernvain
- Hombre Grande
- Palo Guaco
- Bugleweed

Dr. Sebi's Nerve/Stress Relief Herbal Tea



Dr. Sebi Natural Chamomile Tea gently promotes healthy sleep and relaxation. Chamomile acts as a mild sedative and may improve mood, and it also helps pleasing muscle groups and reduces irritability. Chamomile also relieves irritable bowel syndrome and many gastrointestinal problems with the daily use of mild anti-inflammatory, antimicrobial and antioxidants.

Directions for use: Boil 2 cups of distilled water. Sebi's nerves/stress reduction. Soak 10-15 minutes and drink in the evening.

Ingredients:

- Chamomile

Dr. Sebi's Stomach Relief Herbal Tea



Dr. Sebi's Stomach Relief Tea is made from Cuachalalate (*Amphipterygium astringens*), a legendary plant used in Central America for the immediate treatment of most abdominal pains, including stomach cancer, stomach ulcers and kidney disease. Historically, natural infusions will continue to reduce the discomfort and pain in the urinary tract and kidneys caused by stomach ulcers, oral diseases, or minor ulcers for many. Directions for use: Boil 2 cups of distilled water and add 1½ tablespoon of Dr. Sebi's tea. Cook for 15 minutes. Leave to cool and strain. You need to drink it twice daily.

Ingredients:

- Cuachalalate



Dr.

Sebi's Blood Pressure Balance Herbal Tea

Dr. Sebi's Flor de Manita herbal tea is meant to improve the regulation of high or low blood pressure. For centuries, Mexican Handflowers (chiranthodendron) have helped in the curing of heart disorders and abdominal pain. A more frequent intake might aid the reduction of cholesterol levels in the bloodstream and help to enhance cardiovascular health.

Preparation:

Boil two cups of clean water and add 1½ tablespoon of Dr. Sebi's Blood Pressure Balance Herbal Tea. Keep it on the heat for about 15 minutes, then let it cool and settle down. Take it twice daily.

Ingredients:

Flor de Manita

Dr. Sebi's Cold/Cough Herbal Tea



Gordolobo herbal tea from Dr. Sebi quickly relieves phlegm associated with colds or flu. Although it slightly reduces mucus and thus relieves coughs, it can also be used to treat bronchitis, sore throat, pneumonia, fever, sore throat, and intestinal disorders that cause diarrhoea or gastroenteritis.

Preparation:

Boil two glasses of distilled water and add 2 tablespoons of cold / cough herbal tea to Dr. Sebi's. Boil for 10-15 minutes, strain and drink twice a day.

Ingredients:

- Gordolobo

Advanced Package



The advanced package provides unique elements to speed up the healing process. This package helps rejuvenate and engages intercellular improvement and faster detoxification.

Products Included (10 products):

- Chelation 1
- Chelation 2

- Lymphalin
- Fucus Capsules
- Lupulo
- Bio Ferro Capsules
- Bromide Plus Capsules
- Viento
- Green Food
- Iron Plus



All-

Inclusive Package (Male – Testo)

The “All Inclusive” package for men is advocated for all of our clients due to the fact it cleanses the entire body on a cellular stage through breaking down acid, mucus, toxins, and calcifications. It reconstructs and rejuvenates the body along with the blood and immune system.

This package presents the highest saturation rate: the better the saturation rate, the faster and more effective the cleansing outcomes.

Products Included (20 products):

- Chelation 1
- Chelation 2
- Fucus Capsules
- Fucus Liquid
- L.O.V.
- Lymphalin
- Lupulo
- Banju (2)
- Bio Ferro Tonic (2)
- Bromide Plus Capsules
- Bromide Plus Powder
- Bio Ferro Capsules
- Green Food
- Viento
- Iron Plus (2)
- Endocrine
- Estro

All-Inclusive Package (Female – Estro)



The “All Inclusive” package for women is advocated for all of our clients due to the fact it cleanses the entire body on a cellular stage through breaking down acid, mucus, toxins, and calcifications. It reconstructs and rejuvenates the body along with the blood and immune system.

This package presents the highest saturation rate: the better the saturation rate, the faster and more effective the cleansing outcomes.

Products Included (20 products):

- Chelation 1
- Chelation 2
- Fucus Capsules
- Fucus Liquid
- L.O.V.
- Lymphalin
- Lupulo
- Banju (2)
- Bio Ferro Tonic (2)
- Bromide Plus Capsules
- Bromide Plus Powder
- Bio Ferro Capsules
- Green Food
- Viento
- Iron Plus (2)
- Endocrine
- Estro



Chapter 5

Is Dr. Sebi's Herpes Cure Effective?

Let's Understand What the Herpes Virus Is.

Herpes simplex viruses, also known by its scientific names as Human Alpha Herpes Virus 1 and Human Alpha Herpes Virus 2, belong to the human family Herpesviridae and are caused in most cases by viral infections. HSV-1 (which causes cold sores) and HSV-2 (which causes most genital herpes) are prevalent and contagious.

Dr. Sebi's healing ability had become a blessing to millions of people and amongst his patients healed were several persons who had the Herpes Virus.

The health problem organisation is a billion bucks' organisation - which is why the large Pharmaceuticals sued Dr. Sebi the moment he found a 1-Week CURE FOR HERPES (Oral and Genital). Dr. Sebi cited that an aggregate of Alkaline Food and home remedies is what can be used to create the fantastic electric powered components to revitalise the body.

Dr. Sebi's motive prior to his death was to create a perfect world free of health problems and diseases after he misdirected plenty of cash to English medicinal drugs, which may no longer aid his cause. Anti-retroviral capsules will do you greater harm than good when it comes to the treatment of HERPES (Genital/Oral).



Chapter 6

Dr. Sebi's Approach to Reversing Diabetes

Before we unveil Dr. Sebi's approach, we should understand what diabetes is;

Diabetes is a disorder that increases your blood sugar level, also known as blood sugar. Blood sugar is your primary source of energy and comes from the foods you eat. Insulin, a hormone generated by the pancreas, aids glucose in entering your cells to provide energy.

Sometimes your body doesn't make enough - or at all - insulin or doesn't use insulin properly. The glucose then resides in your blood and doesn't get to your cells. If you have too much glucose in your blood from time to time, it can cause health problems. The medical field believes diabetes cannot be cured; yet there are steps you can take to control diabetes and stay healthy. But Dr. Sebi, the renowned herbalist has a cure that has stood the test of time.

Having a bio-mineral balance is the basis for cleansing the body from all diseases, including diabetes, according to Dr. Sebi. There have been numerous reports of people being contacted by Dr. Sebi to be cared for and healed. Dr. Sebi's treatment for type 2 diabetes is simple: eat from his nutritional guidelines, rid the body of bad cells, and oxygenate the good cells.

Dr. Sebi's Herbs for Diabetes

Dr. Sebi has some approved herbs which can be used to reverse and cure diabetes:

- Bilberry / Blueberry Leaves
- Bitter Melon / Cerasee
- Dandelion
- RootFig LeavesGuaco
- Guinea Hen
- Weed Ginger
- Root Huereque / Wereke Holy
- Basil
- Herb Hoodia
- Gordonii Mango
- Leaves Milk
- Thistle
- Seeds Nopal
- Cactus
- Okra
- Prodigiosa
- Raspberry
- Leaves Sage
- Herb Seville /Sour Orange

Dr. Sebi's Herbal Formula for Diabetes

- Endocrine Formula
- Bromide Plus



Chapter 7

Remedies and Cures For Lupus

Systemic lupus erythematosus, better known as lupus, is an autoimmune disease where your body's immune system is at war with the organs and tissues of your body and against invaders in the body. Lupus is a long-term condition that leads to the inflammation of the joints, skin and other organs of your body. Since there is no cure for lupus, the long-term effects and symptoms of lupus can be better managed through early detection and treatments.

With adequate treatment, people living with lupus can expect an average lifespan. This is according to the Lupus Foundation of America. Some of these medications and treatments will be considered shortly. Before then, let's take a look at some of the common symptoms of lupus. This includes; chest pain, swollen lymph nodes, painful and swollen joints. Fever, hair loss and mouth ulcers are also included.

Herbs Used for The Treatment of Lupus

Tumeric

Tumeric reduces inflammation from lupus. The active ingredients in lupus are Curcumin. Curcumin is useful in the treatment of autoimmune disease like lupus. You can add Tumeric to your meal or better still take it in the form of a drink. Add a teaspoon of it into your milk, heat it, then drink. You can also take it with honey, which makes it taste better. Your doctor should be aware of it before you engage in taking Turmeric. People with gallbladder issues cannot take Turmeric with honey. It is not good for them.

Ginger

Ginger, through its anti-oxidant and anti-inflammatory properties, helps reduce pain and swell. Ginger can be consumed in the form of juice and tea; you can add ginger to your meal. Its curative remedy is required for several health challenges.

Apple Cider Vinegar

Hydrochloric acid is deficient in a lupus patient. This is according to a medical practitioner. Apple cider vinegar increases the production of hydrochloric acid in the body. It improved the absorption of nutrients and help in detoxification. This purpose alone is even enough to prepare an apple cider vinegar drink. Get warm water, put a teaspoon of apple cider vinegar in it, and with the addition of juice from half a lemon, then drink it 20 minutes before your meal. Do it 3 times a day.

Coconut Oil

Coconut oil has a rich well of health benefits like improving your digestion; it also controls your blood sugar and the level of cholesterol in your body. Coconut oil aids you in balancing the negative responses of your immune system on your body. Coconut oil can be utilized for cooking your meals, as well as for taking in your beverages.

Tulsi Or Holy Basil

Holy Basil is used for preventing flare-ups and helps in regulating your stress level. Lupus flare-ups are as a result of a high level of stress your immune system undergoes. Holy basil properties like anti-inflammatory and anti-oxidant help to relieve fatigue, and they help improve the proper functioning of organs and give you a sense of well-being. You can take Basil by making a herbal tea out of it and drinking it thrice a day. You can also chew the basil leaves every single day.

Epsom Salt

Epsom Salt works to help the body absorb magnesium and remove toxins from the body. It also helps to reduce joint pain and inflammation. Fatigue, which is one of the symptoms of lupus, is facilitated through the use of Epsom salt bath. For an Epsom salt bath, add a cup of Epsom salt to your bathwater and mix thoroughly. Then soak yourself in it say for about 20 to 30 minutes for proper absorption by your body. Kidney and diabetic patients are excluded from this.

Flaxseeds

Flaxseed is rich in omega 3 fatty acids. This helps to reduce inflammation and improve kidney functionality in lupus patients. Take 30 gram of flaxseeds a day as a lupus patient to get over renal or kidney failure.

Green Tea

According to the study carried out, it was found that the extracts of green tea administered to a lupus patient over 12 weeks helps combat lupus symptoms and flare-ups.

Medication Use For The Treatment Of Lupus

Medicine is mainly used for the treatment of lupus and can either be taken alone or in combination. This is dependent on your particular case. However, these medicines are different in their working. Their common trait is to help reduce swelling in your body. The following drugs are used for treating lupus.

NSAID

Drugs like ibuprofen, aspirin, indomethacin or Naprosyn are used for reducing swelling, as well as pain and stiffness. These drugs are enough to control the symptoms in lupus patients.

Antimalarial drugs.

Researchers have found that the drugs used in treating malaria, such as hydroxychloroquine can also help in the treatment of lupus flares. These antimalarial drugs help reduce joint swelling and skin rashes. It can be taken alone for mild to moderate cases of lupus. Hydroxychloroquine (Plaquenil) should be used in combination with other drugs for severe cases involving the kidneys and other organs.

According to an assistant professor of medicine at Harvard Medical School, he said that antimalaria drugs had become a daily multivitamin for people suffering from mild to moderate case of lupus. Despite the drugs' side effects being mild, these drugs can help prevent complications, thereby improving your health long-term.

Benlysta

This drug is an antibody that not only recognizes protein in the immune system, but also blocks it. The protein serves as a contributing factor to the immune system's attack on the cells of your body. Benlysta, also known as Belimumab, is the newest lupus drug approved in 2011. It is used for treating lupus. This drug is not taken alone, but must be taken alongside other lupus drugs for it to be effective. This drug is helpful to some patients who have lupus, it reduces the doses of steroids they must take. This can have disturbing side effects on them; it does no good to the other half suffering from lupus. Some of the side effects from the use of Benlysta include; fever, nausea, and diarrhoea.

Corticosteroids.

For individuals suffering from a severe lupus flare that affects the organs, oral steroids like Prednisolone and Prednisone come in handy. A high dose of it can help the sufferer by controlling their symptoms. The application of steroids does come with its side effects as it leads to mood changes, depression, and weight gain. If not managed properly, the utilization of steroids would, in the long run, lead to a high risk of osteoporosis. Weight-related conditions like high blood pressure, diabetes, are not excluded.

According to an assistant professor of medicine at Harvard Medical School the main objectives in the application of steroids are to get the person onto the lowest possible dose necessary to control symptoms. As you get better, the dose ought to be reduced by your rheumatologist.

At the same time, some patients can stop taking them. Others probably would need long-term treatment as long as it is on low dose steroids. Also, there is good news for individuals suffering from skin rashes as a result of lupus. Steroids now come in a topical treatment to help take care of the rashes.

Immunosuppressive Drugs

Immune suppressive drugs are generally used for people who have severe lupus, and when corticosteroids haven't worked or aren't an option. What the immunosuppressive drugs does for the patient is to relived the symptoms. This it does by subduing your immune system. The overactive immune system causes lupus disease.

Immunosuppressive drugs are also not without their side effects. Taking this drug completely leaves you open to infection. Hence the need for medical attention when you notice a sign of illness or infection.

Experimental Medication

These new lupus medications are designed to target some specific immune cells. Studies and testing are ongoing. Consult your doctor about joining a clinical trial if you are interested.

Other Medication

These include statins, diuretics, and anticoagulants, these drugs are to strengthen bones, as well as blood pressure medicines, antibiotics, stimulants, and others. Lupus affects different people differently depending on their symptoms. Hence the need for these medications mentioned above is in high demand.

The key, is to find the right combination, with no single combination helpful to persons with lupus, so, you should put this at the back of your mind and give your rheumatologist time to get you the right combination.

According to Fitzgerald, "A drug might work well in some people and not at all in others. Unfortunately, we can't tell who will benefit and who won't."

More Lupus Treatments

More lupus treatments apart from medicine include:

Surgery and Transplants

This is a case of lupus damaging the organs, especially the kidneys. This leads to kidney failure and the need for a transplant to save their life.

Experimental Treatments

Around the globe, other ways to treat lupus are currently being studied by scientists. One of them is a stem cell transplant. Only on the grounds of a severe case of lupus that's hasn't responded to any other medication can one be considered for an experimental treatment.

Complementary medicine

There exists evidence that supplements like fish oil and DHEA might be helpful to lupus patients. Seek the advice of your rheumatologist before engaging in taking supplements. Like a two-edged sword , it could either interact with the lupus or worsen it.

Lifestyle Change

Combating lupus is not for the medical personnel alone. You, as an individual, also have a role to play through the way you live your life. What do I mean?

The foods you eat matters.

There's no meal plan out there that has been put together for managing lupus symptoms. You can help yourself by abstaining from junk and acidic foods and consuming more alkaline based food, including a diet rich in fruits and vegetables. You can ask your doctor for recommendations for food that can significantly improve your health. Now, let's say you are suffering from a kidney problem. Your doctor would likely recommend you eat food that has a low salt content. Or say you were experiencing bone loss. Your doctor may likely recommend that you eat food rich in calcium and vitamin D. So, aim for a better diet.

Exercise regularly.

For an individual with lupus, the risk of heart disease can be lowered through exercise. It can boost your energy, sharpen your thinking and significantly improve your mood.

Stress is a killer, so reduce it.

Engage in yoga, meditation, breathing exercises—also, biofeedback to reduce your level of stress. Cognitive-behavioural therapy is another way of dealing with your stress level.

Learn to rest.

You must give your body time to replenish itself. During the day, between your schedule, find time to rest. Also, at night, 8 to 10 hours of sleep is required for individuals who have lupus.

Working With Doctors

In your medical portfolio, you must have at least a few of these medical personnel. A rheumatologist, a G.P and other experts in the field of lupus, depending on your symptoms. Since lupus is so unpredictable, regular check-ups are the key. A correct treatment today might not be that good tomorrow. Over time, these lupus symptoms are bound to fluctuate. So as far as you get the help you need when you need it, the worries of lupus can be an alley.

Bermas thinks that "those diagnosed with lupus should be optimistic about treatment." Finding the right treatment might take time and does involve trial and error. With endurance, the odds of finding the remedy for your situation is thus in your favour.

Coping With Lupus Medication Side Effects

People need not be afraid of the possible side effects of lupus. In as much as the side effects from lupus drugs are real and severe, and some are even uncommon, the majority of them can be managed.

Fitzgerald believes that "people need to realize that when they're taking these medications, we know what side effects to look for. If they occur, we change the medication and it usually goes away."

Your rheumatologist would be in a better position to help you weigh in on the potential risks, along with the possible benefits of your lupus medication when you share your concerns with him or her.



Chapter 8

How to Prevent And Treat Hair Loss

Hair loss is a worldwide phenomenon, and almost one-third of the world's population suffers from this dilemma of hair loss. So, you see that it's a common trend so, you need not worry yourself over a few fallen hairs. Hair loss could be due to medication, mineral deficiency, diet, stress, or genetics. Putting on a hat or cap could be considered a reason for the hair loss. This chapter contains useful tips on how to prevent hair loss, some of which are discussed below.

Shampoo your hair regularly.

One of the ways to prevent hair loss is by keeping the scalp clean through regular and thorough washing of your hair. What this process does is to minimize the risk of dandruff and infection that might cause hair breakage or loss.

Vitamins

Scientists are convinced that vitamins A, B, C, D, zinc, iron and selenium are very pivotal to the growth and retention process for your hair, especially with cell turnover. So, you see now that vitamins are not just for your well-being alone; they are also needed for your hair. Vitamin A is necessary for the production of healthy sebum in the scalp, keeping your scalp more healthy, which causes it to retain more hair. So, eat food rich in vitamin A like spinach, sweet pepper, sweet potato, etc.

Vitamin B is needed for the maintenance of healthy hair colors. At the same time, Vitamin E helps with blood circulation around the

scalp for creating productive hair follicles.

Protein

A study was done in 2017 (trusted source), which shows that among 100 people suffering from hair loss that the majority of the participants were nutritionally deficient, especially in amino acids, which are a building block of protein. At the same time, researchers think that more studies are needed to validate the above (Trusted source). A diet rich in protein like fish, lean meat, beans, nuts, eggs, chicken, turkey and low-fat dairy products helps to prevent hair loss as hair follicles are made up of a protein called keratin.

Massage the scalp with essential oils.

You can add lavender to an almond or sesame oil, and it can be used to massage the scalp for a few minutes to keep the hair follicles active.

Avoid brushing wet hair.

This is where your hair is at its weakest state. So, brushing it or not using a wide-toothed comb on it can only result in more hair loss. In the same light, frequently brushing your hair injures it and if you must untangle your hair, you should do it by running your fingers through it instead of using a comb or brush.

Mediterranean Diet

The Mediterranean diet is a diet containing fresh herbs and raw vegetables. It helps to reduce hair loss by reducing the risk of androgenic alopecia (male or female pattern baldness) or at least slowing its onset. This is according to a study carried out in 2017, at the Archive of Dermatologist Research.

Ginseng

Certain phytochemicals are found in ginseng which help promote the growth of hair on the scalp. Speak to your doctor about your use of the ginseng supplements to get the correct dose. Or better still go for tropical solutions that are made of ginseng ingredients.

Onion juice, ginger juice or garlic juice

Regularly rub one of these onto your scalp, leaving it overnight for one week, and you will experience a noticeable change in your hair.

Rub green tea on your hair.

Brew two bags of green tea, allow it to cool, then apply to your hair and rinse after an hour. Do this regularly for a week to 10 days, and you will see a significant change in your hair. Studies have shown that rubbing green tea on your hair helps curb hair loss.

De-stress

Medical evidence exists that shows the connection between the loss of hair and stress. So de-stress yourself by engaging in yoga, meditation, etc. This process has also led to restoring the hormonal balance of your body.

Constant heating and drying your hair

Constant drying and heating your hair causes your hair to be fragile, which in turn leads to hair loss. Reason being that the heating and drying process leads to the weakening of the hair's protein.

Keep yourself hydrated

To stay hydrated, drink at least 4 to 8 cups of water a day since your hair shaft composition is about one-quarter water.

Know what is bad for your hair.

Let your hair dry on its own, as in let it dry manually. Avoid rubbing your hair with a dry towel. Knowing what works for your hair is one way to keep your hair healthy.

Avoid smoking and reduce alcohol intake.

Smoking and alcohol cause a reduction in the growth of your hair by reducing the amount of blood that flows into the scalp. So, if you want to see an increase in hair growth, eliminate the consumption of both.

Physical activities

Engaging in physical activities every day like walking, biking, or swimming for 30 minutes helps to reduce hair loss, as well as reduces your stress level and balances your hormonal level.

Keep your head free from sweat.

During the summer, people with oily hair encounter dandruff as a result of sweating which causes a high rate of hair loss. So, keep your hair cool with the use of shampoo that contains neem and aloe-vera to prevent dandruff from happening.

People who work a lot while wearing a helmet, especially me, sweat a lot from the pores of the head during the summer, which weakens the hair and causes hair loss.

A terrycloth headband, a scarf or bandana over your hair is the way to prevent hair loss in this situation.

Your Health

Ensure you take care of your health properly. Consult with your doctor if you are experiencing high fever, chronic illness, and

infection so has to have better, healthier hair.

Watch your medication

Side effects of the medication you take indeed can lead to hair loss. If you have noticed your hair falling out when medicating, see your doctor and ask him to change your medication.

Stay away from Chemicals.

Do not color your hair when it is falling out. Also, abstain from permanent hair dye with its harsh chemicals, as they could have a damaging effect on your hair.

Schedule a regular appointment with your doctor.

See your doctor for any underlying illness or see a dermatologist for any skin related conditions, as these can lead to changes in your hormonal balance which in turn causes your hair to fall out.

Biotin (Vitamin H)

If you are dealing with a hair loss problem, then biotin-rich food is your go-to guy. Biotin is a vitamin B complex that helps our body in the conversion of food into energy. So, food rich in biotin like eggs, sweet potatoes, oats, and onions or even taking biotin supplements helps slow down hair loss.

Olive Oil

Olive oil is among the core ingredients in Dr. Sebi's diet and can be used to condition hair, and thus protect it from dryness and breakage slows down genetic hair loss. Applying a couple of tablespoons of it

onto your hair for thirty minutes before washing it off will get the job done.

Coconut Oil

Coconut oil, according to a trusted source, helps binds the protein in hair, thus protecting it from a breakage at the root and strand because of the lauric acid found in it.

In line with a study carried out in 2018, it was discovered that coconut oil could prevent hair damage that might happen as a result of grooming or exposure to ultraviolet light. Also, massaging coconut oil into your scalp promotes better circulation of the blood, which in turn helps to strengthen the hair.

Why Does Hair Fall Out?

Everything in life goes through a cycle. The same is true of your hair as it goes through its life cycle of growth, resting and shedding. Losing 100 hair follicles a day is a common thing, but if you experience sudden hair loss in patches, or overall thinning, please see your doctor, as there could a health challenge that needs to be treated. Hair shedding happens in degrees. Some hair falling out is temporary and may respond well with a change in diet, treatment or even lifestyle. At the same time, another type of shedding could be permanent and would require the expertise of a medical practitioner to shine more light on the problem.

Age 40 for men and before age 70 for a female is a point where hereditary does kick in, and about half the population is expected to

experience hair loss due to a condition like androgenic alopecia (male/female pattern baldness).

Other causes of hair falling out include:

- Radiation treatment for cancer,
- The way you styled your hair over time like cornrows or ponytail,
- Hormonal changes from a thyroid issue, menopause, childbirth or pregnancy,
- Medical condition like trichotillomania (hair-pulling disorder), or scalp infection

In closing, when you observe sudden hair loss, it's best to book an appointment with your doctor as there could some issues you are not aware of. Also, note that you have to be patient with some of the hair treatments as it might take a longer time to witness a noticeable change if you're the one suffering from hair damage or loss.



Chapter 9

How To Naturally Get Cancer Treatment (Food And Herbs For Body Cleansing)

There are a number of recommended herbs for preventing cancer, and there are also studies backing these herbs. Below are some of the herbs with anticancer properties.

Garlic (*Allium sativum*)

Garlic comprises of sulphur, flavonoids, selenium and arginine. Garlic belongs to the onion family Alliaceae, and when chopped up, the bioactive compound found in garlic are formed from allicin. In an on-going-multinational study across 10 countries by the European Prospective Investigation into Cancer and Nutrition (EPIC), it has been shown from their research that there is a positive co-relation between consuming garlic or onions and the effect it has on reducing cancer risk.

Even studies from France, China and the US have all supported the claim by EPIC that the consumption of garlic reduces the risk of cancer. In garlic lies the ability to stop the activation and formation of cancer-causing agents because of its anti-bacterial properties. The World Health Organization recommendation for any adult serious in fighting cancer is one garlic bulb or 2 to 5 grams daily.

Ginger (*Zingiber officinale*)

Ginger belongs to the Zingiberaceae and has a 2,000 year long history of medicinal use. In an experimental model, ginger's anti-inflammatory and antioxidant properties have been shown to have

be very potent in preventing the advancement of cancer. Studies done attest to the effect ginger has in preventing cancer, like the one conducted at Michigan University where ginger caused ovarian cancer cells to die. Also, not forgetting the one in Cancer Prevention Research where inflammation of the colon was greatly decreased by taking ginger.

In as much as Science is doing all it can in combating cancer, you as an individual also have a role to play in preventing cancer from knocking on your door. Eat properly and eat food that's rich in fruits and vegetables and at the same time, limit your intake of food that is acidic in nature. This is the way to safeguard yourself, your family, and to stay healthier.

Amla

Amla, according to the science of Ayurveda that originated in India more than 5,000 years ago, is a superfood known as the rejuvenation king in the sense that it is one of the richest sources of Vitamin C. It contains gallic acid, quercetin, tannins, flavonoids, pectin and various polyphenolic compounds. The ancient use of amla has been proven once again to be right by scientific research of over three decades, and the experiments done using extracts of amla carried out in the laboratory has been effective against cancerous cells without harming the individual using it.

Tumeric

Based on its anti-cancer properties, Tumeric is among the most researched herbs with attributes like anti-inflammatory, antiseptic,

anti-oxidants and analgesic values. Curcumin is the main component of turmeric. It has potent antioxidant properties for hindering the growth of cancerous cells in the body. Without harming healthy cells, curcumin can kill cancerous cells, according to 2,000 published scientific papers.

Ashwagandha

This is Indian ginseng whose anti-cancer value was discovered by researchers over 40 years ago when they isolated the crystalline steroidal compound (withaferin A) from this herb. Ashwagandha is used for helping the body deal with stress in Ayurveda. Extracts taken from the Ashwagandha leaf were found to be able to kill cancerous cells.

Basil (*Ocimum basilicum*)

Basil is a culinary herb predominantly known for its healing powers. In India, it is called Tulsi since it is originally native to them. Not just there, but it is also found in Iran and other tropical regions of Asia.

Currently, basil is available all over the world. Basil's properties, to include antiviral, antibacterial, antimutagenic, antitumorigenic and antioxidant came from several components including; estragole, eugenol, linalool and 1,8-cineole.

Basil is used for fighting stress and improving immunity since it also possesses analgesic, anti-diabetic, anti-stress, and anti-inflammatory

properties, according to research. According to studies, chemically induced lung, liver, oral and skin cancers are prevented by the phytochemicals present in Basil, thereby altering gene expressions, increasing the antioxidant activity and stopping the spread of cancer to other cells.



Chapter 10

Dr.. Sebi's Herpes Cure

Herpes is an infection that comes as a result of the herpes simplex virus. It has no cure. However, there exist treatments that may help the individual suffering from herpes deal with the symptoms.

Herpes is of two types; herpes simplex virus 1(HSV-1), and herpes simplex virus 2 (HSV-2). Even though both are genital herpes, only HSV-1 causes oral herpes.

The symptoms of herpes include; sores on the skin, mouth, genitals and anal area. The following are some of Dr. Sebi's herpes remedies to help better manage the symptoms.

Honey

The application of Kanuka honey, according to a study carried out in 2019, is effective in treating oral herpes in the form of antiviral creams. From the study mentioned above, it took 9 days with honey and 8 days with antiviral cream for the sores to be healed. At the same time, oral herpes without treatment can heal within a space of 1-2 weeks. Whether it is just the Kanuka honey or all honey in general that have the potential to heal is not yet clear.

Vitamins

Vitamins are very pivotal in protecting the body against the herpes virus and its symptoms.

A high level of vitamin D can help improve a part of your immune system, thereby protecting your body against this infection. In

contrast, a low level of vitamin D makes your system an easy target for the herpes virus.

Vitamin E antioxidative properties can help reduce the stress put on your immune system by herpes, which in turn reduces the risk of infection. It is said that researchers are conducting clinical trials against herpes using vitamin E. Taking supplements or a change in your diet can help boost the level of these vitamins in your body. Sunlight is also another way of boosting the vitamin D level in your body.

Garlic

Garlic generally has lots of healing properties, and its medicinal use in curing most ailments dates back several centuries ago, especially for both types of herpes. It is usually boiled and taken as tea or taken in capsules or just eaten fresh. A compound known as Allicin contained in garlic has been known to have preventive and curative effects on the herpes simplex virus; however, there is no clear evidence as yet.

Gels

One can easily purchase gels specific for easing the discomfort associated with urinating if you have genital herpes. Although, it has also been found that applying just petroleum jelly to the affected area also reduces this discomfort. It is very important to wash both hands before and after application.

Dietary changes

Diet has always played a major role in boosting or suppressing the immune system and the general health condition of an individual.

Pomegranate has been an effective home remedy for infections for centuries. This fruit has high levels of zinc, which reduces herpes infections.

Increasing the consumption of the amino acid lysine whilst avoiding the amino acid Arginine has proven to be beneficial in the prevention and treatment of herpes infection. Sources of Lysine include Cheese and Pork, while that of Arginine includes: soy protein, fish, walnuts and peanuts.

Reducing the consumption of red wine, caffeine, and excessive smoking has proven to be beneficial in the management of the herpes infection.

It is also helpful in the prevention and management of the HSV to identify and avoid food products causing allergies.

Supplements

The use of Zinc can control herpes symptoms, as well as lysine, lemon balm, adenosine monophosphate, vitamin E, and vitamin C, according to older studies carried out.

According to the International Council on Amino Acid Science, taking lysine supplements can help prevent the outbreaks of cold sores.

A minimum of 1 gram of lysine for one day, according to experts in a 2017 review, along with a low arginine diet can help people deal with their symptoms. To avoid adverse side effects, always consult with your doctor before taking supplements as there are high chances

that they could interact with other medications with a negative side effect you did not plan for.

Oil

The use of an oil-like wormwood, hinoki cypress, rosemary, garden thyme, eucalyptus caesia, Tripterygium hypoglaucum, basil, and cinnamon can help decrease the spread of HSV-1.

These oils, apart from taking them orally, can be mixed in your bathwater when taking your bath, or put in a diffuser to affect the HSV areas directly.

Note that applying directly on the skin without diluting it might end up causing adverse effects and as such, you need to dilute them using carrier oils like almond and olive oil.

In as much as there is no proven evidence to show that oil can help one deal with herpes symptoms, clinical trials are on-going to test if organic oils, like jojoba oil, and sesame oil have the potential to manage the symptoms of herpes.



Chapter 11

Prevention And Recovering From Herpes

Herpes, as we said, is an infectious virus that has no cure. At the same time, HIV is a Human Immune Virus that also has no cure and can be contracted when people engage in a very risky activity like having unprotected sex with an infected person whether knowingly or not. So, what are the steps to take to either recover if you're already infected or better still, put measures in place so as not to get infected by this virus.

It is safe to say people who have herpes may be at an increased risk of getting HIV because the same conditions like not using condoms, or having anonymous or multiple partners that put them at risk for an infection could also be the same conditions that may put them at risk for another, which in this case HIV. Since herpes and HIV are linked, one can see that when someone gets herpes, he or she got it from someone who was at risk to get both herpes and HIV.

It is established that people with herpes can increase the risk of spreading HIV.

The following activities can put you at increased risk of Herpes and HIV:

- You are engaging in anal, oral, or vaginal sex without using a condom.
- Having multiple partners

- Having sex under the influence of alcohol and drugs does put you at an increased risk
- Having anonymous sex partners.

So, does treating herpes prevent HIV?

Not entirely true. Though treating herpes should greatly decrease the risk of HIV, but studies have shown us that it does not. What treatment of Herpes does is to reduce its complications and even transmission to our loved ones, but it does not stop the spread of HIV.

How to prevent ourselves from getting herpes and HIV

- From start to finish, use a condom and dental dam for every act of anal, vaginal or oral sex.
- Stick to one partner and if you must have a new partner, discuss honestly between yourselves about undergoing a test to see if you are infected prior to having sex.
- Don't engage in any sexual activities whenever you are high on drugs and alcohol.
- Have an honest talk with yourself and go for a test. Many persons prefer living without being interested in knowing what goes on in their body, but for the sake of you and your loved ones, that's not the best way to live.
- Speak to your doctor about the pre-exposure prophylaxis (PREP) or post-exposure prophylaxis (PEP) options. Find out which would be a good option for you and your partner to prevent HIV infection.

Now we know that individual infected with herpes are two times more likely to get HIV compared to individuals not infected. People infected with both are more likely to pass them onto someone else, so it is in your best interest not to engage in risky behaviour. Help protect yourself and your family.



Conclusion

You can still have a normal life and enjoy it to the fullest if you are suffering from cancer, lupus, herpes, HIV, diabetes and the other diseases out there through the application of Dr., Sebi's Herbal remedies, as well as having a dietary change and living a healthy lifestyle, etc. You can lead a healthier life and prolong your days in spite of whether there is a cure to these diseases or not. Also, for those who are not infected in one way or another, stay safe and consciously take the appropriate measures to remain that way.

BOOK 4 - DR. SEBI APPROVED HERBS



The Ultimate Guide to Naturally Detox Your
Body with Dr. Sebi Herbs

BELINDA GOLEMAN



CHAPTER 1

Introduction



In our society today, the quest by many to have a balanced and healthy life has opened the treasure chest of ancient health practices like Yoga, Ayurveda, and the use of herbs to improve our health. These practices though sometimes lack scientific backing or approval, but they prove very effective in revitalizing the health of those who practice it. This though has reduced the dependence on modern medicine, but the goal is achieved, which is helping people

stay healthy, so, it does not matter what method you use, be it herbal or drugs.

Dr. Sebi found a way to unlock the world of herbs, though these were in existence thousands of years ago, being practiced in ancient Egypt, Greek and China. This material explores into Dr. Sebi's journal of herbs, which he listed as a good source of a cure for various diseases. The focus of Dr. Sebi is not to cure people of a sickness, but to actually prevent people from being sick. He found out that most times if our body system is kept at a particular state, it will be difficult to fall ill; hence he created his own alkaline diet.

These alkaline diets are perfect for body detoxification, which means getting rid of harmful substances in the body. These diets are comprised of all food classes, mostly vegan, but our focus is on the herbs, which he carefully analyzed to help our body function optimally. Detoxing your body is a must for all because of the high level of toxic substances we consume daily, but knowing what to do and not do it, will give you the same result. So, I will urge you to follow through with this material and enjoy a healthy life.



CHAPTER 2

Who Was Dr. Sebi?

Biography

Early Years

Dr. Sebi, born as Alfred Bowman, was of African descent. He was born in the year 1933 in Ilanga, Honduras. His profound healing skill began from his close learning from his grandmother. His grandfather was a Haitian immigrant, and Bowman was known as an African while living in Honduras.

His increasing quest for natural herbs came from the dissatisfaction he got from western medicines in curing his asthma, diabetes and impotence. He then visited a herbalist in Mexico who Bowman acknowledged for healing him.

After Bowman started his healing method in Honduras, he formulated a treatment that he titled the "African Bio-Electric Cell Food Therapy." Bowman testified that it could cure an extensive range of diseases amongst such are cancer, AIDS, and some other prevalent conditions and mental disorders.

He also formulated other similar and related products and opened a center in the year 1980 close to La Ceiba, Honduras and sold his herbal products in the United States (USA), he named it USHA Research Institute and located in the village of Usha. Bowman later moved to New York City much later where he faced legal challenges on his medical and therapeutic testimonies as he testified that his herbal products could cure AIDS. But, he finally moved to his center in California, where he grew and expanded his clientele.

His Career

The McGill University saw Bowman's diet and food therapy as the discredited alkaline diet because his notion on the origin of disease failed germ theory and factored in faux-Afrocentric claims about the special genetic features of Africans and their diaspora.

As time went on, he began to earn massive income daily of about \$3,000 as he was able to get some renowned celebrity clients amongst whom are Lisa Lopes, Steven Seagal, John Travolta, Eddie Murphy and even Michael Jackson. It was said that he treated Michael before he went on trial in 2004 on the count charge of child abuse of which he was discharged and acquitted.

The presence of AIDS in the 1980s became a thing of concern as it began to spread in vast cities in the United States, such as New York and other major cities. Bowman kept preaching his testimonies, claiming that his herbal products could treat and even cure the dreaded disease and that HIV was not the cause of AIDS.

In the year 1987, Bowman faced more trouble as he was arrested and then charged in New York for carrying out medical practices without a license. The jury set him free, stating that the state had failed to convince the court and provide any real proof of him making a medical diagnosis. In the year 1990, he was then tried and found guilty in a New York court on account of him making claims of therapeutic gains for his herbal products. Due to this, he was then banned from making such testimonies. It was after this lawsuit, he then decided to move to Los Angeles, California.

The Arguments Surrounding his Arrest and Death

Bowman kept encountering trouble. On the 28th of May 2016, he and his associate Pablo Medina Gamboa were arrested on the charge of money laundering at the airport in Honduras. The amount found on them was about \$37,000 cash, and it was said that he could not explain the purpose of the enormous amount. They aroused suspicion when they wanted to switch from a commercial flight from the US to a private plane for a different destination in Honduras

He was shortly released while awaiting a court hearing scheduled for the 6th of June 2016. But the Public Ministerio re-arraigned him on the charge of money laundering and he was confined for several weeks in a prison in Honduras, where he later became ill, and the sickness worsened as time grew. The police, seeing the severity of his illness, then transported him to a hospital, where he later died of pneumonia on the 6th of August 2016 on his way to Hospital D'Antoni. His death can be traced to the poor condition of the jail and the length of time he spent in prison.

Many of his followers think that a conspiracy was made to silence Bowman once and for all. He was a big threat to the pharmaceutical industry since his methods and claims differed from the regular medical line of duty.

The Usha Healing Village in Honduras

Dr. Sebi became even more respected, and several people from all over the world came to his healing village as pilgrims. The village was set up in Honduras to function as a standard for the regulation and keeping of natural health. The village possesses a 200-degree

alkaline Geo-thermal spring, where Dr. Sebi was able to divert the water flowing from the spring to a healing pool by building a dam.

The Mystery Behind the Pool

The PH value of the pool is 9.6 based on the ratio of the alkaline elements to the natural acidic elements. The body comprises of alkaline and acidic compounds, but functions best when it is in a state of slight alkaline to aid health and homeostasis. Since the body functions best in a state of slight alkalinity, the Geothermal spring which happens to be alkaline helps to reverse disease as it helps to flush out excess hydrogen and sets the body on a proper path by oxygenating it.

So, by just bathing and drinking the pure alkaline spring water, you deliberately boost your internal body system and thereby eradicate diseases.

Dr. Sebi and Michael Jackson

The year between 2003-2004, Michael Jackson's case became worse as he needed a vast and reliable health solution following the disappointment he got from western medicines and therapies. He reached out to Dr. Sebi and began his treatment which took place at USHA village, and he has always seen Michael at that time. Michael was primarily brought for his dependency on pain killers because he needed quite a large dose to sleep, and Dr. Sebi kept treating Michael for about 6 months, but according to sources, Michael felt a

lot better under treatment, and it required a longer period for him to recover fully.

The problem soon began as Jackson's camp failed to pay for the treatment and services Dr. Sebi provided, which accrued to a total of \$380,000 United States dollars, and Dr. Sebi had to sue him for that.

According to Dr. Sebi, "He was taking pills to sleep. He couldn't sleep Sebi said of Jackson's illness. He was shaking. I've seen it so many times before, because I experienced it myself, where the hands— You lose control. Because the central nervous system has been interfered with, with drugs. "How did I cure Michael Jackson? The way I cured many people before Michael Jackson by using the African bio-mineral cell food."

The case was later dismissed, but the significant improvement on Jackson's health was seen, which served as proof of the efficient healing process Dr. Sebi employed.

Much later Dr. Sebi treated Lisa 'Left Eye' Lopez who later died in Honduras working at Usha village. Lopez died in a car accident on the 25th of April 2002. The accident was caused by a truck as he tried dodging it, the car ended up tumbling several times after hitting two trees, throwing Lopez and three others through the windows and lastly coming to a final rest in a ditch beside the road. So sad as Lopez died on the spot due to neck injuries and severe head trauma and he was the only one seriously wounded in the accident. This was known due to the video clip recorded by the cameraman seated in the front seat which had the video coverage.



CHAPTER 3

The Importance of Detoxing and Revitalizing Your Body.

The human body is always working to remove toxins and unwanted substances from several organs in the body. As time goes on, the human body gets weakened due to consumption of unhealthy foods, alcohols, drugs, caffeine, stress, and we can also add to the list. These environmental toxins are present everywhere due to the increase in industrial waste.

Despite the conscious effort, you might take in maintaining a healthy diet or lifestyle; several external factors always put our body's system in an unhealthy state. Our body is then required to remove such factors that may prevent us from enjoying optimal health. When our essential and functional organs are made to work due to the presence of toxins, over time, they tend to get tired and become less efficient, and this may lead to illness.

Setting out time to cleanse the body system and help reduce the stress these organs undergo will go a long way to prevent any further disease. This approach has immediate and visible effects such as increased energy level, clearer skin, faster and better digestion and so on. This now begs the question, what is detoxification?

Detoxification, often called detox, is the elimination of harmful, poisonous or toxic substances from the human body, through medical or physical means which is carried out mainly by the liver. It

can be referred to the time frame of withdrawal which enables the organism to get back to homeostasis after a long duration of consuming additives. In medicine, detoxification can be facilitated by the removal of poisonous ingestion and the use of antidotes. Techniques such as dialysis and chelation therapy can also be used, but only in a few cases.

Where Do Toxins Come From?

In times past, we grew our food naturally making use of natural means such as fertilizers, composite manure, and pest control. That era is fading speedily as we now rely heavily on refined and packaged foods with lots of preservatives, factory-farmed meat, fish and milk.

The major problem is that this modern era of farming makes use of pesticides, synthetic fertilizers and enhanced hormones. Also, foods that are genetically modified (GMO) permits the use of many herbicides and pesticides. Genetically modified foods and their well-spread products have increased the levels of toxins we consume.

These toxins, when combined with air-borne pollutants such as carbon monoxide from the exhaust pipes of cars, pollutants from manufacturing companies, and Agricultural wastes and pollutants disposed of in our water bodies, can prove catastrophic. Our drinking water also contain traces of chemicals such as chlorine used in treating the drinking water.

Types of Detoxification

Alcohol Detoxification: Alcohol detoxification is a process whereby your body system that contains too much alcohol is cleansed and brought back to its normal state. Alcohol addiction results in the devaluation of GABA neurotransmitter receptors, and a hasty removal from long term alcohol addiction without proper medical administration, can lead to severe and fatal health problems. Treatment of alcoholism is not alcohol detox, but after detoxification, other treatment should be undergone to scrap the addiction caused by alcohol usage.

Drug Detoxification: Drug detoxification is used by clinicians to bring down withdrawal symptoms while it helps an addicted individual adjust to living without the use of drugs. Drug detoxification stands for early steps within long term treatment, but does not aim to treat addiction. Detoxification can be accomplished without using drugs or may use medications as a part of treatment. Drug detoxification and treatment often occur in community programs that last some months, and it also takes place in residence locations instead of a medical center. Drug detoxification changes reliance on the placement of treatment, but some of the detox centers provide treatment to avert the symptoms of physical withdrawal from alcohol and other drugs, these additions include therapy and counselling during detox to help with the effect of withdrawal.

The moment you realize an imbalance in your health; then that is the right moment to reclaim it. But it is always difficult when the

kickbacks gotten from long gluttony literally weighs heavy on you, in this case, a detox can be beneficial as an adequate remedy. People experience lethargy due to lack of sleep, being too low on energy and not being active in everyday activities. Definitely, you will want to rejuvenate your whole system and carry out some detoxification processes on your body and mind.

Below are some of the best ways to achieve this;

According to Mary McGuire of the American Yogini in Rosenberg, New York's American Yogini "Just like the spring and winter cleaning you do for your home, it's great to do the same with your body and detoxify twice a year as the seasons change."

For you to detoxify yourself, it means you have some reasonable level of discipline and dedication. According to past detoxers, they testify on how it enhanced their energy, and increased their mental clarity and even caused their skin to glow. If you are new to detoxing, best results come to those who go on a retreat for a few days and experience a lifestyle completely different from their everyday edible toxins. You are advised to consume foods such as grains, fish, fiber, and forgo meat and instead concentrate on fresh, organic fruits and vegetable juice, and this will be a lot simpler to maintain when you are far from home.

Just a three-to five-day retreat brings back good energy, stress-free sleep and general good feeling, and some persons get to lose 5-7 lbs. within a week and up to 20 lbs. within two weeks. After the first three days of tasking discipline, people experience hunger pangs, cravings, and nausea due to the disappearance of low blood sugar.

Is Your Body in Need of a Detox?

Below are some signs to look out for;

1. You get tired quickly due to stress.
2. You feel constant headaches and a reduction in mental clarity.
3. You sometimes experience skin breakouts and blemishes, not bright and have a poor complexion.
4. You easily get colds, bugs, flu and some viruses and most times you are on medication.
5. You sometimes experience trouble, like an uncomfortable digestion process.
6. You frequently eat less-healthy foods such as fried foods, iced meat, dairy, refined foods, refined sugar, etc.
7. You often take coffee, drugs, cigarettes, alcohol, etc.
8. You frequently encounter environmental toxins such as cigarette smoke, carbon emissions, pesticides, herbicides and chemicals used at home.
9. You feel heavy due to excess body weight.
10. You continuously experience depression, due to unstable emotions and you lack the required energy to carry on, also you have low enthusiasm for life generally.
11. You sometimes experience bad breath and body odor no matter how often you brush your teeth or bathe.

How to Naturally Detox Your Body?

Although we have different reasons to detox, the primary purpose of detoxification in general, is to eliminate toxins from the body system. The major organ in the body responsible for detoxification is the liver, which is said to be the filter for the blood by purging out toxins and removing them from the body system.

The formation of toxins in the body can limit the liver from functioning at its peak. When you implement detoxifying routines into your lifestyle, it will aid the liver and other vital organs to purify the blood and other organs to function optimally. We get bombarded by toxins daily because they are present in the air we inhale, the cleaning agents, the cosmetic products, the water we use for drinking and bathing, and the food we eat (mostly those in sealed cans).

An increased level of mental stress also increases the toxic load on our system. The moment there is an accumulation; eventually, you may experience signs and symptoms from a massive spread of inflammation in the body which is the foundation of several chronic illnesses. Naturally, our body can fight these toxins; still, it is well established to believe that our body's healing capability can get overwhelmed and might then require an enhancement process such as the detox process to overcome the toxic effects. There are several ways of enhancing the body process, such as dieting control and other personal care routines.

Body Detox Benefits

The application of detox in a healthy way can be an excellent step to improve your body's state. This could help attend to newly found symptoms and likely reverse the chance of the toxins causing you more damage. Below are some positive after-detox changes you may experience.

Increased Energy

When you get rid of pollutants and waste from your body system by consuming detoxifying nutrients, you feel lighter and more energized, with less inflammation, enhance digestion, and adequate hydration adds to the revitalizing effect.

Feeling Less Stressed

When undergoing a body detox, there is a simultaneous stress trigger elimination process going on, such as deep sleep and a diet high in refined carbs and caffeine. Also, a deliberate self-care can reduce mental tension, while detoxes help free physical congestion and toxins.

Weight Loss

Most times, you are deprived of the dependence and cravings connected to processed foods and added sugar that often results in weight gain. Reduced stress in combination with a conscious act on food choices and portions can also help you lose some pounds.

Happier Gut

Detoxes can help improve the liver's cleansing capabilities. If the liver is less functional, we might get gas, bloating, and constipation in our system.

How to Detox Your Body?

It is widely known that celebrities are mostly famous for body detoxes that comprise (leech therapy, fasting or colonic irrigation). Yet, not every approach focused on combating the building up of impurities, because it is so tricky.

Below are methods backed by experts on ways to reduce the toxins in the body. You should also know that several methods of detox have not been well evaluated. Hence, their absolute outcome is not indeed known so it will be wise before you perform any detoxification, that it has to be recommended by a physician. Some persons such as nursing mothers, pregnant women or patients with persistent ailments may be restricted on some types of detox or level of detox.

Dry Brushing

This method is gotten from the ancient healing system of Ayurveda, the use of natural dry brush or shower gloves to exfoliate your skin just before going in the shower can be very helpful. It helps to slough off dead skin cells, thus enabling the pores on the surface to open and then serve as an escape path for toxins.

Also, the massaging action on the skin aids the dislodging of toxins into the body's circulation, readying them for removal, then follow your shower with an excellent moisturizing organic body oil. This method is quick and easy, and It helps with detoxification both externally and internally. The moment you invest in brushes; you are a step closer.

Souping

This is sometimes called "the new juicing," souping entails you eating heavy-nutrient, little-calorie hot or cold plant prepared soups as well as nourishing bone broths. Souping is a surer way to take in much of the protective nutrients and fiber, which becomes the scrubbing brush that eliminates potential toxins from the colon. The length of days to consume mainly soup for sustenance depends primarily on your plans.

Key Potential Advantages:

- Unlike other juice cleanses, souping gives fiber and a fulfilling chew and does not subject you to sugar and cravings you get from the regular fruit juice.
- The liquid and the fiber are satisfying, so you are not going to be hungry.
- It is almost impossible for many persons to consume only vegetables, which gives anti-inflammatory and antioxidant power. Souping provides you with that ease to get all these benefits.

Getting Enough Sleep

it is medically advised that we get a 7-9 hours of night sleep, but on the contrary, many of us for one reason or the other cannot achieve this. A study shows that the space between brain cells may increase during sleep, letting fluid within the brain move more freely through the brain and wash out waste that builds during waking hours. These

include toxic proteins that are connected to neurodegenerative diseases such as Alzheimer's, but with a regular good night sleep, your brain gets to function better.

Key Potential Advantages:

- Good sleep may help kill Alzheimer's.
- It helps to enhance mental alertness; reduces brain fog.

Spicing

Unlike before, Americans are more used to spices and intentionally use a wide variety of these flavor boosters while cooking, and there is an increased awareness of the health-related gains of spices, which may enhance detoxification. This is so because, many spices contain antioxidant, anti-inflammatory effects, they may help reduce and eliminate inflammation in detoxifying organs like the liver and gut, aiding them to function optimally.

Getting five easy recipes that comprise of spices can give you the stable flow of spices that will help your body. There are loads of detoxing spices out there among such are Ceylon cinnamon, paprika, turmeric, ginger and also black pepper is nice.

Key Potential Advantages:

- It doesn't need so many dietary changes, as long as you can spice up your existing meals.
- Spicing up the flavor of vegetables and other healthy grains can naturally enhance your consumption level on those meals.

-

Eliminating Problem Foods

Sometimes we experience symptoms of toxic overload; the elimination food (often called the "hypoallergenic diet") requires dropping the most common food present in our diet for a month. A nutritionist may help guide and direct you on what to remove; often, you lose gluten, soy, corn, dairy, sugar and alcohol while having a healthy diet of whole foods. Then the food that seems not to be suitable for your body system can be identified by introducing the food you stopped one after the other.

Key Potential Advantages:

- It gives a clue on what may be the cause of an adverse physical reaction in an individual.
- You can stop the excessive intake of sugar and processed foods that are causing diseases and any other adverse effect.

Cupping

Before the 2016 Olympics in Rio, cupping was not known; but it became known when some athletes, amongst whom was the famous swimmer Michael Phelps, were spotted with the technique's telltale red circles on their skin. This inspired the world, and now cupping is now applied, found on the menu list of several spas and wellness arena.

This method is linked to traditional Chinese medicine, which involves the application of small cups or jars to the skin and uses them to suction skin and muscles upward. This therapy removes excess fluids and toxins, free up adhesion and free up connecting tissues and allow the flow of blood to stagnant muscles and skin. Other ancient Chinese healing methods are often combined with a cupping treatment.

Key Potential Advantages:

- It frees up muscles and relaxes muscular pain and stiffness.
- It improves the digestion process.
- It calms the nervous system.
- It enhances the flow of blood and metabolic processes.

Practicing Yoga

The in-depth rhythmic breathing in and out as a yoga technique can place your body's parasympathetic nervous system in control; hence it improves blood circulation and aids our body's metabolic process in breaking down toxins. Most notably the twisting poses, like triangular pose are all part of the detox process. It is most times seen as wringing out a dirty sponge; twisting poses extract congestion in the lymph (the clear fluid of the absolved fluid of the lymphatic system that renders internal sludge to the lymph nodes for filtration) to allow it flow continuously.

Key Potential Advantages:

- It helps keep your mind and body in a good state.
- Sweating can cause further detox.
- It can be done almost anywhere such as your home, studio, gym, field, etc.
-

Sweating

There is so much uncertainty on the volume of toxins that go out via sweat, but there has been a lot of research to back up detoxing through regular vigorous exercises and short spurts in a steam room or sauna. A group of Canadian researchers have found out that sweating helps to remove many toxic elements from our body.

Key Potential Advantages:

- You can choose your schedule, location before carrying out this activity.
- There are so much health-enhancing benefits of cardio at your fingertips.

Going Organic

Selecting only organic fruits, meat, vegetables and dairy products also with packaged products with USDA-organic seal reduces your vulnerability to pesticides, antibiotic-resistant bacteria, hormones, and thus lessens the load on your body's natural detox process.

Consuming only greens and applying only natural grown products can help you cut contact with harmful chemicals.

Key Potential Advantages:

- A reduced contact with synthetic pesticides can further limit the rate of getting cancer, and for pregnant women, it reduces problems associated with brain development in their babies.
- It is a valid way to regulate the chemical intake we face on a daily basis.

Tongue Scraping

Through the night, toxins form in your mouth. That's why, when you wake up in the morning, you get to see a white coating on your tongue. This is a sign of the presence of toxins in your body. By following a simple daily Ayurvedic practice, you can remove toxic sludge every morning by scraping the tongue with a metal tongue cleaner. Drag the tongue cleaner down the tongue about four times. By doing this, you are moving toxins from the start of the digestive tract.

Key Potential Advantages:

- It gives you fresher breath by eliminating bacteria.
- It improves the taste receptors on the tongue.
- It immediately removes toxins.



CHAPTER 4

20 Herbs and Recipe

Basil

Overview

Basil is a herb with high medicinal value. The upper portion of basil that grows above the ground surface is generally used for making medicine, for health problems relating to starch, such as diarrhea, loss of appetite, intestinal gas, constipation, spasms, and several other health issues. But these claims are not yet backed by substantial scientific evidence, and it is said to possess chemicals that might eliminate bacteria and fungi.

Benefits and Uses

Though more scientific evidence will be required to affirm its uses, below are of health challenge it can work on;

It helps eliminate acne.

It aids your mental alertness.

It reduces head colds.

It improves your appetite.

It helps you overcome gas (flatulence) issue.

It helps reduce stomach spasms.

It aids the treatment of diarrhea.

It helps fight constipation.

It strengthens your kidney.

It protects your intestine from parasitic infections.

It prevents warts.

It helps heal insect bites, etc.

Contraindication

Consuming basil directly through your mouth is dangerous because it can lead to liver cancer due to the presence of Estragole. Estragole is a chemical that affects the liver, so it is advisable to consume basil in food in small amounts.

Basil can lead to a bleeding disorder. The extracts and oils from basil can slow the clotting of blood, which will increase the rate of bleeding in people and leads to a bleeding disorder.

Basil extracts can reduce the blood pressure in the body.

NOTE: Due to the contraindications mentioned above, it is advisable for everyone, including children and pregnant women, to take basil in food in small quantities. Also, for surgical patients, it should be avoided due to it causing a bleeding disorder.

Recipe

Dr. Sebi's Basil Pesto "Zoodles"

This is a healthy meal containing basil pesto, cherry tomatoes, and combined with zucchini noodles. It can serve for both a dinner and a lunch dish.

Ingredients

Zucchini (small strips), 1 lb.

Grapeseed Oil, 1 tablespoon

Ripe Avocado, 1 Fruit

Packed Basil Leaves, ½ Cup

Walnuts, ¼ Cup

Olive Oil, ¼ Cup

Cayenne Pepper, ¼ Teaspoon

Cherry Tomatoes, 1 Cup

Juice from Lime, 1 Fruit

Sea Salt, ½ Teaspoon

Preparation

Sautee the zucchini noodles until it becomes soft but crunchy using grapeseed oil.

Put the rest ingredients inside a blender and blend them into a thick creamy paste.

Mix the paste and the already drained noodles, but if the dough is too thick, you can add water.

You can serve and garnish it with coconut.

Cayenne Pepper

Overview

Cayenne pepper belongs to the family of Capsicum. It is a hot chili people use to add more flavor to dishes, and the nutrients it contains also provides health benefits. The Cayenne pepper is similar to bell pepper and jalapeno, which are used in Mexico, Creole, Cajun, Korea, Sichuan and Southern America as staple cuisine. It is sun-dried and ground to form a powder spice that is used as a seasoning.

The spicy nature of the cayenne pepper is as a result of the presence of capsaicin. This is often used in the healing of pains and aches in joints and muscles. That's why those who practice Ayurveda and traditional Chinese healing techniques employ cayenne pepper for circulatory issues.

Uses and Benefits

The presence of capsaicin in Cayenne pepper gives it a whole lot of benefits, such as;

It helps relieve pains.

It aids in weight management.

It prevents itching.

It helps to reduce inflammation.

It helps fight off colds and congestion.

It helps improve and protect the nervous system.

Contraindication

Irritation of the digestive system may occur due to capsaicin.

People with both irritable bowel syndrome (IBS) and gastroesophageal reflux disease (GERD) should avoid cayenne pepper due to the spiciness.

Recipe

Dr. Sebi's Juicy Portobello Burgers

This meal can be a matchup with grains from Quinoa, Spelt or Kamut.

Ingredients

Large Portobello Mushroom, 2 Cups

Dried Basil, 2 Teaspoons

Dried Oregano, 1 Teaspoon

Olive Oil, 3 Tablespoons

Cayenne Pepper, ½ Teaspoon

Purslane, 1 Cup

Tomato, 1 Sliced

Avocado, 1 Sliced

Preparation

Chop off the stems of the mushrooms and cut ½ the top off the mushroom.

Put all the ingredients in a bowl, including the cayenne pepper and mix thoroughly.

Oil a foil and place on a cookie sheet, then place the mushroom cap on it.

Use a large spoon to pour marinade on each cap and leave it for about 10 minutes.

Ensure the oven is already pre-heated to 425 °F , then bake the mushroom for about 10 minutes. Check it regularly to flip it for another 10 minutes.

Serve by placing the bottom of the mushroom on a plate and add your desired toppings, then cover with the upper part.

HEMP SEEDS

Overview

Hemp belongs to the same species as cannabis, but hemp is low on tetrahydrocannabinol. This property makes it safe for food consumption and as dietary supplement. Hemp is not the same as Canadian hemp, cannabis, cannabidiol, or hemp agrimony.

Uses

The hemp seed has numerous uses, below are some of the uses;

It is used for making cosmetics.

It is used in making cloth.

It is used to make ropes.

It is used as wood preservatives.

It is used as lighting oil.

It is used to make soaps and detergents.

It is used to make printer's ink.

Health Benefits

It helps with constipation.

It aids in the control of high cholesterol.

It helps remove eczema from the skin.

It helps fight arthritis.

It helps to lower blood pressure.

It reduces inflammation.

It helps promote bowel movements.

It is helpful for asthmatic patients.

It helps fight glaucoma.

It reduces headache.

It fights cancer.

It helps reduce menstrual cramps.

It protects against malaria.

Contraindication

Some persons can have an allergic reaction to hemp seed.

Not advisable for persons with low blood pressure, as it can also reduce the blood pressure.

Surgical patients should avoid it.

Recipe

Detox Berry Smoothie

This drink is delightful and refreshing. It helps the body to remove unwanted toxins from inside out.

Ingredients

Burro Banana, 1 Medium Size

Seville Orange, 1 Fruit

Berries (a mixture of blue, rasp, and strawberries or only blueberries), 1 Cup

Fresh Lettuce, 2 Cups

Water

¼ Avocado

Hemp Seeds, 1 Tablespoon

Preparation

Pour water into the blender and add the fruits and vegetables.

Blend all of them until it becomes smooth and enjoy your smoothie.

Fennel

Overview

Fennel is a beautiful plant with yellow coloration, it has a pleasant smell and blooms perennially. It has similar characteristics as anise, but they are different, and it is mainly found in the Mediterranean, but now grows worldwide. When the seeds are dried, they are used in cooking as a spice, and when dried and mixed with oil, they are used to produce medicine. Fennel has numerous health benefits and uses, some of them will be listed below, though they are not scientifically certified.

Uses

It is used for numerous digestive issues.

It is applied to the skin to check excessive hair growth in women.

It is also used as flavoring agents.

It is used as a fragrance in soap and cosmetics.

Health Benefits

It helps reduce menstrual pains.

It helps improve the symptoms of menopause.

It reduces sunburn.

It helps vaginal thinning like pain, dryness, and itching during intercourse.

It helps with irritable bowel syndrome (IBS).

It helps with intestinal gas, constipation, cough, bloating, mild spasms, stomach upset, and upper respiratory tract infection.

Contraindications

Breastfeeding mothers should avoid fennel because it might affect the baby's nervous system.

It might increase the allergy for those allergic to mugwort, carrot, and celery.

Fennel might increase bleeding disorder.

It can worsen some sickness by acting like estrogen.

Recipe

Dr. Sebi's Herbal Smoothie

It was over 4000 years ago that herbs were first documented to remove pathologies. This meal brings ancient healing tea to the modern age.

Ingredients

Fennel Herbs

Walnuts, 1 Tablespoon

Burro Banana, 1 Lump

Agave Syrup or Date Sugar, 1 Tablespoon

Preparation

Prepare the fennel tea as instructed in the package instructions and allow to cool.

Pour water into the blender and add all the ingredients, then blend properly until it forms a perfect mix.

Pour in a cup and enjoy.

Quinoa

Overview

Quinoa is a plant with seeds, and the seeds are eaten like grain and wheat. Though it shares the same properties with grains, it is not identical to them because it contains higher protein than typical grains. And it also does not contain any gluten.

People that eat quinoa feel fuller than those that consume regular grain or rice. Quinoa provides a lower source of blood fat (triglycerides) when compared to bread.

Uses

It is used to produce flour.

It can be used to replace wheat for people who cannot consume gluten, e.g. celiac disease patients.

It is used to make soups.

It is used in beer production.

Health Benefits

Speculations are surrounding its health benefits, some of which are;

Reduction of blood sugar, blood pressure and blood fat in obese men and postmenopausal women.

It helps fight celiac disease.

It has insect-repelling abilities.

It helps reduce pain.

It helps in urinary tract infection.

Contraindication

Amaranth can trigger an allergy in people allergic to grains.

Pregnant and breastfeeding mothers should avoid amaranth because the side effects are not fully known yet.

Recipe

Dr. Sebi's Blueberry Smoothie

This meal is highly nutritious and delicious. You can have it for breakfast, and you are sure of being refreshed and energized.

Ingredients

Cooked Quinoa, 1 Cup

Blueberries, ½ Cup

Homemade Walnut Milk, 1 Cup

Burro Banana, 1 Lump

Date Sugar, 2 Tablespoons

Preparation

Pour water into a blender and add all the ingredients.

Blend them on high speed until it becomes a paste.

Serve and enjoy your smoothie.

Plant-Based Quinoa Bowl

This is an easy meal to cook, and it is also a delicious and filling dish. A perfect recipe for your lunch and dinner.

Ingredients

Cooked Quinoa, 1 Cup

Dandelion Greens, 1 Handful

Grapeseed Oil, 1 Tablespoon

Chopped Cherry Tomatoes, 2 Cups

Cayenne Pepper to taste

Sea Salt to taste

Preparation

Pour all the grapeseed oil into a large pan and sauté the chopped cherry tomatoes until it becomes soft.

Combine the dandelion greens, cherry tomatoes, and cooked quinoa and mix thoroughly.

Add both the cayenne pepper and sea salt to season it to taste.

Amaranth

Overview

The amaranth plant is highly medicinal, but the oil, leaves, and seeds serve as food also. It has numerous health benefits and uses. It contains some chemicals that behave similarly to antioxidants.

Uses

Amaranth is used as a pseudo cereal.

Benefits

Amaranth helps moderate the level of cholesterol in the body.

It protects against stomach ulcers.

It also helps fight against diarrhea.

It helps mitigate a swollen throat and mouth.

Contraindication

Since the side effects are not established yet, it is safer for pregnant breastfeeding women to avoid amaranth.

Recipe

Dr. Sebi's Sleepy Time drink

Most persons find it difficult to sleep, maybe due to one issues or the other. But this recipe will help knock you ough, and it is tasty to sip and relax.

Ingredients

Cooked Quinoa, ¼ Cup

Amaranth Greens, 2 Cups

Dr. Sebi's Nerve Relief Herbal Tea, ½ Cup

Dr. Sebi's Stomach Relief Herbal Tea, ½ Cup

Burro Banana, 1 Lump

Cherries, ¼ Cup

Agave syrup to taste

Preparation

Prepare both the stomach relief and nerve relief tea according to the packaged specifications and allow it to cool.

Pour water into a blender and add all the ingredients, blend them properly until it becomes smooth.

Pour into a cup and enjoy your drink.

Habanero (chili pepper)

Overview

The habanero belongs to the family of capsicum Chinese, and it is often referred to as chili pepper or red pepper. It is used in making medicine and solves numerous health challenges, below are some of the uses;

Uses

It can be used as pepper spray for self-defense.

Health Benefits

It helps reduce pain in the nerves of people struggling with diabetes.

It helps soothes back pain, rheumatoid arthritis, jaw pain, and psoriasis, etc.

It helps reduce repairs damaged nerves caused by shingles.

It drastically reduces back pain when applied with a plaster.

It helps improve osteoarthritis symptoms.

It also used to stop running nose when applied directly.

It reduces the use of painkillers if applied before surgical operations.

It boosts the performance of athletes when used.

It helps lower blood sugars, especially in pregnant women having gestational diabetes.

It reduces indigestion and heartburn.

It is helpful for obese persons and reduces the risk of ulcers.

Contraindications

It should not be taken excessively because it can lead to stomach upset and irritation.

Eyes should be protected when applying it on the skin to prevent irritation of the eye.

Breastfeeding mothers should ensure their babies do not come in contact with it because it can lead to dermatitis.

Do not apply to damaged skin.

Recipe

Plant-Based Fajitas Taco

This meal is a Mexican dinner, rich in flavor and fast to prepare. If you love tacos, you can go on to try these plant-based fajitas tacos.

Ingredients

Portobello Mushrooms, 2-3 large sized ones

Bell peppers, 2 Fruits

Onion, 1 Bulb

Lime Juice, ½ Size

Grapeseed Oil, 1 Tablespoon

Kamut Flour Tortillas, 6

Habanero

Avocado

Preparation

Wash the mushroom properly and slice into reasonable sizes.

Slice both the onions and bell peppers.

Pour the grapeseed oil into a skillet and cook the pepper and onions for about 2 minutes.

Pour in the seasonings and mushroom and stir regularly, allow to cook for about 7-8 minutes.

Heat the tortillas to warm and spread the fajitas mix in the center.

Serve along with key lime juice and avocado.

Onion

Overview

The onion is a vital plant for cooking, and it is used everywhere in the world. It also has medicinal benefits.

Uses

It is used for scarring.

It is used for other skin conditions, and also to prevent cancer and heart disease.

Health Benefits

It possesses chemicals that help fight inflammation.

It helps reduce tightness in the lungs of persons with an asthmatic problem.

It helps reduce hair loss.

It is beneficial for diabetic patients.

It reduces the risk of prostate and stomach cancer.

Contraindication

It might lead to stomach distress if taken in too much quantity.

There is a tendency it might slow blood clots.

Recipe

Mushroom Risotto

This meal is very creamy, rich, and full of flavor. It is a perfect meal for dinner.

Ingredients

Grapeseed Oil, 1 Tablespoon

Mushrooms, 4 Lumps

Onion, ½ Bulb

Wild Rice, 2 Cups

Homemade Vegetable Broth, 4 Cups

Cayenne Pepper to taste

Sea Salt to taste

Preparation

Pour the grapeseed oil in a big pot, sauté the onion and mushrooms on medium heat. Cook until the mushrooms become brown or for about 7 minutes, while stirring it regularly.

Pour in the rice and continue cooking for another minute.

Add the cayenne pepper, sea salt and vegetable broth. Cover the pot and allow it to cook for about 3 hours on low heat or 1 hour 30 minutes on high heat, or until the rice becomes soft.

Oregano

Overview

Oregano is a herb that belongs to the Lamiaceae family (mint). It has a historical background that dates back to thousands of years ago, both the Romans and Greeks linked Oregano with joy and happiness. It has diverse uses and several health benefits.

Uses

It is used to repel insects in tropical areas.

It is used as a spice and preservatives in foods and beverages.

Health Benefits

It helps improve respiratory tract disorders like croup, bronchitis, and asthma, etc.

It helps treat rheumatoid arthritis and menstrual cramps in women.

It also improves urinary tract infections.

It relieves headache.

It aids in the improvement of gastrointestinal disorders like bloating and heartburns.

When applied on the skin, it helps remove ringworm, warts, acne, psoriasis, and athlete's foot, etc.

It also helps with insect bites, muscle pain, gum disease, and toothaches, etc.

It possesses chemicals that reduce spasms and cough.

It aids digestion.

Contraindication

It may cause stomach upset if taken in excess.

It may trigger allergic reactions for persons allergic to the Lamiaceae family.

Recipe

Magic Green Falafel

This is a delicious alkaline-flavored dish, and it is fast and easy.

Ingredients

Dry Garbanzo Beans (Chickpeas), 2 Cups

Chopped Onion, 1 Large Bulb

Chopped Red Bell Pepper, 1/3 Cup

Fresh Dill, ½ Cup

Fresh Basil, 2/3 Cup

Garbanzo Bean Flour, ½ Cup

Oregano, ¼ Teaspoon

Avocado or Grapeseed Oil for frying

Sea Salt, 1 Teaspoon

Preparation

Cook the chickpeas until it becomes tender, and then drain and rinse the beans.

Place all the ingredients in a food processor and add the chickpeas.

Power the processor and slice the ingredients until they become finely chopped.

Pour the mix into a bowl. Form small balls with your hands and place them in a paper parchment.

Place inside the refrigerator and cool for about an hour.

Pour oil into a big skillet to a reasonable depth, and heat on medium heat for about 7 minutes—Fry the magic green falafel in the hot oil 3 minutes on each side.

Wild Arugula

Overview

Arugula (*Eruca Vesicaria*) is closely related to the kale, cabbage, and broccoli family. It is a cruciferous vegetable with peppery and spicy leaves that grow bitter with time. It has edible seeds, or you can make oil out of it. Arugula is very pungent, but a milder one called baby arugula is available in supermarkets. Farmers harvest it early, and they are highly nutritious with various minerals. Some of these are; Fat, Sodium, Carbs, Protein, Vitamins, Magnesium, and Potassium.

Uses

Arugula has numerous uses, and below are some of the essential uses;

It is used in making pasta.

It is used in salads.

It is used in place of lettuce in making sandwiches.

It is used in smoothies or omelets.

It used in sauces and soups.

It is used as baked potato or pizza toppings.

Health Benefits

It can protect cells against damage or can reverse it.

It protects against breast, lung, colon, and prostate cancer.

It helps fight inflammation.

It helps prevent osteoporosis.

Contraindication

Avoid arugula when taking blood thinners medication, because too much vitamin k affects it.

Recipe

Detox Salad Burritos

Detox salad burritos is a quick fix meal wrapped up in tortillas. A healthy veggie dish to satisfy you.

Ingredients

Wild Arugula, 2 Cups

Cherry Tomatoes, 2 Cups

Homemade Fresh Sesame “tahini” butter, 2 Tablespoons

Garbanzo Beans (Cooked Chickpeas), 1 Cup

Kamut Flour Tortillas, 4

Key Lime Juice, 1 Tablespoon

Cayenne Pepper to taste

Sea Salt to taste

Preparation

Place the key lime juice and tahini butter in a small cup and whisk.

Pour the cherry tomatoes, chickpeas, and wild arugula in a big bowl and mix thoroughly. Add the dressing on top to cover it and place in the refrigerator for 20 minutes.

Place the kamut flour tortillas on a big pan and warm up over low heat.

Put the salad inside the tortillas to fill it, add your cayenne pepper and sea salt, and then roll up and enjoy your meal.

Red Onion

Overview

Red onion exists as cultivars of onion, it has purplish-red coloration and is white-fleshed. This onion, like other species, has an eye-watering characteristic and a sharp flavor.

Uses

Red onion can be used as dye.

It can also be used as a culinary art.

Health Benefits

It possesses chemicals that help fight inflammation.

It helps reduce tightness in the lungs of persons with an asthmatic problem.

It helps reduce hair loss.

It is beneficial for diabetic patients.

It reduces the risk of prostate and stomach cancer.

Contraindication

It might lead to stomach distress if taken in too much quantity.

There is a tendency it might slow blood clots.

Recipe

Dr. Sebi's Mango Salad

This is a versatile, slightly spicy and sweet, full of flavor, and fresh meal.

Ingredients

Mangoes, 2 Fruit

Red Onion, ¼ bulbs

Seeded Cucumber, ½

Cherry Tomatoes, ½ Cup

Green Bell Pepper, ½

Key Lime, ½

Cayenne Pepper to taste

Sea Salt to taste

Preparation

Dice the cherry tomatoes, red onion bulbs, and mangoes into tiny cubes.

Finely slice the green bell pepper and seeded cucumber.

Pour all the ingredients into a bowl and mix them thoroughly. Juice the key lime and add it to the mix.

Add the cayenne pepper and sea salt and put in the refrigerator for 20 minutes.

Enjoy your salad.

Tea Plant

Overview

Tea plant (*Camellia sinensis*) produces both the green tea, oolong tea, and black tea. These teas are made from the leaves of the tea plant, but the process is what separates them. While green tea is produced through pan-frying and steaming of the tea leaves, both the black and oolong tea undergo fermentation and partial fermentation, respectively.

Uses

It can be prescribed for treating genital warts.

It can be used as a supplement to reduce cholesterol levels and burn up excess fat.

Health Benefits

It helps prevent heart diseases.

It reduces the risk of endometrial cancer.

It also reduces the risk of Parkinson disease.

Contraindication

It can lead to constipation or stomach upset when taken continuously for a long time.

It also triggers headache, irritability, dizziness, heartburn, sleeping problems, and vomiting, etc.

Recipe

Mood-Boosting Smoothie

This smoothie amazingly possesses the ability to lighten your mood and make you feel good.

Ingredients

Tea Plant (Green Tea), 1 Cup

Soft-Jelly Coconut Meat, ½ Cup

Strawberries, 1 Cup

Agave Syrup or Date Sugar, to taste

Preparation

Prepare the tea as specified in the packaged instruction.

Pour the tea and all the ingredients into a blender and blend on high speed.

Serve and enjoy your smoothie.

Dill

Overview

Dill belongs to the family of celery (Apiaceae), and it is the only plant in the genus anethum. Dill grows annually and widely in Europe and Asia, where its leaves are used as spice and herbs.

Uses

It is used as a spice for cooking.

It is used as a fragrance for cosmetics and soaps.

It also serves medicinal purposes.

Health Benefits

It reduces the pain from menstrual cramps.

It has an anti-ageing effect on the skin.

It helps fight against, cough, fever, colds, bronchitis, digestive tract problems, infections, liver problem, spasms, etc.

Contraindication

It has allergic properties.

It might lead to skin irritation.

Pregnant women should avoid dill because it may lead to miscarriage.

Recipe

Cherry Tomato Salad

This is the perfect side dish for your family. It is filled with flavor, and is fresh, and healthy.

Ingredients

Cherry Tomatoes, 4 Cups

Chopped Red Onion, ¼ Cup

Fresh Dill, ¼ Cup

Key Lime Juice. 1½ Tablespoons

Olive Oil, ¼ Cup

Date Sugar, ¼ Teaspoon

Cayenne Pepper, to taste

Sea Salt, to taste

Preparation

Pour the herbs, red onion, and cherry tomatoes in a big bowl.

Mix the key lime juice, olive oil, date sugar, cayenne pepper, and sea salt in a smaller bowl.

Place the dressing on the tomato mixture and carefully spread to coat evenly.

Serve and enjoy your salad.

Cloves

Overview

Cloves (*syzygium aromaticum*) belong to the family of Myrtaceae. It is native of Indonesia in Maluku Islands, but now grown in South America also.

Uses

It is used as a flavor for beverages and foods.

It is used in the manufacturing of soaps, perfumes, cigarettes, cosmetics, and toothpaste.

It can be used as a repellent for mosquitos.

Health Benefits

It helps in the healing of anal fissures.

It helps reduce pain.

It helps soothe itching.

It reduces tooth pain.

It prevents bad breath.

It also helps with indigestion and flatulence.

Contraindication

It can lead to lung disease and breathing disorders.

It can lead to skin irritation and a burning sensation.

Recipe

Alkaline-Electric Classic Apple Bake

This is a combo of sweet, tart, and fresh apple and some healthy spices.

Ingredient

Honeycrisp or Gala Apples, 3-4 Fruits

Agave Syrup, 3 Tablespoons

Chopped Walnuts, 1 Tablespoon

Cloves, a pinch

Preparation

Preheat the oven to about 350 degrees. Then, slice the apples into small sizes and pour them into a big bowl. Drizzle it with agave syrup and stir it very well to coat properly.

Mix the cloves and walnuts, and then spread over the agave coated apples. Continue to stir and allow it to settle for 5 minutes.

Place the sliced apples orderly in a casserole dish.

Bake for about 15 minutes, remove and wrap in a foil, then bake again for about 40 minutes or until the aroma fills the kitchen and the

apples become bubbly.

Dried Thyme

Overview

The thyme is among the most used herbs in the world. Thyme can be used in combination with other herbs for medicinal purposes, and the oil, leaves, and flowers are the major parts employed as medicine.

Uses

It is used as a skin counter-irritant.

It is used to treat bad breath.

It is used to prevent tooth decay.

It is used to correct baldness.

It is used as a germ killer in mouthwash.

It is used as a flavor in foods.

It is used in the manufacturing of cosmetics, perfumes, toothpaste, and soaps, etc.

Health Benefits

Thyme oil helps fight against dyspraxia.

It helps improve the symptoms of bronchitis.

It reduces the rate of coughing, especially people with bronchitis.

It prevents sore throat.

It prevents swelling of the tonsils.

Contraindication

It may lead to digestive system issues, dizziness, or headache when consumed in excess.

It can trigger an allergic reaction for persons allergic to oregano.

It can trigger estrogen.

Recipes

Dr. Sebi's Chickpea Loaf

This meal is not your regular meatloaf, but it is sweeter. Chickpea loaf is baked to perfection with a seasoned chickpeas base.

Ingredients

Finely Diced Onions, 1½ Cups

Bell Pepper, 2 finely diced

Minced Fresh Basil, ½ Cup

Grapeseed Oil, 2 Tablespoons

Homemade Natural Granulated Onion, 2 Tablespoons and ½ Teaspoon

Dried Sage, ¾ Teaspoon

Dried Oregano, ½ Teaspoon

Sea Salt, 1 Teaspoon

Cayenne Pepper, ½ Teaspoon

Dried Thyme, ¼ Teaspoon

Cooked Chickpeas, 3 Cups

Mushroom, 1 Cup

Spelt Flour, ½ Cup

Cayenne Pepper, to taste

Sea Salt, to taste

Preparation

Ensure the oven is preheated to 350 °F .

Pour the grapeseed oil into a big pan and heat on medium heat. Then add the bell pepper and mushroom, and sauté.

Mix it with the minced basil and carry it off the heat. Mix the seasonings and pour them into the mixture.

Either slice the chickpeas or use a food processor to chop it. Mix and pour into the sautéed vegetables, and you can add spelt flour and mix thoroughly.

Rub grease on the loaf pan and bake at 350 °F for about an hour without covering it.

Bell Pepper

Overview

The bell peppers also referred to as capsicum annum, belong to the family of nightshade. The bell pepper closely related to breadfruit, tomatoes, and chili pepper. It can be found in both south and central America, and often referred to as sweet pepper. It can be dried and ground, which is called paprika or can be eaten cooked or raw.

Uses

It enhances hair growth.

It is used to make your skin radiant.

Health Benefits

It helps reduce the risk of cancer.

It helps protect the eye against diseases.

It helps prevent anemia.

Contraindication

It has allergic tendencies.

It may trigger cross-reactivity.

Recipe

Tef Grain Burgers

Ingredients

Cooked Tef Grains, 1½ Cups

Garbanzo Beans, 1½ Cups

Diced Onion, ¼ Bulb

Finely Diced Bell Peppers, ¼ Cup

Basil, 1 Teaspoon

Oregano, 1 Teaspoon

Dill, 1 Teaspoon

Grapeseed Oil, 1 Tablespoon

Cayenne Pepper, to taste

Sea Salt, to taste

Preparation

Turn the grapeseed oil into a frying pan and add your pepper and onions, then sauté until it becomes soft.

Pour the ingredients and the vegetables (sautéed) into a big bowl and mix.

Use your hands to form patties and place them in the skillet to cook for 3 minutes on both sides.

When it becomes crisp, serve and enjoy.

Dandelion Greens

Overview

This herb is mostly found in mild climatic conditions, and it is native to Europe.

Dandelion green is a herb that can be used for numerous purposes as highlighted below.

Uses

They can be used for wine production.

They can be used for flavors for foods.

Health Benefits

It helps reduce inflammation.

It helps fight off urinary tract infections.

It helps boost appetite.

It prevents constipation.

Contraindication

It may lead to allergic reactions.

It might instigate stomach discomfort.

It may cause heartburn.

It can also cause diarrhea.

Recipe

Heart-Healthy Smoothie

Ingredients

Organic or Braeburn Apple, 1 Fruit

Brazil Nuts, ¼ Cup

Homemade Walnut Milk, 1 Cup

Dandelion Greens, 1 Cup

Blueberries, 1 Cup

Agave Syrup, ½ Tablespoon

Preparation

Pour all the ingredients into a blender, and blend them to paste.

Serve and enjoy your smoothie.

Watercress

Overview

Watercress also called yellowcress, belongs to th family of cabbage (Brassicaceae). It is among the earliest vegetable leaf eaten by man, and it grows perennially in Asia and in Europe.

Uses

It is used as a salad.

It is also used as a culinary spice.

Health Benefits

It heals short-term inflammation.

It prevents baldness.

Contraindication

It may lead to stomach upset.

Ulcer patients should avoid watercress.

Also, persons with kidney issues should avoid it.

Recipe

Detox Watercress Citrus Salad

This diet is a very rich and refreshing dish, and it has numerous antioxidants and nutrients to protect and build the body.

Ingredients

Ripe Avocado, 1 Fruit

Watercress, 4 Cups

Zested, Peeled, and Sliced Seville Orange, 1 Fruit

Red Onion, 2 Thin Slices

Agave Syrup, 2 Teaspoons

Key Lime Juice, 2 Tablespoons

Olive Oil, 2 Tablespoons

Salt, 1/8 Teaspoon

Cayenne Pepper.

Preparation

Correctly place the oranges, watercress, avocado and onion on two separate plates.

Pour the olive, oil, agave syrup, key lime juice, cayenne pepper, and salt into a bowl and mix thoroughly.

Use a spoon to spread the mix on the salad and enjoy your meal.

Cherry Tomato

Overview

This is one of the most widely consumed plants in the world. Aside from its flavor and good taste in meals, it also possesses some medicinal benefits.

Uses

It can be used to garnish food.

It can be used to make a sauce.

Health Benefits

It helps with high blood pressure

It also helps with the fight against cancer.

It aids diabetic patients.

Contraindication

It can lead to food poison if not taken with caution.

It may trigger irritation in the throat and mouth.

It may lead to death.

Recipe

Zoodles with Avocado Sauce

Ingredients

Zucchini, 2 Large

Basil, 2 Cups

Water, ½ Cup

Walnuts, ½ Cup

Cherry Tomatoes, 24 Sliced

Avocados, 2 Fruits

Key Lime Juice, 4 Tablespoons

Sea Salt, to taste

Preparation

Use a spiralizer or peeler to prepare the zucchini.

Properly blend all the ingredients in a blender, except the cherry tomato.

Mix the sliced cherry tomatoes, avocado sauce, and the noodles in a bowl.

Serve and enjoy the meal.

Raspberry

Overview

Raspberry is a fruity plant that has multi-purpose functions. For centuries, it has been a good source of medicines.

Uses

It is used during labor for pregnant women.

It is used against rashes on the skin.

It is used to make jams.

It is also used as flavors for foods.

Health Benefits

It is helpful for diabetic patients.

It fights against gastrointestinal disorders.

It prevents heart diseases.

It supplies vitamins to the body.

Contraindication

For pregnant women, in-take of raspberry should be monitored by a doctor due to the presence of estrogen.

Recipe

Dr. Sebi's Triple Berry Smoothie

Ingredients

Strawberries, ½ Cup

Raspberry, ½ Cup

Blueberry, ½ Cup

Water, 1 Cup

Burro Banana, 1 Lump

Agave Syrup, to taste

Preparation

Pour all the ingredients into a blender, and blend them until they form a paste.

Pour in a cup and enjoy.



CHAPTER 5

Conclusion

Living a healthy life is very much possible, as you have seen in this material. Most times, we ignore the little signs and symptoms our body gives us, in other to warn us of impending danger. But if we adhere to this call and spring into action by detoxing and flushing our system, we will have no reason to totally breakdown.

As we have seen, our body is designed to detoxify itself, so, we can partner with it by adhering to these Dr. Sebi herbal guidelines to naturally detox your system. Instead of using the artificial or scientific approach, you can just combine or add these herbs to your meal and successfully help your kidney to function optimally.

Though it is difficult to follow through with such procedures because we are not used to them, you should push yourself to achieve your desired goal. As you know, nothing good comes easy, there is always a price to pay, and the price to pay to live healthily is the discipline to follow the guidelines as amplified in this material. These herbs have been shown to you, now, all you have to do is put this knowledge to work.

BOOK 5 - Doctor Sebi's Cure for Herpes

How to Cure Herpes Simplex Virus with Dr.
Sebi's Alkaline diet

Belinda Goleman





CHAPTER 1

Introduction

Herpes simplex viruses (HSV) is a sexually transmitted disease, that is ubiquitous, and has been in existence for millions of years. The existence of this virus in the human body system can cause different kinds of ailments, ranging from diseases that affect the mucus membranes and skin to more severe ailments that disrupt the central nervous system (CNS) and may eventually lead to death, especially in patients with a compromised immune system. Doctors that specialise in different fields of medicine will often come across patients that are infected and require treatment from the herpes simplex virus disease.

The late Dr. Sebi developed a plant-based diet, called Dr. Sebi's alkaline diet, to help rejuvenate the cells and maintain the pH of the body's system, which it achieves by eliminating toxic waste from the body through alkalising the blood. This alkaline diet is all about eating a short list of prescribed foods alongside taking many supplements.

Dr. Sebi developed this diet not just for naturally curing and preventing diseases alone, but to also improve the overall health of the body without having to rely on western medications.

Dr. Sebi discovered that disease is a result of mucus build-up in a part or organ of the body. For example, mucus builds up in the lungs and results in pneumonia, while excess mucus in the pancreas results in diabetes. His alkaline diet consists of a detailed list of

recommended fruits, vegetables, grains, seeds, nuts, herbs, and oils. Also, animal products are prohibited; the Dr. Sebi diet is considered to be a vegan diet.

Is Herpes Simplex Virus Entirely a Sexually Transmitted Disease?

Herpes simplex virus can be transmitted sexually and non- sexually. Herpes simplex virus 1 is mostly contracted orally and thereby commonly referred to as oral herpes. It can be contracted by using the same drinking cup with an infected person, kissing or any type of lip contact with someone who has the virus. Herpes simplex virus-2 can only be contracted through the genital organs, so anybody who is sexually active can contract herpes simplex virus - 2.

Herpes simplex virus can be self-detected; once you observe any of the symptoms, the Dr. Sebi alkaline diet is a recommended medication for you.



CHAPTER 2

Dr. Sebi Fundamentals

Dr. Sebi's alkaline diet is a list of some prescribed foods and a lot of supplements that were also discovered and produced by Dr. Sebi. His diet emphasises consuming foods and supplements that decrease disease-causing mucus by creating an alkaline state in the body. Dr. Sebi grouped his fundamentals into six; they are listed below.

Dr Sebi believed that there were six fundamental food groups:

- Live
- Raw
- Dead
- Hybrid
- Genetically modified
- Drugs.

Dr Sebi's diet practically cuts out all the food groups except live and raw, encouraging people on the diet to eat as close to a raw vegan diet as possible. These foods include naturally grown vegetables and fruits, as well as whole grains.

Dr. Sebi referred to raw foods as "electric," which can fight the acidic food waste in the body. Dr. Sebi developed a list of foods that he considered to be the best for his diet and named this the Dr. Sebi Electric Food List. Although Dr. Sebi has since died, the Dr .Sebi product list continues to evolve and increase.

Strictly following Dr. Sebi's diet and the Dr. Sebi Food List can be challenging most times, mostly if you always eat out. To be able to follow it judiciously, you should get used to preparing a lot of vegan diet meals at home with ingredients like wild rice, agave syrup, olive oil, etc.



CHAPTER 3

Types of Herpes Simplex Virus and Its Symptoms

There are mainly two types of herpes;

Patients suffering from herpes can either be diagnosed with (HSV-1) herpes simplex virus type 1 or (HSV-2) herpes simplex virus type 2. These two types of herpes have different symptoms and different mode of transmission. HSV-1 is transmitted majorly by oral contact with an infected person; this causes infection in or around the mouth (oral herpes). Meanwhile, HSV-1 can be contracted through oral to genital contact to cause disease in or around the genital area (genital herpes).

HSV-2 is nearly always transmitted totally through genital-to-genital contact during sex, causing infection in the genital or anal area (genital herpes).

Both types of herpes are almost not recognised until the severe stage of oral herpes infections, and genital herpes infections are mostly unrecognised. The symptoms may include blisters, boils and itching in the pubic area.

Herpes simplex virus type 1 (HSV-1)

HSV-1 is an STI that is common and endemic throughout the world, and it is a highly contagious infection. Most patients suffering from HSV-1 diseases contracted it during childhood, and the condition

takes longer to heal. About 70% of patients suffering from HSV-1 diseases have oral herpes (infections in or around the mouth, also known as orolabial), but a proportion of 30-40 percent of patients with HSV-1 diseases have genital herpes (infections in the genital or anal area).

Signs and symptoms

Most people with oral herpes are not aware they have this disease because it is asymptomatic. That is to say; the symptoms are not evident after it is contacted. Some symptoms of oral herpes include painful blisters or open sores called ulcers in or around the mouth. Before the sores appear, the infected person most likely will feel a tingling, itching, or burning sensation in or around their mouth, and the sores on the lips are commonly referred to as "cold sores." The blisters and ulcers occur typically after the first infection. The speed of the development of the virus depends on the body system of the patient.

The asymptomatic nature of HSV-1 can cause genital herpes in the body system of an individual to be undetected or have mild symptoms. Genital and anal blisters or ulcers are the symptoms to detect genital herpes. Genital herpes can reoccur in the body of a patient who has been previously treated. Although, genital herpes caused by HSV-1 typically does not often reoccur, unlike genital herpes caused by herpes simplex virus type 2.

Transmission

The mode of transmission for HSV-1 is mainly by oral-to-oral contact to cause oral herpes infection, through contact with the herpes simplex virus 1 in sores, saliva, and surfaces in or around the mouth. More so, oral contact to the genital area can transmit HSV-1 to the genital area to cause genital herpes.

Even when there is no symptoms present, and the skin and oral surfaces appear normal, HSV-1 can still be transmitted. More so, there is a greater risk of transmission when the sore is visible and active. Patients who are infected with HSV-1 oral herpes may not be infected with HSV-1 genital herpes. In rare occasions, HSV-1 genital herpes can be transmitted from an infected mother to her child during childbirth, causing neonatal herpes.

Possible complications

Patients with a compromised immune system can have more severe symptoms and complications, for instance, HIV patients. In rare occasions, HSV-1 can lead to severe diseases such as keratitis (eye infection) or encephalitis (brain infections).

Neonatal herpes

A baby can be exposed to neonatal herpes during delivery in the genital tract of the mother, if she is infected with HSV (HSV-1 or HSV-2). Neonatal herpes rarely occurs, but it is a severe condition that can lead to death or lasting neurological disability. Neonatal herpes happens in an estimated 1 out of 10,000 deliveries.

Mothers who contracted genital herpes before conception are at low risk of transmitting herpes to their babies. The risk of neonatal

herpes is very high when a mother contracts HSV for the first time in late pregnancy, partly because the concentration of HSV in the genital tract are highest early in an infection.

Herpes simplex virus type 2 (HSV-2)

HSV-2 infection is almost entirely sexually transmitted, causing genital herpes and is widespread throughout the world. HSV-2 is incurable and lasts for a lifetime. It is the major cause of genital herpes, which can also be caused by herpes simplex virus type 1 (HSV-1). Genital herpes caused by HSV-2 is a worldwide infection. In 2006, by estimation (13%) of people aged 15 to 49 years worldwide were living with the disease, with more women than men. The reason being that sexual transmission of herpes is more effective from men to women than from women to men.

Signs and symptoms

In the initial stage of genital herpes infections, there are often no symptoms or maybe mild symptoms that go unrecognised. This makes most infected people unaware they have contracted the disease. Categorically, 10-20% of people with an HSV-2 infection, have been previously diagnosed with genital herpes. Some patients may have symptoms of HSV-2 in the early stages, depending on their body system and mechanism.

The symptoms of genital herpes are as follows: genital or anal blisters; open sores called ulcers. Symptoms of genital herpes in the early stages may be swelled lymph nodes, body aches, and fever. Before the appearance of genital ulcers, people with HSV-2 may experience shooting pain in the legs, hips, and buttocks as well as a sensation of mild tingling in these regions.

HSV-2 is mainly transmitted through sex, body fluids and skin sores. In rare occasions, HSV-2 infection can be transmitted from a mother to child during delivery causing neonatal herpes.

Possible complications

HSV-2 and HIV

HSV-2 and HIV have been discovered to have a great impact on each other. A patient with HSV-2 infection is by threefold at an increased risk of contracting a new HIV infection. Also, people infected with both HIV and HSV-2 have higher chances of spreading HIV to others. HSV-2 is one of the most common infections in HIV patients, occurring in 60-90% of HIV-infected people.

In advanced HIV conditions, HSV-2 can result in a more severe, but rare, complications such as retinal necrosis, meningoencephalitis, hepatitis, esophagitis, pneumonitis, or disseminated infection.



CHAPTER 4

A New Way to Treat Herpes

Know that HSV is a viral disease, and like every other viral disease, there is no known cure for it. The precaution taken is to heal or drastically reduce the symptoms. When the symptoms are gone, that does not mean the virus is gone. Without proper medications, the symptoms may come back.

Assuredly, you will be able to reduce inflammation, irritation, and other symptoms through a combination of lifestyle changes, dietary changes, and supplements. Dr. Sebi, in his lifetime, discovered some essential diets, natural medications and supplements for proper management of most stubborn diseases HSV inclusive. These natural diets and medications are tested and trusted and are comprised of simple fruits and herbs around you that will go a long way in easing the swellings, stinging, and itching.



CHAPTER 5

Is Dr. Sebi's Herpes Cure Effective?

Dr. Sebi, in his research, found out inflammation can happen when the alkalinity of the blood is altered, and the body system is too acidic and thereby cannot fight ailments and diseases. There are a lot of testimonies that say Dr. Sebi's alkaline diet is very effective and has healed many and helped others clear every existing symptom of HSV in their body system.

By consistently following his prescriptions of diet and supplements, you will detoxify and restore your body to its natural alkaline state. Dr. Sebi insists that for your body to heal itself, you must judiciously follow the diet throughout your lifetime.

This diet is low in protein; therefore, it does not contain beans, lentils, and soy products.

Dr. Sebi's supplements promise to cleanse your body and nourish your cells is about different supplements which cleanse and restore the body at a fast rate.

The "all-inclusive" package is highly recommended for buyers, which contains 20 different products that are claimed to cleanse.

Dr. Sebi's diet has eight rules you must follow. They are centred on avoiding animal products and ultra-processed foods. The diet does not encourage eating an exotic diet, which is high in ultra-processed foods which are loaded with salt, sugar, fat, and calories, but that you should eat all natural foods.

Potential benefits of the Dr. Sebi diet:

- It is strongly based on plant-based foods.
- The diet encourages large consumption of fibre, minerals, vitamins, and plant compounds.
- Inflammation and oxidative stress are drastically reduced because these fruit and vegetables contain agents that facilitate as well as protect users from getting other diseases.
- Moreover, the Dr. Sebi's diet is majorly eating fibre-rich whole grains and healthy fats, such as nuts, seeds, and plant oils. These foods make it more difficult to contract herpes and make it more comfortable to heal.
- Dr. Sebi's diet is low in calories, except for avocados, seeds, and oils even when you eat in large amount most foods on this diet are low in calories, except for nuts, seeds, avocados, and oils. So even when it is consumed in large quantity, there are no chances for obesity.
- Dr. Sebi's diet emphasises eating nutrient-rich vegetables, fruits, whole grains, and healthy fats, which may decrease inflammation, and other diseases.



CHAPTER 6

Dr. Sebi's Approach to a Herpes Cure

- Dr. Sebi, in his researches, discovered that diseases and pathogens do not survive in an alkaline environment, so to keep the body from getting herpes, the blood alkaline level should be high. Consumption of a diet that contains electrolytes that will help increase the body's immune system and retain its alkalinity is of necessity also. The first approach to HSV is to reduce the inflammations, irritations, sores, and other symptoms by a mixing a couple of lifestyle changes mentioned below.
- Warm compress -- Apply heat to reduce the pain of the sores that are forming or sores that had already formed will go a long way in reducing the swellings. A dry, warm compress can be made by microwaving a sock half-filled with rice for about 40 secs to 1min.
- Cool compress – This can also work for reducing swelling. Place an ice pack on the swollen area or a clean washcloth filled with ice will do. Apply at four hour intervals.
- Baking soda paste – This helps in relieving the itching and in drying up the lesions. To prepare this, dip a wet cotton ball into a small amount of pure baking soda and dab on the affected area.

- Corn starch paste - Corn starch paste can also be used to relieve itching and dry out the lesions. Dip a wet cotton ball or Q-tip into a small amount of corn starch, and apply it onto the sore
- Topical garlic – Dr. Sebi suggests that garlic has alkaline and anti-viral properties against both strains of herpes. Crush up a fresh clove of garlic and mix it with olive oil to dilute. Apply this mixture on the affected area for up to three days.
- Topical apple cider vinegar (ACV) – ACV contains anti-inflammatory and anti-viral properties. So, mix one-part ACV with three-parts warm water and apply to the affected area.

How to follow the Dr. Sebi diet:

- Rule 1. Dr. Sebi's diet should be your main course meal
- Rule 2. Drink a lot of water every day, nothing less than 3.5 litres daily.
- Rule 3. Dr. Sebi's supplements should be taken an hour before any medications.
- Rule 4. No animal products are permitted.
- Rule 5. No alcohol is allowed.
- Rule 6. Abstain from wheat products and only consume the "natural-growing grains" listed in the guide.
- Rule 7. The microwave should not be used to prevent killing the nutrients in your food.
- Rule 8. Abstain from canned or seedless fruits.



CHAPTER 7

Dr. Sebi's Herpes Cure

Diet changes

In the world today, you find out that most of the foods we consume, are already processed and at times canned. These foods are not entirely bad, but they already contain some preservatives and chemicals that are not necessarily healthy for the body. So, the first step to curing any disease is to eat natural foods, fruits, and vegetables.

These natural foods have no side effects and will help neutralise toxicity from your system. You must boost your immune system by striving to follow the recommended diet and avoiding some ingredients; doing this will help your body to be able to fight off the herpes simplex virus. Changing your diet will help in preventing herpes outbreaks in your system.

This specific nutrient guide is low in protein, as it does not contain beans, lentils, animal, and soy products. In addition to this diet, you are expected to buy Dr. Sebi's cell food supplements to cleanse and nourish your body and your cells.

- Anti-oxidant rich veggies - Consume vegetables that are rich in antioxidants, as they will boost your immune system and also help in minimising inflammation. Veggies like cauliflower, tomatoes, kale, and spinach are rich in free radicals binding anti-oxidants and also contain more

lysine than arginine. This amino acid in this proportion helps in suppressing herpes.

- Omega-3 fatty acid - Salmon, flaxseed, mackerel, and chia seeds are rich in omega-3-fatty acids. These fatty acids help your immune system fight severe inflammatory conditions.
- Protein - Your diet should contain little protein and no saturated fats, Consuming foods such as oats, almonds, and eggs in healthy levels balances your body system and fights off the herpes virus and other pathogens.
- Vitamin C – A sufficient level of vitamin C helps in reducing the time interval between herpes outbreaks and with time, heals herpes outbreaks.

Colourful vegetables and fruits such as bell peppers, oranges, strawberries, papaya and mango are very rich in vitamin C, without adding a high amount of lysine to your diet.

- Zinc - Zinc therapy reduces the number of herpes outbreaks you have and gives you a long time between outbreaks. Foods that contain Zinc are as follows, wheat germ, and chickpeas.

Vitamin B complex - B vitamins can be gotten from foods like broccoli, spinach, and eggs. These can boost your immune response to help your body fight the herpes simplex virus.

- L-arginine - Abstain from foods that contain high levels of arginine whenever and however you can. Chocolate is incredibly rich in this amino acid, and this amino acid can trigger herpes symptoms. If you so desire to satisfy your

sweet cravings, then do so with a vitamin-dense option like dried mango or apricots, instead.

- Added sugar - Your body converts sugars to acid. Abstain entirely from sugar and foods high in added sugar and consider eating fruits, like bananas and oranges, for your desserts.

Processed or preservative heavy - Canned and all processed foods, in general, contains synthetic preservatives that may contribute to oxidative stress. Healing during outbreaks can be more effective when oxidative stress is minimal. Abstain totally from these [processed foods](#) as well as freezer meals and also refrain from grain products and candies in your diet.

- Alcohol - Alcohol breaks down in your body and increases the sugar level in your blood, and when sugar consumption is high, it causes white blood cell suppression and drastically reduces the ability of your system to fight disease — which can make outbreaks more likely.

Topical Herbs, Oils, and Other Solutions

Some topicals, can help speed up healing, relieve itching, and numb discomfort when used correctly.

- Undiluted topical ingredients can burn through your skin barrier. Examples of such ingredients are essential oils. Carrier oil, like coconut and jojoba oil, ensure the safety of using topical ingredients.
- You should first of all test run it on another area of the body before performing a full application. This is a safety measure put in place to ensure that you are not applying an irritating substance to a part of the body that is already sensitive.
- Perform simple patch test by following this guide below:
 - Rub the topical on your forearm.
 - Observe for 24 hours.
 - If you feel any irritation, itching or inflammation wash the area thoroughly and never use it again.
 - If you don't observe any symptoms in 24 hours, then it is safe enough to apply to any affected areas of the body.
- Get a carrier for the following topicals: essential oils (ginger, tea tree, thyme, eucalyptus, chamomile) witch hazel, lemon balm extract and neem extract.
- Tea tree oil - Tea tree oil is a very efficient anti-viral ingredient that has been proven to cure genital herpes. In the cure for HSV, tea tree oil must be diluted with a carrier oil before you use it on the sores.

- Witch Hazel- Significantly witch hazel contains anti-viral properties. Some people have the ability to use pure witch hazel without experiencing any irritation, while others react to it. You should use a diluted solution if your skin is sensitive.
- Aloe vera - Contains wound-accelerating properties. And these properties have the ability to heal herpes lesions. Pure aloe vera gel can also be applied directly to every part of the body; it does not need to be diluted.
- Manuka Honey- Topical application of manuka honey is almost as effective as acyclovir at treating HSV-1 and HSV-2. Manuka honey does not need a carrier oil and can be applied directly without dilution.
- Goat milk - Goat milk contains anti-viral properties that also work against herpes simplex. Apply on the affected area without dilution.
- Chamomile essential oil - Some research suggests that chamomile essential oil has soothing and virus-fighting properties that may help treat HSV-2, and it must be diluted with a carrier oil.
- Ginger essential oil - Ginger essential oil has the potential to kill the herpes virus on contact, and it must be diluted with a carrier oil.
- Thyme essential oil - Thyme essential oil also has the potential to fight the herpes virus, and it should be diluted using a carrier oil.
- Greek sage oil - Greek sage oil also helps in fighting the herpes virus, and it should be diluted with a carrier oil.

- Eucalyptus oil- Eucalyptus oil can be very effective to cure herpes. It also soothes and promotes healing, and it must be diluted with a carrier oil.
- Mexican oregano oil- Mexican oregano oil contains carvacrol, a powerful anti-viral ingredient, and it must be diluted with a carrier oil.
- Lemon balm extract - Lemon balm extract is an oil virtually for outbreaks and reduces the risk of transmission, and it needs to be diluted with a carrier oil before use.
- Combined sage and rhubarb extract- It is also very essential in treating HSV-1, and this mixture should be diluted with a carrier oil before use.
- Licorice extract - Licorice contains an active ingredient that has an anti-viral and anti-inflammatory ability. These properties make licorice extract an effective treatment for herpes outbreaks. It can be applied directly without dilution.

Echinacea extract - Echinacea extract is a very useful anti-viral that can fight against both strains of herpes simplex and it's also an anti-inflammatory, which may soothe existing outbreaks. It can be used without dilution.

- Neem extract - Pure Neem extract is very viable and may burn your skin if not diluted. You have to cut it with a carrier oil.
-

Tips For Outbreak Management.

To manage a cold sore, follow the steps below:

- Discard your current toothbrush and get a new one.
- Ensure you take a lot of vitamin C, and zinc supplements, especially when you are highly stressed.
- Protect your skin from wind, sun, and cold exposure with hypoallergenic clear lip balm.
- Avoid sharing cups or drinks during the outbreak.
- Avoid popping, draining, or interfering with the cold sore while it's healing.

How to Manage Genital Herpes Outbreak.

- Always wear cotton underclothing and loose clothing in general.
- Always take long warm showers and keep the affected area clean and dry at all times.
- Avoid soaking in hot tubs or baths.
- Abstain from sex. You can spread the virus even if you use a condom.



CHAPTER 8

Dr. Sebi's Products and Herbs to Treat Herpes

Dr. Sebi's nutritional guide details specific foods allowed on a diet. These foods are as follows.

- Fruits: Apples, papayas, figs, mangoes, soft jelly coconuts, cantaloupe, currants, dates, elderberries, papayas, berries, peaches, pears, plums, seeded key limes, prickly pears, seeded melons, Latin or West Indies, tamarind, and soursop
- Vegetables: Okra, sea vegetables, avocado, dandelion greens, bell peppers, cactus flower, chickpeas, cucumber, kale, lettuce (except iceberg), mushrooms (except shiitake), olives, squash, tomatoes (only cherry and plum), and zucchini
- Grains: Amaranth, wild rice, Khorasan wheat (Kamut), rye, spelt, teff, quinoa, and funio.
- Nuts and Seeds: Walnuts, brazil nuts, raw sesame seeds, raw tahini butter, and hemp seeds.
- Oils: Hempseed oil, avocado oil, coconut oil (uncooked), grapeseed oil, (uncooked), sesame oil, and olive oil.
- Herbal teas: Elderberry, tila, burdock, ginger, raspberry, chamomile, and fennel
- Spices: Oregano, thyme, powdered, granulated seaweed, basil, cloves, bay leaf, dill, sweet basil, achiote, cayenne, habanero, tarragon, onion powder, sage, pure sea salt, pure agave syrup, and date sugar

- Adding to tea, you are allowed to drink water and a lot of it to increase metabolism.
- You are allowed to eat grains in the form of pasta, bread, cereal, or flour. In any case, any food leavened with yeast or baking powder is highly prohibited.

The diet below has a rigorous list of allowed foods, and the foods that are not included in this list should be avoided.

- Breakfast: Agave syrup with two banana-spelt pancakes
- Snack: 1 cup of green juice smoothie prepared with ginger, cucumbers, apples, and kale.
- Lunch: Kale salad with onions, tomatoes, dandelion greens, avocado, and chickpeas with basil dressing and olive oil.
- Snack: Fruit together with herbal tea.
- Dinner: Wild-rice stir-fry and vegetables

Day 2

- Breakfast: Smoothie shake prepared with water, bananas, hemp seeds and strawberries
- Snack: Blueberry muffins prepared with blueberries, agave syrup, sea salt, oil, pure coconut milk and spelt flour
- Lunch: Homemade pizza prepared with a spelt-flour crust, Brazil-nut cheese, and vegetables
- Snack: Rye bread with tahini butter and sliced red peppers by the side.
- Dinner: Chickpea burger with onion, tomatoes, and kale on spelt-flour flatbread

Day 3

Breakfast: Cooked quinoa with pure coconut milk agave syrup and peaches

Snack: Chamomile tea, sesame seeds and seeded grapes.

Lunch: Spelt-pasta salad, chopped vegetables and olive oil accompanied with key lime dressing

Snack: A smoothie made with banana, mango, and pure coconut milk

Dinner: A fresh vegetable soup prepared with mushrooms, powdered seaweeds, red peppers, zucchini, onions, kale, spices, and water.

Why Dr. Sebi's Cure for Herpes is the Best Option?

The Dr. Sebi diet promotes eating foods that are whole, unprocessed, and plant-based, which increases the immunity of the body's system.

It may aid weight loss, and it does not have side effects seeing that all medication is purely natural.

Dr. Sebi's diet also encourages individuals to eat whole foods which will increase their immunity and the nutritional value of their body system and not processed foods. It is also beneficial, especially when you follow it religiously, it helps you follow a more plant-based healthy eating pattern, it alters the microbiome that is microorganisms present in the gut. When there are fewer microorganisms in the body, the body has a lesser chance of falling sick.

The Dr. Sebi diet helps you to control your appetite. A research was conducted, and it was discovered that you feel refreshed, active, and more satisfied after feeding on plant-based diets.

Dr. Sebi's cure for herpes is the best, seeing that it does not just cure herpes simplex alone, it regulates and will help build up defences against other disease causing pathogens, and it will consistently regulate your body's Ph level. Dr. Sebi's cure and diet keeps your entire body in a healthy state.



CHAPTER 9

Conclusion

The social stigma and psychological stress that may occur as a result of the recurrent symptoms of oral herpes can be very uncomfortable. Although some of these factors can have a significant impact on quality of life and sexual relationships, most people with either kind of herpes can adjust to living with the infection.

Topicals that do not need to be diluted with a carrier oil are preferred: Aloe vera, honey, licorice extract, manuka, and echinacea extract. In most cases, herpes will not produce any symptoms, especially in the early stages, but if you observe any symptom, it is healthy to abstain from oral, anal, or vaginal sex. Some of the protective barrier methods and barriers, e.g. condoms, tend to help and offer protection during sex, but the risk of transmission is still very high.

For herpes simplex outbreaks, the first is normally very severe and worse with deep pain in the affected area, but not in all cases. Some people may experience outbreaks very mildly that they hardly take notice of it. In cases of genital herpes where the individual experiences mild outbreaks, more severe outbreaks are likely to occur in a couple of years, and the patient may mistake it for being the first one.

Most people experience one HSV outbreak, but for others, they experience more than one, because the virus becomes more active.

When an individual experiences more than one outbreak, it is called a recurrence. This is observed mostly in the first year of infection because the body has been thrown off balance. But, with Dr. Sebi's nutritional diet and supplement, the immune system of your body is increased, and your body begins to build and increase its defences against the virus by creating more antibodies.

There are almost no complications for healthy people with herpes simplex virus. Complications are observed mainly in people suffering from terminal diseases like cancer, AIDS, etc., as well as unborn babies, newborns, and people who have had an organ transplant. If you are in any of these categories and are diagnosed with herpes, you should change your diet, and start with the medications in the initial segment of this book immediately.

BOOK 6 - Doctor Sebi

**How To Stop Smoking Made Simple
Without Gaining Weight Using Dr Sebi's
Alkaline Diet**

Belinda Goleman



INTRODUCTION

This book in your hand contains proven ways to naturally rid oneself of the smoking disease. If you have explored other methods and have tried a lot of expensive drugs out there, but still keep falling back to the cravings and pangs of smoking. Then read further as this book methodology comes from a man who was a biochemist, naturalist, pathologist and herbalist before his death. He has done extensive research on herbs and has formulated this methodology using the alkaline diet to cure all forms of diseases. Dr Sebi always held the belief that mucus in one's body is responsible for every disease, including smoking. This book will help cure you of the smoking disease.



Chapter One

Who Is Dr Sebi?

Dr Sebi whose real name is Alfredo Darrington Bowman was a self-proclaimed healer and herbalist from Honduran who practised his craft between the late 20th and early 21st centuries in the United States. Although, he was considered a quack doctor by attorneys, licensed doctors and consumer protection agencies in the United States because he had no formal medical training. Bowman believed that through vegan diets and herbs, he could cure all disease. These claims did not sit well with modern medicines and its practices since there was no scientific evidence backing it.

Bowman was arrested in New York and accused of practising medicine without a license. After being tried in a Supreme Court, he was later acquitted of all charges. Bowman was later forbidden from making therapeutic claims for his supplements after he was charged in a civil suit.

Bowman on May 2016, was arrested in Honduras after tens of thousands of dollars in cash was found in his possession without sufficient accounting of its origin. It was during his time in jail after being detained for several weeks that he contracted pneumonia and was declared dead on en route to the hospital. He died on August 6, 2016 (aged 82) in police custody.

Early years

Being of African descent, Bowman was born in Ilanga, Honduras in 1933. It was his grandmother who exposed him to the world of herbal healing and traditional practices. As an adult, Bowman never identified himself as an African Honduran but as an "African in Honduras". His grandfather was an immigrant from Haiti.

Since western medical practices could not treat Bowman's illness such as diabetes, asthma, visual impairment and impotency, Bowman became displeased and such visited a herbalist named Alfredo Cortez in Mexico. According to Bowman, Cortez confirmed his illness and healed him.

Bowman began his practice after that in Honduras. Developing the "African Bio-Electric Cell Food Therapy" treatment and other herbal products which he claimed could cure cancer and AIDS, mental illness and other chronic and wide range of diseases. In 1980 near La Ceiba, Honduras, a center was set-up by Bowman where he marketed his herbal products in the United States. Bowman encountered legal opposition to his medical and therapeutic claims when he moved to New York City. Bowman claimed that his supplements could cure cancer and AIDS. Bowman later relocated his center USHA Research Institute located in the village of Usha to California.

Career

Bowman's diet and food therapy was based on a discredited alkaline diet. This is according to McGill University. He believes that the major cause of every disease is mucus. Bowman went on to develop a wide range of client who were especially celebrities with the likes of Michael Jackson, John Travolta, Steven Seagal, Eddie Murphy and Lisa Lopes. With the advice he gave to these celebrities, Bowman started earning more than \$3000 per day. Before Michael Jackson went on trial in 2004 on charges of child abuses which he was later acquitted, it was reported that Bowman treated him.

During the advent of AIDS in the early 1980s, Bowman claimed that HIV is not the cause of AIDS. And that with the aid of herbal remedies, he has treated people with AIDS. This is the same period where most of the cases of AIDS were found in New York and some major cities in the United States.

In New York (1987), Bowman was arrested for practising medicine without license. He was later released by the jury. Later in the 1990s, he was sued in New York and forbidden from making claims of therapeutic benefits for his products. Bowman relocated to Los Angeles where he built his celebrities clientele base.

On May 28, 2016, at the Juan Manuel Galvez Airport, Bowman and his associate Pablo Medina Gamboa were arrested on money laundering charges. They were found to be in possession of \$ 37,000 in cash with no explanation as to its origin. They were caught as they tried to move from a commercial flight to a private plane in the United States for Honduras. Bowman was later released but

would soon be re-arrested on money charges by the Public Ministerio on June 6, 2016. He fell ill while he was held in a Honduran prison. On August 6, 2016, Bowman passed away while en route to Hospital D'Antoni after the severity of illness was realized by the police. He died of complications of pneumonia. The news of his arrest and death did not sit well with some of his followers who sensed that he was silenced because his methods and teachings differed from normal medical practices; and that he was a major threat to the pharmaceutical industry.



Chapter Two

A New Way To Stop Smoking

Instead of the normal method of stopping smoking whereby you start off with the feeling of climbing Mount Everest then spend the next few weeks desiring a cigarette or even envying other smokers. You will start off right with an elated feeling as though you were cured of a terrible disease. You will come to the place in your life where you are even amazed at yourself for puffing a cigarette. All that would be left is empathy for others still struggling to stop and not envy. This is the goal of this chapter. To create in you that mindset that stopping is so much easier than most persons thinks.

Not to appear contradictory but if you're a smoker, keep smoking till you are done reading this book. The reason for this is that you will come to the realization that smoking does nothing for you. As a matter of fact, it's in the deprivation of cigarette that a smoker yearns for it the more. When allowed, the smoker wonders why he/she is smoking and what contribution smoking has on him whenever he smokes. This tends to be a dilemma with smokers. So, let's say you were hooked and you believe you were hooked whether you like it or not, the only way you can properly concentrate or be able to relax is when you are puffing a cigarette. So, as you continue reading, your desire for a smoke will be reduced, that is why I asked you not to try to stop it in one shot because it could be fatal. Follow the instructions given in this chapter, and smoking will be a thing of the past for you.

1. Make the decision that you are not going to smoke again and stick to it
2. Do not be depressed about your decision, rather rejoice at it.

Smoking is a very subtle and sinister trap. The chemical addiction is not the problem here; it's in understanding the myths, delusion, and brainwashing that went with it that one can successfully stop smoking. You defeat your enemy only when you understand his tactics.

Ex-smokers would tell you that when they attempted to stop smoking, they went through weeks of depression. And when they became serious with their decision to stop, it became easy as the day went by, let's say from a hundred a day to none, and this they did without slipping. Period of withdrawal even became enjoyable such that now they have no craving for smoking anymore. It is like a new life has been given to them. They are happy than they have ever been, and their life makes more sense now.

It is only when you have given this smoking problem a serious thought when it has certainly dawned on you that if you don't stop now, you'll probably be smoking for the rest of life. Only when this realization happens would you be able to see puffing a cigarette for what it is. It is filthy and adds nothing to your life.

Few Ex-smokers would tell you that they do experience that odd pangs for a smoke, but it's not worth bothering oneself about it. While others would tell you that they don't miss smoking because they are now living their best life now. They are able to cope with the strain and stress of life. They attend more social functions now than before and are not willing to give up this newfound freedom.

It is easy to stop smoking and not feel terrified about the withdrawal pangs, and that is the beautiful truth. Doubts and uncertainty are the factors that cause the pangs for a smoke while indecision and feeling depressed is what makes quitting very hard. Smokers who are nicotine-addicted can go a long period, living their life as normal without being bothered about it. You only get disturb and suffer when you want cigarette and can have one.

Making stopping final and certain is the key to making it easy. Be certain from the start. Wishing and hoping doesn't cut it. Kick smoking out and stick with it, rejoicing at your decision. Consider these essential points before you start.

1. You can achieve it: You need to realize this - You are the boss of yourself and equally the only person that can make you smoke that next cigarette.
2. You have nothing to lose but everything to gain - better health, more money saved, good looking as compared to being miserable. Consider these positive gains.
3. Smoking is a drug addiction: The earlier you get this clear in your head, the better. There is nothing like just one cigarette. You will only end up punishing yourself needlessly when you are moaning over that one cigarette.
4. As I earlier stated, see smoking as a drug addiction that needs to be cured now. Not a social habit that might only injure you. You got the disease, and as with any disease, we don't just wish for it to go away, we do something about it here and now before it gets worse.

5. There should be a distinction between this chemical addiction and the frame of mind of being a smoker or ex-smoker. All smokers would jump at the opportunity if being given of going back to the time they were hooked. When you decide that the cigarette in your hand would be your last, it simply means that you're now an ex-smoker. Don't wait around for any special feelings. Go out there and enjoy your life without feeling depressed at your decision. You are no longer that wretched smoker destroying his/her life. You are now the one who sees the beauty of life and unwilling to give that up now.

The right frame of mind would greatly help you in abstaining from smoking during the 3 weeks of withdrawal periods after making that final decision to quit smoking.

If after discussing the above, you still have the feeling of gloom and doom, the following could be the reason

1. You fear you will not succeed. Don't worry about this fear. Just read on

Imagine smoking as a confidence trick on a very large scale. Only a fool who knew the trick before hand goes on kidding himself. While the intelligent ones just fall flat for the confidence trick. You will surely succeed as long as you get the fear of failure out of your mind.

2. Maybe what was discussed has not yet connected in your mind. Remove doubts from your mind. Do well to go over the five points enumerated above.

3. You are still feeling so miserable even though you totally agree with what was discussed. This in itself is a pointer that something is

about to happen to you. So, cheer up because you have already shifted ground.

So, start in a right frame of mind, see yourself as a non-smoker and stay that way.



Chapter Three

Dr Sebi's Approach To Quit Smoking

Approaches to smoking cessation include herbal supplements, and these supplements are taken to minimize cravings and nicotine withdrawal. These treatments help to repair tissues that have been damaged by smoking.

Among other things, green tea is the most common herbal remedy used to control cravings, and this can be taken throughout the day. During the detoxification period, green tea helps to keep the system flooded with elements that reduce the urge to smoke. Alongside green tea being used during the detoxification period, Lobelia tea can also be used. Since this herbal supplement can be harmful to your health when not properly used, it's best to consult a medical professional before taking them.

Cigarettes block the absorption of important nutrients, such as vitamin C, vitamin D, and calcium. For example, smoking just one cigarette drains the body of 25mg of vitamin C. When you incorporate more vegetables and fruits into your diet, it will definitely restore these nutrients and, as some research has suggested, it may help with reducing the cravings to smoke. Once you stop smoking, food begins to taste better, and flavours are more noticeable.

Some research suggests that ginseng could be therapeutic for reducing nicotine addiction because it may weaken the effect of dopamine, a neurotransmitter in the brain associated with the

pleasure, which is released when smoking tobacco. Drinking ginseng tea could reduce the urge to smoke, and also make it less enjoyable.

Smokers have reported that drinking milk made the taste of cigarettes even worse, most smokers admitted that it gave their cigarettes a bitter taste afterwards. When facing a craving, consuming milk and other dairy products can make cigarettes taste bad, and so it might help deter smokers from cigarettes.

Quitting smoking is associated with weight gain and you really do need to watch your diet, because you may find you are replacing cigarettes with good food, which keeps both your hands and mouth busy. Also, you may have been used to the appetite-suppressing, metabolism-enhancing effects of nicotine, and these factors make people weigh a little less when smoking compared to when they stop. If gaining weight is discouraging, then consider adding high fiber beans to your diet. Honey also plays an important role in the cessation process of smoking. It is loaded with beneficial vitamins, enzymes and proteins.



Chapter Four

The Importance Of Detox And Revitalizing Your Body



First off, congratulations are in order for quitting smoking. You have just completed the hardest part of the hurdle. The next thing is to detox the body from excess toxins accumulated over time. In order to clear your system from these harmful chemicals, herbal detox is

the best method to employ, and the Dr. Sebi alkaline diet and recipes are full of detoxing chemicals.

Chemicals found in Cigarettes and their impact on your body

Every time you puffed a cigarette, you inhaled thousands of toxins into your body, about 4,000 chemical agents and 60 carcinogens were inhaled into your lungs and transferred to all parts of your body through the bloodstream. Nicotine is the leading culprit in the development of lung cancer and it is the most common of these toxins. You were also at risk of developing stroke, heart disease, bladder cancer, cervical cancer, stomach cancer, and chronic bronchitis, as all these are numerous diseases that can come from smoking.

So, what is Detox and why it is important?

Detoxification is the method of ridding the body of excess toxins and supplements that might harm it. This goes beyond restricting yourself to a certain diet which most people do for a short period of time before returning to their old unhealthy ways. Detoxing is simply a fresh start. It is a way of cleansing our mind of toxic emotions and thought patterns. Detox helps improve mental state, digestion and health, and it also helps expel heavy metals from the body.

Since we live in a world where we are regularly exposed to toxins, detoxing is equally an opportunity to flush out toxic materials with the inclusion of toxic thoughts, patterns and emotions.

Detoxing also gives us the opportunity to put ourselves on pause and examine our lifestyles, habits, the food we consume, hygiene and everything in between.

Benefits of Detoxing After you stopped smoking

The following are also some of the benefits enjoyed by an ex-smoker:

- Increased energy
- Weight loss
- Improved respiration
- Metabolism-boosting usually associated with quitting
- Looking younger, feeling younger

How to Detox your body

Now that you have quit smoking, to be on the safe side you have to implement herbal detox so as to clean out all major organs in your body. The reason is to prevent toxins which have built up over time to fester and put your body at risk. Any toxins not removed may adversely affect your health. Removing these harmful substances with the use of herbs and other natural processes will flush out toxins that are likely to be released through the skin, bowel movements and urine. Also, consuming fruits and vegetables in their whole form works wonders in ridding your body of toxins.



Chapter Five

Food You Should And Should Not Eat To Detox Your Body

Food To Eat

These foods help to curb the desire to smoke. They simply make smoking look bad by altering its taste. Food eaten when detoxing should be natural foods; such as

- Fruits, vegetables, beans, seeds, whole-grains, and nuts are the best foods to eat when detoxing your system. In vegetables and fruits lies nutrients that are strong detoxifying agents and enzymes that helps improve digestion. Whole-grain, vegetables, fruits and beans help to remove toxins from the body through the bowel because they are rich in high fiber. Nuts and seeds help to activate the cells in your brain because of their richness in high fat-soluble vitamins. Nuts and seeds also improve the overall functioning of the brain cells. All these foods are rich in vitamins, minerals and high in antioxidants which helps to push out toxins by activating the whole body. Consuming this nutrient-rich food helps to improve the general well-being of the body.
- Full of vitamin C, lemons are the go-to fruit for those looking to detox. This antioxidant is great in fighting free-radicals. This can have a negative impact on the body. Lemons have an alkaline effect, which helps in restoring the body's PH balance; hence, improving the body

immune system. A simple slice of lemon in hot water is a good way to start your detox.

- Ginger is another good detox food, as it aids in digestion, and it also reduces bloating and gas. It contains a large number of antioxidants which provides a good boost to your immunity.
- Garlic, despite its strong smell, is great for detoxing your body. Having antiviral, antibacterial and antibiotic properties, and also containing allicin, it aids in white blood cell production, which helps to protect the body against infections. It is best consumed raw. When it is combined with onions, it helps your liver to produce enzymes specialized in removing toxins from your body.
- Another great food is artichokes. They are full of antioxidants plus fiber. They help with the digestion of fatty foods, and they also stimulate liver function.
- Watercress is considered to be one of the healthiest foods for a great detox. It contains antioxidants and several detoxifying nutrients such as vitamins, zinc and potassium. Watercress also has diuretic properties, and this helps to flush out toxins. Watercress can help eliminate cancer-causing chemicals from the body of a smoker.

- Green Tea contains active ingredients. This help supports detox and provides additional health benefits. Green tea is packed with antioxidants that help rid the body of toxins. Green tea also boosts the performance of the liver and can protect the liver from disease.
- Another great detox food is cabbage. Cabbage contains sulforaphane - A chemical which aids the body in the fight against toxins. Cabbage also contains glutathione - an antioxidant that helps promote liver function.
- Cucumber is a good way to increase the water level in your body since it contains 90% of water; it also helps in digestion.
- Supplementation: During the withdrawal and detoxification phase, many supplements are out there that can help smokers deal with it. An acidic urine increases the elimination of nicotine, thereby increasing the desire for more. At the same time, a diet rich in alkaline reduces the desire to smoke and also slows down the detoxification of nicotine.
- Multivitamins: First, we need vitamin B, which is usually lacking in smokers. Mainly the B1, B6 and B12. B3 helps to open up the circulation constricted with nicotine. B3

also help reduce the risk of atherosclerosis by decreasing the cholesterol level in the body. In comparison, B12 helps to reduce the damage on a cellular level caused by nicotine and tars.

Pantothenic acid help in reducing ageing of the skin. Coenzyme Q10, chlorine and folic acid are also important. Other important minerals required for the detoxification period include zinc, magnesium, molybdenum and copper.

Food Not To Eat

It is in your best interest to know that certain foods exist that actually trigger and increase the desire to smoke. It is also important for you to plan ahead in order to manage those cravings if you must consume these foods. Caffeine, meat, dairy, alcohol and wheat are the worst foods in a detox diet. Alcohol is harmful to the liver and reduces the levels of detoxifying minerals such as zinc and magnesium.

Meat helps breed bacteria in your guts. It slows down digestion and clogs up the bowels. Wheat is dangerous to the lining of the intestines. This leads to poor nutrient intake. Taking gluten irritates the gut, which causes bloating, indigestion and constipation.

Milk, cheese and other dairy products lead to poor cell function. They slow down detoxification because they are acidic to the body, while caffeine leads to increased levels of toxins in the body.

Also, processed, packaged and frozen foods are high in salt, sugar, bad fats and artificial ingredients; and when detoxifying, these should be avoided.

A high salt diet is very bad for blood pressure. It slows down cell functioning as well as the detox process. While sugar in diet increases mood swings, it also causes brain fog and energy leaks and troughs. Sugar also fights against good bacteria which are in the gut - this leads to slower detoxification. Whereas bad fats cause strain on the liver and to your waistline, many artificial ingredients are made from petrochemicals. They are toxic to the liver, and they are hard to break down and detoxify.



Chapter Six

Dr. Sebi's Stop Smoking Diet Recipes

If you want to live a healthy lifestyle, it is necessary to curbs one's smoking habits. The following examples from Dr. Sebi's smoking diet recipe help to actualize that.

1. Dried ginger with lemon

The Sulphur compound in ginger helps reduce smoking addiction. Take a small piece of ginger and soak it in lemon juice. Then mix it with black pepper and store in a container. Whenever you have the urge or craving to smoke, just suck on the piece of ginger, and you will be okay.

2. Onion juice

Onion juice drank 3 times a day can help any smoker who has tried countless times to stop smoking, but have met with failure to curb the cravings to smoke.

3. Ginseng

Ginseng not only helps stop the urge to smoke. It also helps you cope with symptoms of withdrawal. This symptom could be in the

form of physical and emotional stress.

4. Honey and Dalchini

Taking some dalchini powder mixed with half teaspoon of honey taken with water can help curb the urge to smoke; the reason being that both honey and dalchini have some health properties that can help one to quit smoking.

5. Harad/Harar

The black harad, which is small in size when soaked in water for a few hours, can help stop the cravings for smoking. Whenever the cravings arise, just take it and put it in your mouth for a few minutes and you will be okay.

6. Sip on some milk

Studies conducted at Duke University show that when a glass of milk is taken before smoking, the taste from cigarettes becomes terrible. So, whenever the craving for a smoke arises, drink some milk or eat any of the dairy products like yoghurt. This will keep you away from smoking for a very long time.

Others include

Grapefruit: This is good for the skin. It deeply helps to cleanse the pores, which is important after you quit smoking. Grapefruit is an antioxidant which fights against cancer; it helps to reduce the acid

level of the blood; and it repairs the damage done to the lungs. It is full of nutrients; also, and it helps in neutralizing the harmful effects of free radicals. It protects the respiratory system and lowers the risk of heart disease, and it also helps to preserve dental health.

Ginger: This is a plant that detoxifies the body. Ginger is a powerful antioxidant which helps fight against cancer. Taking ginger after quitting smoking helps to eliminate the toxic substances in tobacco. Ginger is very good for digestion, and it helps you avoid gastric reflux, bloating and heartburn. Ginger also provides energy which helps the body eliminate the toxins from tobacco.

Plus it soothes anxiety, and the natural warming effect of ginger also induces perspiration. This flushes out the toxins and lowers the level of harmful chemicals in the blood. It helps in treating withdrawal symptoms of smoking, which include nausea. Also, Dr. Sebi's turmeric ginger recipe can help you refrain from smoking. It helps detox the body from all the harmful toxins that can cause a series of ailments in the body.

Green vegetables: These are rich in magnesium, which is a mineral which smokers lack. These green vegetables help cleanse the body of the harmful effects of tobacco. Green vegetables help skin to recover and gives you fresh breath.

ACE: This is an anti-smoking juice. It mixes orange, carrot and lemon, which contains vitamins A, C and E, which forms the name Ace. The carrot helps to combat skin ageing; it also allows the skin

to recover. Oranges are powerful antioxidants, as they contain many vitamins and minerals, which help to fight against winter diseases.

The valerian root: This is another diet recipe, which contains powerful sedative properties. These properties help in dealing with nicotine withdrawal symptoms. Symptoms like anxiety, stress and restlessness. Valerian is a very effective natural remedy, and it prevents the craving for nicotine.

Cayenne pepper: This helps in dissensitizing the respiratory system to all addictive things; plus it is a rich source of antioxidants. This repairs damaged lungs; and it also stabilizes lung membrane. Cayenne pepper helps to reduce cigarette cravings.



Chapter Seven

Is Dr. Sebi's Stop Smoking Diet Effective?

Dr. Sebi's diet as far as quitting smoking is concerned is highly effective with proven methodology and it comes highly recommended. No support program for smokers would be as effective as Dr. Sebi's stop smoking diet. This is a plant-based alkaline diet that is capable of replenishing nutrients loss and organs damaged from smoking. The rich nutrients content found in its fruits, vegetables and whole-grain foods can provide the necessary and antioxidant nutrients needed to lead you back to the road of good health. With the Alkaline Diet, the risk of cancer and other smoking diseases can be reduced through the vitamins A, C, and E, Beta-carotene and selenium found in the diet.

Water is an important nutrient in Dr. Sebi' stop smoking diet. It helps to balance the drying effects from smoking. A 2 to 3 quart in-take is required depending on the water content of the vegetables, salad, and fruits consumed. An alkaline stop smoking diet is effective in balancing out the mild acidic condition in the body caused by smoking.

This alkaline stop smoking diet is rich in fiber and helps in facilitating detoxification. This is accomplished by maintaining bowel functions, which is required to remove harmful chemicals from the body.

Dr. Sebi's stop smoking alkaline diet is effective during the withdrawal and detoxification phase. By reducing the cravings and interest in smoking through an increased blood alkalinity, this

increased blood alkalinity is made possible through the consumption of raw food, fruits and vegetables. This diet does not have to be life-long, as proven studies can also attest to this - the Alkaline stop smoking diet is a major booster during the withdrawal period.

Lastly, Dr. Sebi's stop smoking diet is instantaneous, permanent, and effective for heavy smokers. There won't be a need to worry about putting on any weight. Also, it slows the detoxification of nicotine from the body, thereby reducing the desire to smoke and help manage cravings.



Chapter Eight

Why Dr. Sebi's Stop Smoking Diet is the Best Option

A study was carried out by doctors at Columbia University, USA. When analyzing the level of acidity or alkalinity of the body of a smoker, it was discovered those who smoked the most have the highest acid balance in their body. This is the reason why they crave another cigarette faster after the last because the acidity level in their body increases the speed at which nicotine leaves the body. However, an alkaline diet reduces the cravings of cigarettes, thereby making stopping easier because it slows the rate at which the nicotine content leaves the body.

At the University of Nebraska Medical Center in the USA, the alkaline diet was tried on some smokers for five weeks, and at the end of the experiment, all except one had stopped smoking; the one still smoking was down to only two cigarettes a day.

From the above experiment, one can see that the alkaline stop smoking diet (Dr. Sebi's alkaline diet) is the best option as far as quitting smoking is concerned.



Conclusion

At this point, I believe you have made up your mind to give up smoking for good. You have also seen that through the application of an alkaline-based diet whose roots are found in plants and herbs, one can easily stop smoking. A word of advice here; no matter how confident you are and how long you have stopped smoking, just make it a rule never to touch a cigarette for any reason. Mind you, all ex-smokers if given the opportunity to go back to the time they were first hooked would probably take it.