

# THE DR SEBI ALKALINE FOODS & HERBS GUIDE

+60 Alkaline Foods  
For Complete Health

- REJUVENATE YOUR CELLS
- STABILIZE YOUR BLOOD SUGAR
- LOWER YOUR BLOOD PRESSURE
- DETOX YOUR LIVER
- ELIMINATE MUCUS
- FIGHT DISEASE



# Who is Dr Sebi?

**A**lfredo Darrington Bowman, better known as Dr. Sebi, was a Honduran herbalist and self-proclaimed healer, who also practiced in the United States for a period in the late 20th and early 21st centuries. Bowman claimed to cure all disease with herbs and a vegan diet including; HIV, Herpes, Syphilis, Cancer, sickle cell anemia, leukemia, and lupus.

In 1988 he was sued for false advertisement and practice without a license after he placed a number of ads in newspapers- including the New York Post. The Attorney General of New York filed the suit and forced Dr Sebi to appear in a Supreme Court trial.

Before the trial began he was asked to produce a witness per disease he alleged to have cured, and after 77 people joined him in court. He was declared not guilty and therefore many people believe that was proof, in fact, that he cured all diseases mentioned in the press.



# Dr Sebi's Views on Mucus

He designed this diet for anyone who wishes to naturally cure or prevent disease and improve their overall health without relying on conventional Western medicine.

According to Dr. Sebi, disease is a result of mucus build-up in an area of your body. For example, a build-up of mucus in the lungs is pneumonia, while excess mucus in the pancreas is diabetes.

He argues that diseases cannot exist in an alkaline environment and begin to occur when your body becomes too acidic.

## FOODS THAT CREATE MUCUS



## FOODS THAT ELIMINATE MUCUS





# Laws of Eating In Rhythm

## 5am-12pm



Fruits, herbs, and water to help the body flush and cleanse out waste

## 12pm-3pm



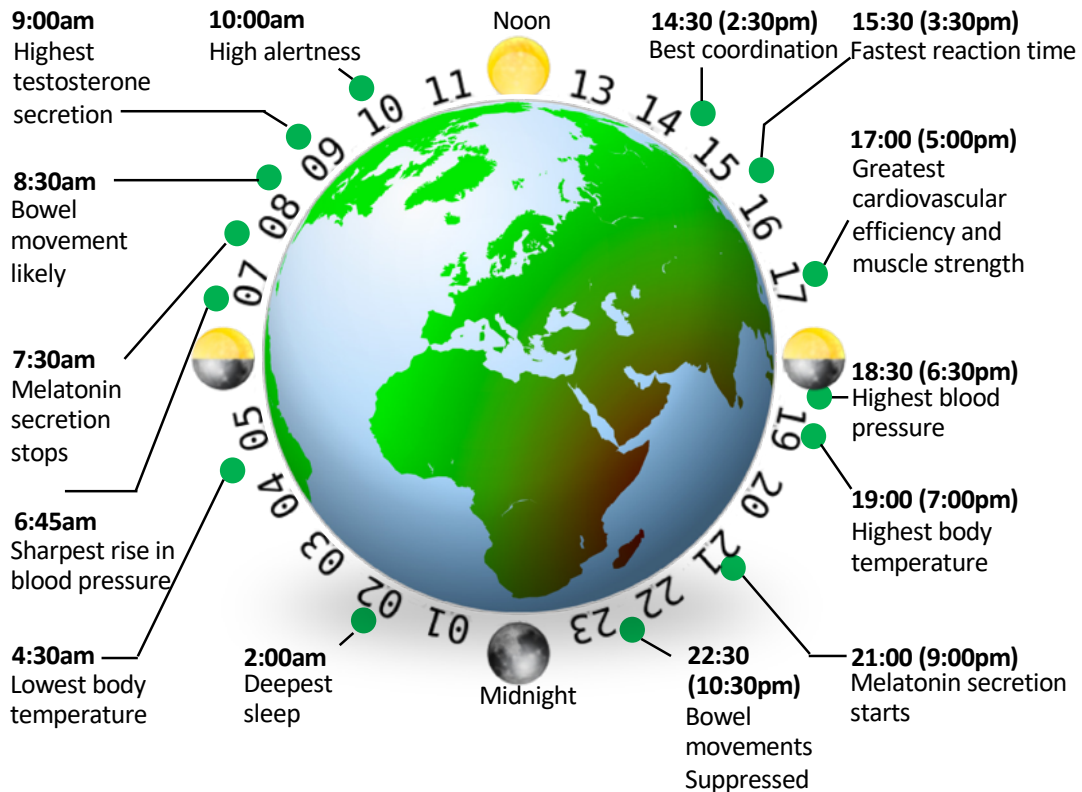
Vegetables at noon to replenish the cells and feed the body minerals, chlorophyll, melanin, and carbon

## 3pm-8pm



In the evening more solid foods can be eaten, but no eating after 8pm

## Your Body's Biological Clock



# Vegetables

- Amarnath greens (Callaloo, a variety of greens)
- Avocado
- Bell Peppers
- Chayote (Mexican squash)
- Cucumber
- Dandelion greens
- Garbanzo beans
- Izote (Cactus flower/cactus leaf)
- Kale
- Lettuce (All, except Iceberg)
- Mushrooms (All, except Shitake)
- Nopales (Mexican cactus)
- Okra Olives
- Onions
- Sea Vegetables (Wakame/dulse/rame/hijiki/nori)
- Squash
- Tomato (Cherry and plum only)
- Tomatillo
- Turnip greens
- Zucchini
- Watercress
- Purslane (Verdolaga)
- Wild argula





# Fruits

- Apples
- Bananas (The smallest one or the Burro/ midsize/original banana)
- Berries (All varieties, no cranberries)
- Elderberries (In any form)
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes (Seeded)
- Lime (Key limes, 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







# Natural Herbal Teas

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



# Grains

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





## There is a great deal of wisdom in the saying, “We are what we eat”.

It's certainly fair to say that many Western diseases can be attributed to poor diets. The Center For Disease Control analysis shows that younger African Americans are living with or dying of many conditions typically found in white Americans at older ages. The difference shows up in African Americans in their 20s, 30s, and 40s for diseases and causes of death. When diseases start early, they can lead to death earlier. Chronic diseases and some of their risk factors may be silent or not diagnosed during these early years. Health differences are often due to economic and social conditions that are more common among African Americans than whites. For example, African American adults are more likely to report they cannot see a doctor because of cost.

Western medicine attempts to put a proverbial sticking plaster on the disease by prescribing medications when the best course of action would have been to address the cause of the disease, that being poor diet. A common-sense approach is to eat a sensible and healthy diet to prevent disease. Dr. Sebi formulated a healing diet that he believed, not only prevented disease but also cured it.

Dr. Sebi's Alkaline diet came from the fact that he believed that abiding foods were detrimental to the body. This is why he established his raw vegan diet of electric foods. By following this approach, Dr. Sebi believed you could prevent mucus build-up, which leads to the development of all diseases.

According to United States Census Bureau, life expectancies at birth for blacks are 76.1 years, with 78.9 years for women, and 72.9 years for men. For non-Hispanic whites the projected life expectancies are 79.8 years, with 82.0 years for women, and 77.5 years for men. The death rate for African Americans is generally higher than whites for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, and HIV/AIDS.

Dr Sebi claimed to have cured all of these ailments (and more) through a healthy Alkaline diet devoid of mucus creating foods. In 1988 he was sued for false advertisement and practice without a license after he placed a number of ads in newspapers- including the New York Post. He took on the Attorney General of New York head on in a Supreme Court trial. Before the trial began he was asked to produce a witness per disease he alleged to have cured, and after 77 people joined him in court, he was declared not guilty and therefore proved in fact, that he cured all diseases mentioned in the press.