

Dr. Sebi's Alkaline Herbal Cure: A Plant-Based Journey to Health in 28 Days

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Dr. Sebi Alkaline Herbal Cure In 28 Days (PLANT BASED DIET): Reverse Disease & Heal The Electric Body & Mind (Dr. Sebi Cleansing Guide For Liver Rescue, ... Autoimmune) (The Dr. Sebi Diet Guide)

by Shobi Nolan

★★★★☆ 4.4 out of 5

Language	: English
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Dr. Sebi, a self-taught herbalist, developed an alkaline herbal cure that is designed to heal the body by restoring its natural pH balance. This cure is based on the belief that disease is caused by an acidic environment in the body, and that by alkalizing the body, disease can be prevented and reversed.

The Alkaline Diet

The alkaline diet is a plant-based diet that focuses on consuming foods that are alkaline-forming or neutral. Alkaline-forming foods include fruits, vegetables, herbs, and some grains. Neutral foods include nuts, seeds, and legumes. Acidic foods, such as meat, dairy, processed foods, and sugar, should be avoided.

The alkaline diet is believed to help the body maintain a healthy pH balance by reducing the amount of acid in the body. This can help to improve digestion, boost the immune system, and reduce inflammation.

The Herbs

Dr. Sebi's alkaline herbal cure includes a variety of herbs that are believed to have healing properties. These herbs include:

* Burdock root * Dandelion root * Sarsaparilla root * Yellow dock root *
Chaparral * Aloe vera * Cayenne pepper * Ginger

These herbs are traditionally used to treat a variety of conditions, including:

* Cancer * HIV/AIDS * Diabetes * Heart disease * Arthritis * Skin conditions
* Digestive problems

The 28-Day Cure

The 28-day cure is a comprehensive program that includes the alkaline diet, the herbs, and a series of lifestyle changes. These changes include:

* Exercise * Meditation * Stress management * Sleep hygiene

The goal of the 28-day cure is to help the body heal by restoring its natural pH balance. This can help to improve overall health and well-being.

Benefits of the Cure

There are many potential benefits of the Dr. Sebi alkaline herbal cure, including:

* Improved digestion * Boosted immune system * Reduced inflammation *
Increased energy levels * Improved skin health * Reduced pain and
stiffness * Improved mental clarity * Reduced risk of chronic diseases

Risks of the Cure

There are some potential risks associated with the Dr. Sebi alkaline herbal cure, including:

* Diarrhea * Nausea * Vomiting * Skin irritation * Allergic reactions

It is important to talk to your doctor before starting the cure to discuss the potential benefits and risks.

The Dr. Sebi alkaline herbal cure is a comprehensive program that can help to improve overall health and well-being. The cure is based on the belief that disease is caused by an acidic environment in the body, and that by alkalizing the body, disease can be prevented and reversed. The cure includes a plant-based diet, a series of herbs, and a variety of lifestyle changes. There are some potential risks associated with the cure, so it is important to talk to your doctor before starting.



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