

# Dr Sebi Book

**Sandra Lobato**

**Dr. Sebi Books** Kerri M Williams, 2020-12-21 The Lost Book of Dr. Sebi Hear Dr. Sebi Speak... Learn his original and accurate teachings, word for word Knowledge is the fountain of life that flows from nature... Transform that body of yours into the sacred, disease-free being you've always wanted. GET 2 FREE BONUSES when you buy the paperback book: 1. A 109 Page Dr. Sebi Healing Planner and Tracker Workbook for staying on track 2. The Dr. Sebi Starter Kit Challenge (A 12 Page Guide with Exclusive Recipes) -Learn all that You Need to Know About the Dr. Sebi Healing Methodology with this 9 in 1 book... ...all for more than 50 percent discount value! Get started today. Hit the BUY button NOW and turn your dreams into reality.

**DR. SEBI Juices and Smoothies** Dr Sebi Academy, 2021-04-06 □ 55% discount for bookstores! Now at \$24.95 of \$39.95! □ □ □ □ Obtaining all necessary nutrients that our body needs is no simple task in the context of the world that we live in today. As food is highly accessible these days, praising fast meals and processed edibles grants us with instant satisfaction... but only at the expense of our own health... □ □ □ People stick up to certain eating patterns and lifestyles for extended periods. But when they start feeling unwell or issues arise, they reach out to doctors, instead of reflecting on their habits and how they fuel their bodies. In fact, with the variety of choices in local supermarkets, we've pushed ourselves away from our roots and stopped betting on natural products, drawing us closer to the habitat of our ancestors. Have you thought about why our predecessors were generally strong and healthy? The Answer to This Question (and Not Only!) Will Be Found in Dr. Sebi's Insightful Book: His Guidelines and Eating Lifestyle Have a Tremendously Positive Impact, Helping People Around The Globe Put Different Kind of Diseases in Reverse Gear, Lower Blood Pressure and Boost Longevity! You might want to choose this diet either to prevent diseases or to cure yourself of one... Either way, it would be sensible taking on this kind of a lifestyle, since it can provide so many health-benefiting outcomes. The food choices, prescribed in Dr. Sebi's studies put emphasis on natural and non-GMO goods, leaving scuffed with chemical products and expensive medical care aside. This book also shares decent advice on the best practices to avoid diseases. If you still not believe in this opportunity, then you might get convinced of the special bonus chapter in which celebrities share their experience and incredible obtained results thanks to the natural remedies of Dr. Sebi! Are You Ready To Live Happily Ever After...? ... Order Your Copy and Enjoy Life To The Fullest!

**DR. SEBI - Soup & Vegetables** Dr Sebi Academy, 2021-04-11 □ 55% discount for bookstores! Now at \$34.95 of \$49.95! □  
□□□ Obtaining all necessary nutrients that our body needs is no simple task in the context of the world that we live in today. As food is highly accessible these days, praising fast meals and processed edibles grants us with instant satisfaction... but only at the expense of our own health...□□□ People stick up to certain eating patterns and lifestyles for extended periods. But when they start feeling unwell or issues arise, they reach out to doctors, instead of reflecting on their habits and how they fuel their bodies. In fact, with the variety of choices in local supermarkets, we've pushed ourselves away from our roots and stopped betting on natural products, drawing us closer to the habitat of our ancestors. Have you thought about why our predecessors were generally strong and healthy? The Answer to This Question (and Not Only!) Will Be Found in Dr. Sebi's Insightful Book: His Guidelines and Eating Lifestyle Have a Tremendously Positive Impact, Helping People Around The Globe Put Different Kind of Diseases in Reverse Gear, Lower Blood Pressure and Boost Longevity! You might want to choose this diet either to prevent diseases or to cure yourself of one... Either way, it would be sensible taking on this kind of a lifestyle, since it can provide so many health-benefiting outcomes. The food choices, prescribed in Dr. Sebi's studies put emphasis on natural and non-GMO goods, leaving scuffed with chemical products and expensive medical care aside. This book also shares decent advice on the best practices to avoid diseases. If you still not believe in this opportunity, then you might get convinced of the special bonus chapter in which celebrities share their experience and incredible obtained results thanks to the natural remedies of Dr. Sebi! Are You Ready To Live Happily Ever After...? ... Order Your Copy and Enjoy Life To The Fullest!

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of the special bonus chapter in which celebrities share their experience and incredible obtained results thanks to the natural remedies of Dr. Sebi! Are You Ready To Live Happily Ever After...? ... Order Your Copy and Enjoy Life To The Fullest!

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**Dr. Sebi** Dr Sebi Academy, 2021-04-12 □ 55% discount for bookstores! Now at \$24.95 of \$39.95! □ □ □ Have you heard of African Medicinal Herbs? What is the difference between African Medicinal Herbs with other Medicinal Herbs? □ □ □ The plant's roots are used as a traditional medicine in African countries. The roots are boiled in water, which is often strained and taken as a tea or broth. In some African areas, the pounded root can be mixed with milk to make a kind of pudding. African Medicinal Herb is a plant that is used widely in traditional African medicine. It is used as an herbal treatment for various diseases and conditions, including fatigue, diarrhea, hypertension, depression, etc. It can be found in different parts of Africa like Nigeria, Senegal, and Congo. The herb can also be found in many parts of the world as well. The uses of African medicinal herbs are varied from spiritual to practical. It can be used to treat diabetes and to cure liver disease. It also helps in producing proteins and is used as a tonic for sexual potency in men. The dried aerial part of African Medicinal Herb is used to treat kidney stones because kidney stones mixed with the urinary tract will affect stone formation in the human body. African medicinal herbs are also used to treat high blood pressure, and it can also be used as a remedy for headaches, and it helps prevent the onset of heart disease. The African Medicinal Herbs have been used for a long time in Africa. Someone

interested in herbs will find that this area of the world has an abundance of herbs. The use of these types of herbs is prevalent, and they are often used by many people in the community, not just as a cure but also for beauty purposes. African Medicinal Herb is very effective in treating some types of diseases, one example being Malaria, which is rich with the use of particular African medicinal herb-based medicines made from extracts. This book covers: African Medicinal Herb Dr. Sebi Herbal Salads Snacks Desserts Soup, Stew, and Sauces Vegetables Breakfast And much more... The use of African Medicinal Herb is for healing, a traditional medicinal ingredient, and even for spiritual purposes. The ceremonies performed using the African Medicinal Herb are known to be effective in many different ways. Using African Medicinal Herb as a remedy for arthritis is known to be one of its primary uses, but it is also used as a prophylaxis measure against heart diseases. Ready to get started? Click Buy Now!

*DR. SEBI - Salads E Vegetables* Dr Sebi Academy, 2021-04-07 □ 55% discount for bookstores! Now at \$24.95 of \$39.95! □ □□ Obtaining all necessary nutrients that our body needs is no simple task in the context of the world that we live in today. As food is highly accessible these days, praising fast meals and processed edibles grants us with instant satisfaction... but only at the expense of our own health... □□□ People stick up to certain eating patterns and lifestyles for extended periods. But when they start feeling unwell or issues arise, they reach out to doctors, instead of reflecting on their habits and how they fuel their bodies. In fact, with the variety of choices in local supermarkets, we've pushed ourselves away from our roots and stopped betting on natural products, drawing us closer to the habitat of our ancestors. Have you thought about why our predecessors were generally strong and healthy? The Answer to This Question (and Not Only!) Will Be Found in Dr. Sebi's Insightful Book: His Guidelines and Eating Lifestyle Have a Tremendously Positive Impact, Helping People Around The Globe Put Different Kind of Diseases in Reverse Gear, Lower Blood Pressure and Boost Longevity! You might want to choose this diet either to prevent diseases or to cure yourself of one... Either way, it would be sensible taking on this kind of a lifestyle, since it can provide so many health-benefiting outcomes. The food choices, prescribed in Dr. Sebi's studies put emphasis on natural and non-GMO goods, leaving scuffed with chemical products and expensive medical care aside. This book also shares decent advice on the best practices to avoid diseases. If you still not believe in this opportunity, then you might get convinced of the special bonus chapter in which celebrities share their experience and incredible obtained results thanks to the natural remedies of Dr. Sebi! Are You Ready To Live Happily Ever After...? ... Order Your Copy and Enjoy Life To The Fullest!

**Dr. Sebi Cookbook** Amber Florey, 2021-05-24 □ NOW 55% OFF for Bookstores! □ MANAGE YOUR HEALTH IN AN ALL-NATURAL WAY AND FEEL REGENERATED! Get started today with over 100 simple, yet mouthwatering recipes.

Dr. Sebi Andrew Watchers, 2021-03-17 55% FOR BOOKSTORES! LAST DAYS Some people think they can't afford to lose weight. But in reality, these people would benefit from consuming an alkaline vegetable diet. This means omitting sweeteners, most grains, and limiting fruit intake. This fresh new diet is about focusing on eating the alkaline vegetables

outlined in Dr. Sebi's Nutritional Guide. Continue reading to learn more about how these foods can help you. This book will give you the information you need to feel healthy and empowered. It's never too late or too early to start a new lifestyle with organic foods, and you can use this guide to help you begin. It may feel strange or uncomfortable to not eat the unhealthy foods you used to love, but if you care about your body and wellbeing, make the switch to organic foods today. Then you can rest easy in knowing that your body and system can capably fight off potential diseases. And yes, even water fast is helpful if you can do one. It's also useful to consume cleansing herbs while you are detoxing to get the greatest benefit out of your cleanse, if possible. In this book you will discover: Alkaline diet herbs Remedies for asthma and other diseases Benefits of Dr. Sebi's diet Foods that contribute to weight loss Recipes for weight loss And much more! Now is your moment to ask yourself: Are you going to continue to live the way you do, possibly suffering from an ailment your own doctor says they can't do anything about or are you going to consciously change the way you eat and heal your body? The choice is yours. So what are you waiting for? Purchase Dr. Sebi's book today and begin to heal your life.

Dr. Sebi Cookbook Stephanie Quiñones, Tired of trying different flavorless recipes to boost your immunity, shred weight, and detoxify your body? Learn how quick and easy, yet delicious and super simple Dr. Sebi's recipe cookbook is! Get started today with over 130+ simple, yet mouthwatering recipes. You will see results and see tremendous progress with losing weight, keeping diseases away, and gaining confidence in yourself. In this book, no longer will you be aimlessly searching the internet for a Dr. Sebi recipe book. We have compiled some of the best known Dr. Sebi's recipes to replace your daily meal regimen with delicious Alkaline meal recipes to cleanse and revitalize your body. These recipes are simple to make, and best of all compliant with the Dr. Sebi's Alkaline diet. You'll be able to open up the book, go to a recipe and feel great knowing that you'll be eliminating and preventing malignant diseases by just following Dr. Sebi simple Alkaline meal recipes. By Keeping up and being consistent with Dr. Sebi's Nutritional guide, you will find no need to depend on over the counter expensive diets and supplements that yield no results! Inside You Will Discover... \*The benefits of Alkaline and Electric Food diets \*Dr. Sebi's approved food list to achieve alkalinity \*Smoothie recipes for both Alkaline and Electric food diets \*Nutritional facts of every Alkaline recipe \*Step by step recipe instructions \*130+ Alkaline Recipe Foods with a 28-Day diet plan \*Plus much, much, more! Here, we present you with some vibrant and delicious Alkaline recipes which include Smoothies and Desserts. The Dr. Sebi diet is a plant-based alkaline diet that has the capacity of restoring the body's alkaline level and fighting diseases. Following the 28-Day diet plan depicted in this book in a precise manner will naturally cure and enhance your overall health and immunity. This book provides quick and easy recipes made from some underrated ingredients which are nutritious and available in every kitchen. Click "BUY NOW" at the top of the page, and instantly Download: Dr. Sebi Cookbook: Ripe the Benefits of the Dr. Sebi 28-Day Alkaline Recipe Meal Plan to Live a Healthier and Disease Free Lifestyle

**Dr. Sebi** Andrew Watchers, 2021-03-17 55% FOR BOOKSTORES! LAST DAYS Some people think they can't afford to lose weight. But in reality, these people would benefit from consuming an alkaline vegetable diet. This means omitting sweeteners, most grains, and limiting fruit intake. This fresh new diet is about focusing on eating the alkaline vegetables outlined in Dr. Sebi's Nutritional Guide. Continue reading to learn more about how these foods can help you. This book will give you the information you need to feel healthy and empowered. It's never too late or too early to start a new lifestyle with organic foods, and you can use this guide to help you begin. It may feel strange or uncomfortable to not eat the unhealthy foods you used to love, but if you care about your body and wellbeing, make the switch to organic foods today. Then you can rest easy in knowing that your body and system can capably fight off potential diseases. And yes, even water fast is helpful if you can do one. It's also useful to consume cleansing herbs while you are detoxing to get the greatest benefit out of your cleanse, if possible. In this book you will discover: Alkaline diet herbs Remedies for asthma and other diseases Benefits of Dr. Sebi's diet Foods that contribute to weight loss Recipes for weight loss And much more! Now is your moment to ask yourself: Are you going to continue to live the way you do, possibly suffering from an ailment your own doctor says they can't do anything about or are you going to consciously change the way you eat and heal your body? The choice is yours. So what are you waiting for? Purchase Dr. Sebi's book today and begin to heal your life.

Dr. SEBI's Herbs for WOMEN Olivea Moore, Are you ready to transform your health and embrace a vibrant life? Discover the power of Dr. Sebi's alkaline herbs tailored specifically for women in Dr. SEBI's Herbs for WOMEN: A 7-Day Detox and Deep Body Cleanse For Women of All Ages. This comprehensive guide will empower you to take control of your health, vitality, and well-being. Dive into a meticulously crafted 7-day detox program designed to rejuvenate your body from the inside out. With step-by-step guidance, you'll learn about the unique health needs of women at different life stages, the importance of alkaline foods, and how to detoxify your body for enhanced hormonal balance and reproductive health. Each chapter offers practical tips, delicious recipes, and holistic approaches to nourish your mind, body, and spirit. With this book, you will not only achieve these goals but also establish a sustainable, alkaline lifestyle that supports your health for years to come. Hear inspiring success stories from women just like you who have transformed their lives through Dr. Sebi's teachings and principles. Don't wait any longer to embark on your journey to wellness! Dr. SEBI's Herbs for WOMEN is your essential companion for detoxification and long-term health. Order your copy today and take the first step toward a healthier, more vibrant you!

**Dr. Sebi Book Of Herbalism** Dr Helen Chris, 2020-03-16 With 550 key herbs and their uses as natural remedies for nearly 200 common ailments, Dr. SEbi Book of Herbalism is the definitive home reference to healing with the world's oldest form of medicine. Information on habitat and cultivation, parts used, active constituents, therapeutic properties, and traditional and current uses are described in a unique photographic plant index, and instructions on growing, harvesting, and

processing your own home treatments are detailed. With its jargon-free text, fantastic photography, and focus on safety, this guide enables ease of understanding no matter what your level of herbal expertise. Dr. Sebi Book of Herbalism is the ultimate reference for anyone interested in exploring the healing benefits of plants and who wants to take control of their health with alternative natural treatments.

*Dr. Sebi Herbs* Imani Johnson, 2021-04-08 Are you looking for a complete guide illustrating the benefits of the most important Dr. Sebi Herbs and their positive impact on health and well-being? A world-famous herbalist, Dr. Sebi concentrated his attention for a long time on health issues that affect thousands of people every year. His approach to African holistic health, combined with a well-defined plant-based diet and alkaline electric herbs, made the Dr. Sebi approach famous worldwide in the treatment and cure of many ailments like diabetes, high blood pressure, heart disease, herpes, thyroid issues, autoimmune disorders, and many other conditions. From dandelion to chaparral, bugleweed, and elderberry, this book is a complete encyclopedia of Dr. Sebi herbs. It shows you how to combine them and take advantage of their healing effects. ----- Dr. Sebi Herbs by Imani Johnson teachers: □ Why Dr. Sebi Herbs and Dr. Sebi Alkaline Diet are the best choices for your body. □ The best herbs to treat diabetes, high blood pressure, heart disease, herpes, thyroid issues, autoimmune disorders, and many other conditions in the comfort of your home. □ How to get, prepare and store the right herbs. □ Teas, tinctures, syrups, washes, and other methods to prepare herbs correctly and take advantage of their benefits □ Which herbs to use and provide your body the correct minerals to heal and avoid deficiencies And much more... PLUS --- Receive a FREE Dr. Sebi Nutritional Guide to implement the basics of Dr. Sebi Alkaline Diet straight away. Regardless of what you experienced in your life, there is always the possibility to heal your body. Are you going to do something for your health right now?

*Dr. Sebi* Aniys Hendry, 2021-02-15 Some people think they can't afford to lose weight. But in reality, these people would benefit from consuming an alkaline vegetable diet. This means omitting sweeteners, most grains, and limiting fruit intake. This fresh new diet is about focusing on eating the alkaline vegetables outlined in Dr. Sebi's Nutritional Guide. Continue reading to learn more about how these foods can help you. This book will give you the information you need to feel healthy and empowered. It's never too late or too early to start a new lifestyle with organic foods, and you can use this guide to help you begin. It may feel strange or uncomfortable to not eat the unhealthy foods you used to love, but if you care about your body and wellbeing, make the switch to organic foods today. Then you can rest easy in knowing that your body and system can capably fight off potential diseases. And yes, even water fast is helpful if you can do one. It's also useful to consume cleansing herbs while you are detoxing to get the greatest benefit out of your cleanse, if possible. In this book you will discover: Alkaline diet herbs Remedies for asthma and other diseases Benefits of Dr. Sebi's diet Foods that contribute to weight loss Recipes for weight loss And much more! Now is your moment to ask yourself: Are you going to continue to live

the way you do, possibly suffering from an ailment your own doctor says they can't do anything about or are you going to consciously change the way you eat and heal your body? The choice is yours. So what are you waiting for? Purchase Dr. Sebi's book today and begin to heal your life.

**DR. SEBI 2 in 1 Recipes Book** M. S. Greger, 2019-12-25 2 in 1 Dr. Sebi Recipes Book! Detox Yourself! DR. SEBI 150+ healthy and super easy recipes! Enjoy now two recipes book in an amazing bundle: BOOK 1: Dr. Sebi 101 Recipes Book BOOK 2: Dr. Sebi FoodList Recipes 7-Days-Detox Dr. Sebi's alkaline diet can turn your unhealthy body into a health machine. Dr. Sebi learned that modern medicine wasn't curing diseases, but, instead, was creating more problems for people. He learned about herbalism from his grandmother and an herbalist in Mexico and realized that this was the key to a much better health. Through the herbalist in Mexico, he was able to heal all the health problems that he had been diagnosed with. While his diet will require you to cut out a lot of foods, a lot of people have found success with his teachings. This book is here to provide you recipes to help you get started on Dr. Sebi's diet. Within this book, you will find: Introduction to Dr. Sebi's diet How to use Dr. Sebi's diet of natural eating to become healthy The best alkaline meals that you can enjoy throughout the day Delicious smoothies that will nourish and heal your body Herb recipes that will leave you feeling good and healthy Over 150+ easy and tasty meals to prepare An amazing 7-Days-Detox to clean your body and soul! Within these pages, you will find 150+ different recipes. You will find that the ingredients needed are all super easy to find. You don't need processed foods or a bunch of additives to make tasty meals. Foods in their natural state taste delicious on their own. If you pass on this book, you will regret it. Make the right decision to change your life for the better. Get this book today and start trying out these delicious recipes. Scroll up and click Buy now right now.

*Doctor Sebi Book* Alfredo Cooper, 2021-04-19 SPECIAL BUNDLE AVAILABLE ONLY FOR BOOKSTORES! 55% OFF LAST DAYS Dr. Sebi was a world-famous herbalist who dedicated a big part of his life to studying alkaline foods and herbs and their positive impact on body health. His idea was that to stay healthy (or re-gain health in case of issues), a body must be in an alkaline condition granted by a nutrition providing the correct elements to do so. Dr. Sebi concentrated his attention for a long time on female issues that affect thousands of women every year and created his renowned anti-inflammatory Dr. Sebi Diet to help the body eliminate toxins efficiently and feel better in no time. While Dr. Sebi Diet is not specifically designed for weight loss, weight loss is a consequence if you have excess pounds to shed, as one of the goals to regain health. ♥ Herpes, cystitis, menstrual issues, endometriosis, fibroids, candida, PCOS, and other diseases can be managed through the right nutrition and herbs. ♥ This book condensates Dr. Sebi's approach to Alkaline Diet and Detox, focusing on female health, and is BOOK #1 from Dr. Sebi Diet, Herbs, Cookbook, Treatment and Cures - Dr. Sebi Books Series. --- What will you learn from Dr. Sebi Alkaline Diet book by Imani Johnson? □ Why the Dr. Sebi Diet is the best choice for your body. □ The 12 Dr. Sebi herbs every woman should know. □ The secret behind Dr. Sebi Diet plant-based nutritional guide ingredients. □ How to



approach Plant-Based Alkaline Detox to manage female issues and regain your balance. □ The most powerful, yet underestimated plant-based ingredient that should be found in every kitchen. □ 2 different approaches to plant-based nutrition that make Dr. Sebi Alkaline Diet sustainable in time. □ A FREE Dr. Sebi Nutritional Guide, available to download with one click. Regardless of what you experienced in your life, there is always the possibility to heal your body. Thousands of people around the globe ♥ Are you going to do something for your body right now? ♥ Scroll to the top and click the Buy now button

Dr. Sebi Alkaline Recipes Geri Farrell, 2019-09-24 DR. SEBI ALKALINE RECIPES Buy the Paperback Version of this Book and get the Kindle Book Version for FREE! Dr. Sebi alkaline diet is based on the African theory of bio-mineral balance and was developed by self-taught herbalist Alfredo Darrington Bowman, better known as Dr. Sebi. Despite his name, Dr. Sebi was not a doctor and did not have a doctorate degree. He designed this diet for all those who wish to naturally cure or prevent diseases and improve their general health without resorting to conventional Western medicine. According to Dr. Sebi, diseases occur when there is excess accumulation of mucus in some areas of the body. For example, the accumulation of mucus in the lungs is pneumonia, while the excess mucus in the pancreas is diabetes. So, if you want to follow a more plant-based diet model, this is your sure bet, plus it is healthy, flexible and sustainable. Would You like to Know More? Start now! Scroll up and grab your COPY today!

**The Complete Dr. Sebi Guide** Eva Kruze, 2019-06-21 Dr. Sebi 7 Day Cleanse Modern methods for eating deal will providing comfort and convenience for those who have a busy and choked-up lifestyle. Be that as it may, the sort of nourishment available in a hurry will, in general, leave our bodies feeling languid, overloaded and loaded with negative sensations. Inexpensive, fast food, red meat, and greasy/oily nourishments so frequently lead to weight gain, heart issues, medical problems and a reduction in vitality. Occasionally I come to the heart of the matter where I need to hit the reset button on the majority of the disordered eating, and my number one goes to purging, and cleansing routine depends on the Dr. Sebi Alkaline Diet. If you are in the same shoes with me and you need to refocus and get back on the right track, you might need to attempt the Dr. Sebi 7 Day Cleanse (or more if you want and can). The Dr. Sebi 7 day can help set your body back in shape, taking out low vitality and stress. At the point when your body is tired, it is essential to do cleansing and reestablish it to a condition of alkalinity.

*DR. SEBI* Sandra Lobato, 2020-12-28 DR. SEBI: 300 Healthy and Delicious Plant-Based Easy Recipes + Food List + Meal Plan. Do you want to know how to improve overall health, remove phlegm and mucus, naturally prevent some diseases such as Diabetes, Herpes and high blood pressure? Do you intend to eat healthy plant-based meals to naturally detoxify, lose weight and cleanse the liver? Do you know that your body's pH must be kept within a very narrow range if you want to stay alive? Do you want to reach all these goals with just ONE diet? If You Answered Yes To Any of The Above, Look

No Further. This is the book for you! Hello! Welcome to Dr. Sebi. If you've given a green light to Dr. Sebi 's diet, then you'll want to keep reading. The adage, you are what you eat, has truth in it. In fact, the types of food that you eat can either make or break your health. Consuming foods laden with fats, salt, and sugar can eventually lead to lifestyle diseases such as obesity, diabetes, and hypertension to name a few. While conventional medicine can help, relying solely on them is not such a good idea. And with the situation of the health crisis making access to healthcare more difficult, it is crucial for people to actively take charge of their health. One of the things that people can do to take charge of their health is to make important changes in their diet. While there are so many types of diets that people can adopt to improve their health, it is imperative to choose those that can make significant improvements to health. This is where plant-based diets come in. There are numerous types of plant-based diets that you can try, however it is essential to opt for those that will give your body the reset as well as the boost that your immune system needs. Homemade meals are the best to keep you inclined the healthy eating plan. The goal of this book is simple. It wants to help you know more about Dr. Sebi diet, providing you a complete cookbook, a food list and a meal plan to master this plant-based diet. Other things You will also learn in the book include: What is Dr. Sebi Diet. How Dr. Sebi Diet Helps in Weight Loss, Diabetes and Lowering Blood Pressure. Detox Cleanse and Nutritional Liver Detox. Doctor Sebi Inspired Recipes (Starter, Soups, Salads, Main Dishes, Sauces, Special Ingredients, Snacks, Bread, Desserts, Smoothies, etc...). 21-Day Plan Dr. Sei Food List. And Much More... You should buy this book if you: Want to understand this diet and its benefits to improve overall health, rejuvenate your cells by eliminating toxic waste through alkalizing your blood Want to learn more on how to cure diabetes, high blood pressure and detox your organs through Dr. Sebi alkaline diet. Want a complete cookbook with 300 Healthy and Delicious Plant Based Easy Recipes, Ready in Less Than 30 Minutes. Need a food list and a meal plan to go deeper into this diet. You have got to make a decision right now. Will you keep living the way you are, possibly suffering from something your doctor says they can't do anything, or will you change the way you eat and heal your body?

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