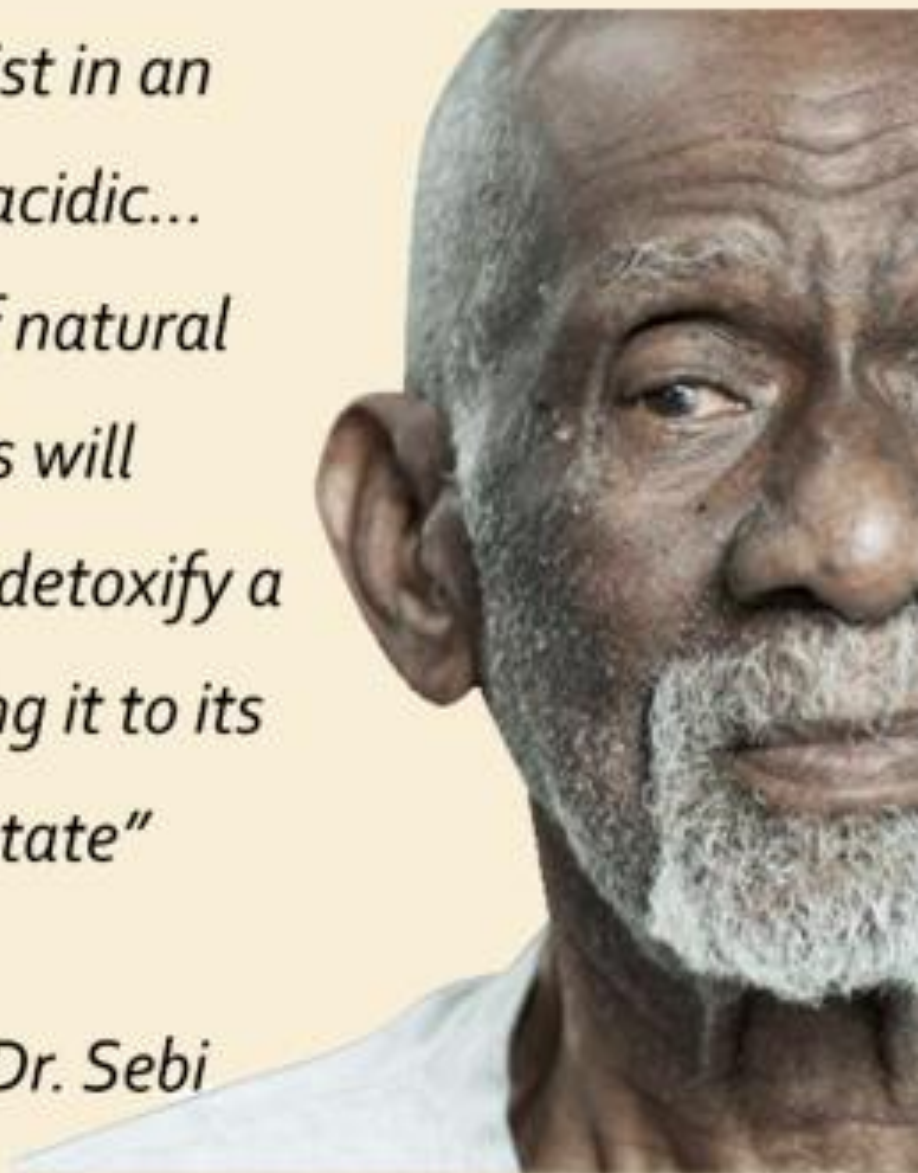


*"Disease can only exist in an environment that is acidic... only consistent use of natural botanical remedies will effectively cleanse and detoxify a diseased body, reversing it to its intended alkaline state"*

*- Dr. Sebi*



# DR. SEBI

***A Time-Tested Approach to Lower High Blood Pressure, Reverse Diabetes and Heal Naturally Using Dr. Sebi Diet Methodology***

By

**Kerri M. Williams**



[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

# Contents

DEDICATION

PLEASE NOTE

FREE SEBI DIET STARTER KIT

FREE DR. SEBI NUTRITIONAL GUIDE SHEET

OTHER BOOKS IN SAME SERIES

ABOUT THIS BOOK

SECTION 1

HIGH BLOOD PRESSURE

INTRODUCTION

CHAPTER 1

UNDERSTANDING HIGH BLOOD PRESSURE

THE SCIENCE BEHIND HIGH BLOOD PRESSURE

SYSTOLIC AND DIASTOLIC BLOOD PRESSURE

HIGH BLOOD PRESSURE CAUSES

HIGH BLOOD PRESSURE SYMPTOMS

ASSOCIATED AND UNDERLYING CAUSES OF HIGH BLOOD PRESSURE (THYROID, ADRENAL, AND KIDNEY PROBLEMS)

CHAPTER 2

DR. SEBI NUTRITION GUIDE

ABOUT DR. SEBI

GOALS OF DR. SEBI HEALING METHODOLOGY

PRINCIPLES OF THE DR. SEBI DIET

CHAPTER 3 (LOCKED)

STEP BY STEP GUIDE TO NATURALLY REVERSE HIGH BLOOD PRESSURE USING DR. SEBI METHODOLOGY

SWITCHING TO THE DR. SEBI DIET FROM A MOSTLY STANDARD AMERICAN DIET

THE 3 STEP APPROACH TO NATURALLY REVERSE HIGH BLOOD PRESSURE WITHOUT MEDS

THE EAT TO LIVE PLAN OF DR. SEBI

CHAPTER 4 (LOCKED)

THE DETOX/CLEANSE

TYPES OF DETOX

HOW TO DO A NATURAL DETOX CLEANSE

WATER FAST

LIQUID FAST (JUICE)

SMOOTHIE FAST

FRUIT FAST

HOW MUCH CLEANSING HERBS TO TAKE ON DETOX?

HOW TO PREPARE CLEANSING HERBS

HOW TO TAKE THE PREPARED CLEANSING HERBS

HOW TO BREAK A DETOX FAST?

HOW LONG SHOULD YOU DETOX/CLEANSE?

COMMON SYMPTOMS EXPECTED DURING DETOX CLEANSE

CLEANSING HERBS TO TAKE FOR DETOX

DETOX RECIPES

## CHAPTER 5 (LOCKED)

REVITALIZATION

HOW TO CARRY OUT REVITALIZATION

APPROVED HERBS TO TAKE WHEN REVITALIZING YOUR BODY

HERBS THAT LOWER CHOLESTEROL

HERBS DR. SEBI RECOMMENDS FOR HEALTHY CHOLESTEROL:

HERBS THAT UNCLOG ARTERIES (BLOOD THINNING)

HERBS THAT IMPROVE BLOOD CIRCULATION

HERBS DR. SEBI USED TO IMPROVE BLOOD CIRCULATION INCLUDE:

HERBS FOR STRESS RELIEF

HERBS DR. SEBI RECOMMENDED FOR STRESS AND ANXIETY RELIEF  
INCLUDE:

WHEN TO TAKE REVITALIZING HERBS

POST-RECOVERY/POST-REVITALIZATION ROUTINE

DAILY ROUTINE

HOW TO FIGHT RELAPSE WITH HIGH BLOOD PRESSURE

7 TIPS ON HOW TO MAINTAIN HEALTHY BLOOD PRESSURE WITHOUT  
MEDICATION

## CHAPTER 6 (LOCKED)

HOW I GOT HEALED OF HIGH BLOOD PRESSURE USING DR. SEBI METHODOLOGY  
+ LIFESTYLE CHANGES – MY ROUTINE

WEEKLY ROUTINE (DETOX CLEANSE)

WEEK 1

WEEK 2 (PART A)

WEEK 2 (PART B)

WEEKLY ROUTINE (REVITALIZATION)

WEEK 3

CHAPTER 7 (LOCKED)

THE HIGH BLOOD PRESSURE OFF-DIET HEALING PROCESS

DAILY LIFESTYLE ROUTINE TO NATURALLY LOWER BLOOD PRESSURE

5 LIFESTYLE CHOICES THAT CAN HELP YOU LOWER YOUR BLOOD PRESSURE:

DAILY ROUTINE TO REDUCE STRESS

14 HEALTHY LIFESTYLE HABITS FOR STRESS-RELIEF:

10 STEPS TO STOPPING OVERTHINKING

EXERCISE AND SUNSHINE: WHAT IT MEANS FOR YOU

YOGA AND MEDITATION

10 YOGA POSTURES THAT CAN HELP LOWER BLOOD PRESSURE

SLEEP CYCLES: HAVING A GOOD NIGHT'S SLEEP!

BENEFITS OF SLEEPING EARLY

TIPS ON HOW TO TRICK YOUR BODY INTO FALLING ASLEEP

SECTION 2

DIABETES

INTRODUCTION

CHAPTER 1

THE DIABETES PANDEMIC

DIABETES TYPES

DIABETES RISK FACTORS AND SYMPTOMS

CAUSES OF DIABETES

CHAPTER 2

UNDERSTANDING THE ALKALINE DIET

DOES THE ALKALINE DIET WORK?

PROS AND CONS OF THE ALKALINE DIET

KEY ADVANTAGES OF ALKALINE DIET:

DOES SCIENCE SUPPORT THE ALKALINE DIET?

4 SCIENTIFICALLY-PROVEN BENEFITS OF AN ALKALINE DIET:

CHAPTER 3 (LOCKED)

THE DR. SEBI ALKALINE DIET

HISTORY

DR. SEBI ELECTRIC DIET VS CONVENTIONAL ALKALINE DIET

PRINCIPLES OF DR. SEBI ALKALINE DIET

CHAPTER 4 (LOCKED)

HOW TO GET STARTED ON DR. SEBI DIET

HOW TO GRADUALLY SWITCH TO THE DR. SEBI ALKALINE DIET

CHAPTER 5 (LOCKED)

DR. SEBI APPROVED ELECTRIC FOODS FOR DIABETICS

DR. SEBI NUTRITIONAL GUIDE FOOD LIST FOR DIABETES

DR. SEBI-APPROVED VEGETABLES

DR. SEBI-APPROVED FRUITS

DR. SEBI-APPROVED SPICES AND SEASONINGS

ALKALINE GRAINS

ALKALINE SUGARS AND SWEETENERS

DR. SEBI-APPROVED HERBAL TEAS

DR. SEBI APPROVED DIABETES-FIGHTING ELECTRIC FOODS

DR. SEBI APPROVED HERBS TO REVERSE DIABETES

THE 3 MOST IMPORTANT DR. SEBI RECOMMENDED HERBS FOR DIABETES

FOODS YOU SHOULD NEVER EAT (AND WHY)

CHAPTER 6 (LOCKED)

THE EAT TO LIVE STEP BY STEP PLAN TO NATURALLY HEAL THE PANCREAS AND REVERSE DIABETES

DIABETES AND DIALYSIS

KEY POINTS TO NOTE BEFORE GETTING STARTED

THE 2 STEP APPROACH TO NATURALLY HEAL THE PANCREAS AND KIDNEYS WITHOUT MEDS

STEP 1: DETOX/CLEANSE

HOW TO DO A DETOX CLEANSE TO UNCLOG THE PANCREATIC DUCTS

WATER FAST

LIQUID FAST (JUICE)

SMOOTHIE FAST

FRUIT FAST

HOW TO PREPARE CLEANSING HERBS FOR DIABETES

HOW TO TAKE THE PREPARED CLEANSING HERBS

HOW TO BREAK A DETOX FAST?

HOW LONG SHOULD YOU DETOX/CLEANSE?

HOW MUCH CLEANSING HERBS TO TAKE ON DETOX?

10 SIGNS YOUR DETOX IS WORKING EFFECTIVELY

CHAPTER 7 (LOCKED)

CLEANSING HERBS TO TAKE WHEN DETOXYING YOUR BODY

CLEANSE/DETOX RECIPES FOR DIABETES

STEP 2: REVITALIZATION

REVITALIZING THE PANCREAS AND KIDNEYS AFTER CLEANSE

HOW TO CARRY OUT REVITALIZATION

APPROVED HERBS TO TAKE DURING REVITALIZATION

WHEN TO TAKE REVITALIZING HERBS

THE POST DETOX AND REVITALIZATION ROUTINE

HOW TO FIGHT RELAPSE WITH DIABETES AND DIALYSIS

TIPS ON HOW TO MAINTAIN HEALTHY BLOOD SUGAR WITHOUT MEDICATION

CHAPTER 8 (LOCKED)

THE EAT TO LIVE ROUTINE PLAN TO BEAT DIABETES: WEEKLY AND DAILY PLAN

WEEKLY ROUTINE (DETOX CLEANSE)

WEEK 1

WEEK 2

WEEK 2 (B)

WEEKLY ROUTINE (REVITALIZATION)

WEEK 3

CHAPTER 9 (LOCKED)

THE OFF-DIET HEALING PROCESS TO REVERSE DIABETES AND PREVENT RELAPSE

6 TIPS ON HOW TO LOWER STRESS AND HEAL NATURALLY

CONCLUSION

RELATED BOOK YOU MAY LIKE

RELATED BOOK YOU MAY LIKE

OTHER BOOKS IN SAME SERIES

RESOURCES

[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

**Copyright @2020 by Kerri M. Williams**  
**[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)**

All rights reserved. Except as permitted under the U.S. Copyright Act of 1976, the scanning, uploading and distribution of this book via the internet or via any other means without the express permission of the author is illegal and punishable by law. Please purchase only authorized electronic and paperback editions, and do not participate in, or encourage electronic piracy of copyrighted material. This publication is designed to provide competent and reliable information regarding the subject matter covered. However, it is sold with the understanding that the author is not engaged in rendering professional or nutritional advice. Laws and practices often vary from state to state and country to country and if medical or other expert assistance is required, the services of a professional should be sought. The author specifically disclaims any liability that is incurred from the use or application of the contents of this book.

**Disclaimer:**

The information provided here is for informational purposes only. The information provided in this book should not be substituted for the advice of an appropriately qualified and licensed health care provider. Please check with your physician if you have health questions or concerns. Although I attempt to provide accurate and up to date information, no guarantee is made to that effect.

**[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)**





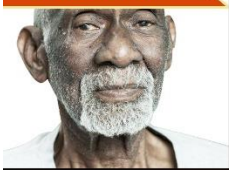

## DEDICATION

To the only one healer who spoke the truth, preached the truth  
and lived and died for the truth. Rest in Power, Dr. Sebi.

[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

## PLEASE NOTE

This guide is a combo preview of our bestselling book - *The Step by Step Guide to Cleanse the Colon, Detox the Liver and Lower High Blood Pressure Naturally*. Click below to get it on your bookshelf or read the eBook version for free with kindle unlimited



# DR. SEBI

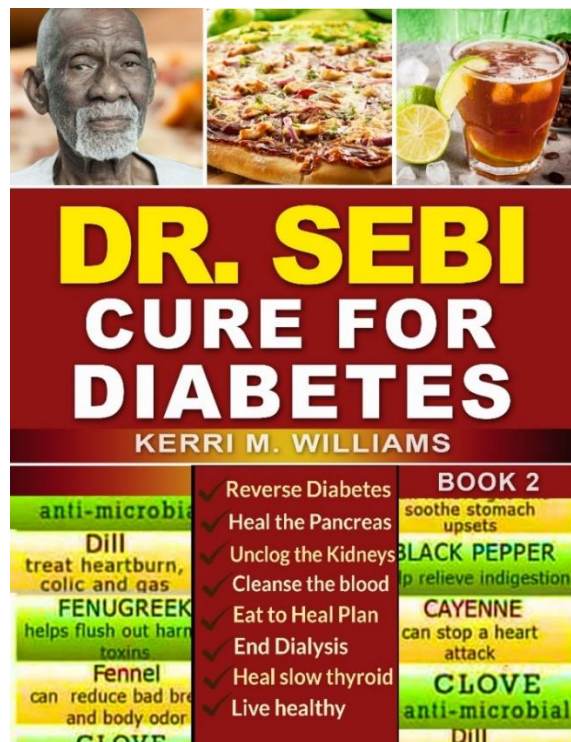
## HIGH BLOOD PRESSURE

KERRI M. WILLIAMS

<b>CLOVE</b> anti-microbial	✓ Reverse High BP	<b>BOOK 1</b> can relieve gas and soothe stomach upsets
<b>Dill</b> treat heartburn, colic and gas	✓ Detox a sick liver	<b>BLACK PEPPER</b> help relieve indigestion
<b>FENUGREEK</b> helps flush out harmful toxins	✓ Cleanse the blood	<b>CAYENNE</b> can stop a heart attack
<b>Fennel</b> can reduce bad breath and body odor	✓ Heal slow thyroid	<b>CLOVE</b> anti-microbial
	✓ Relieve pain	
	✓ End tiredness	
	✓ Lift Depression	
	✓ Live healthy	

***The Step by Step Guide to Cleanse the Colon, Detox the Liver  
and Reverse High Blood Pressure Naturally***

Also available is the Diabetes cure book. Click below to buy or read the eBook version for free with kindle unlimited



***How to Naturally Heal the Pancreas, Kidneys and Reverse  
Diabetes and Dialysis with Dr. Sebi Alkaline Diet Methodology***

To get access to other books in the series on Amazon, please [click here](#).

[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

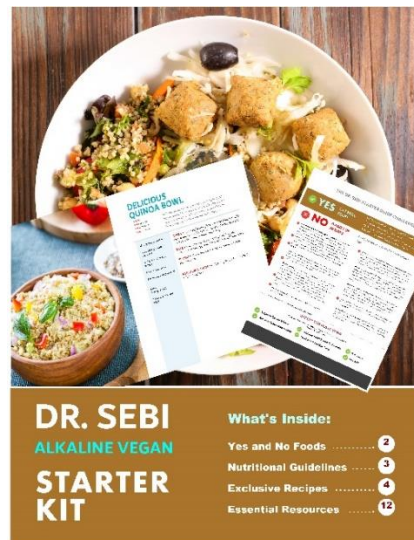
## JOIN OUR COMMUNITY

Join our community of growing enthusiasts committed to the lifestyle. Also, we occasionally run discount promos for our books and other resources, and you'd be pleased to sign up to our exclusive list to get access for free. It's an amazing and growing community where we share tips and resources to help in our journey towards healthy living. [Click here](http://www.alkalineveganlounge.com) to sign up for free.

[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

## FREE SEBI DIET STARTER KIT

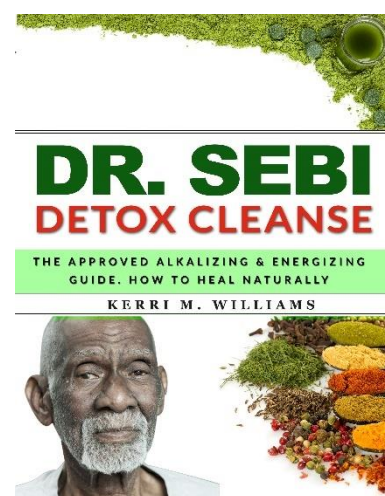
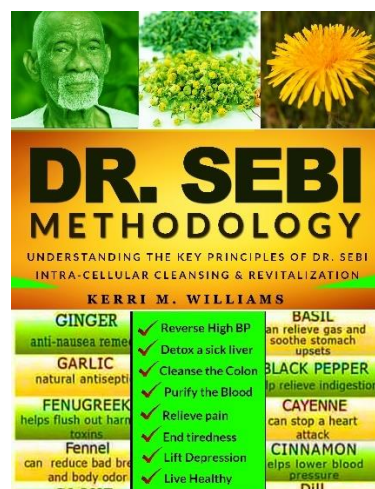
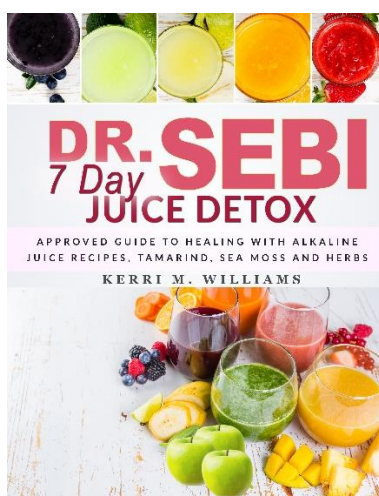
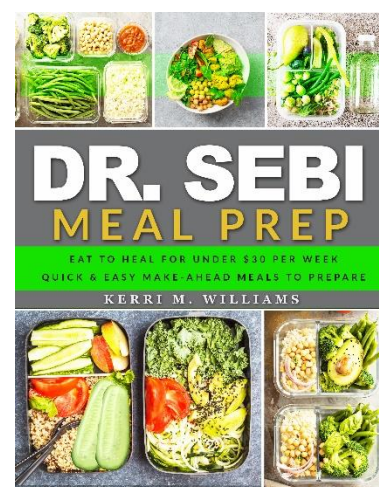
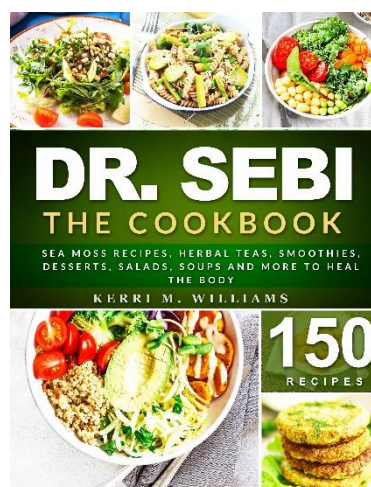
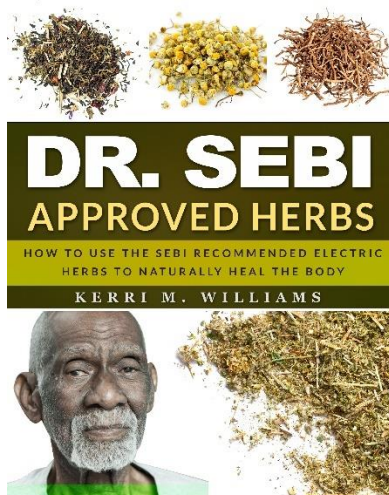
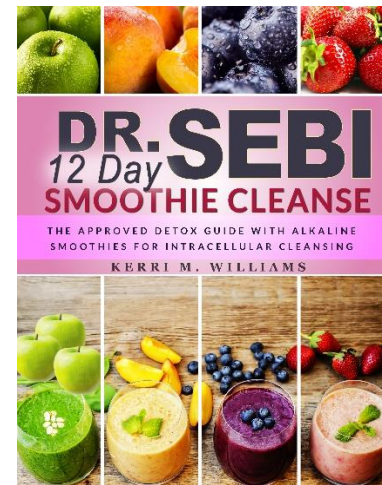
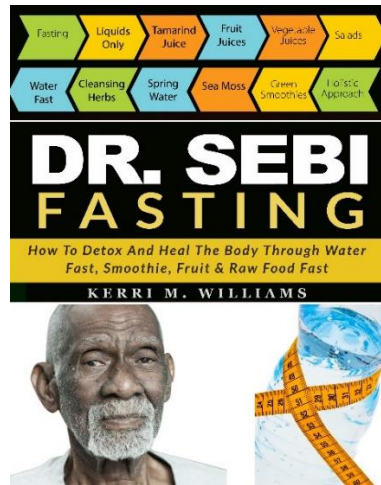
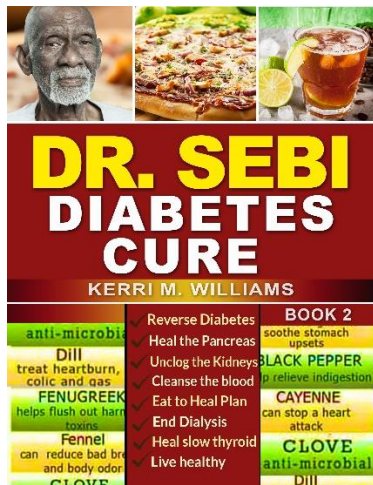
Download our free Dr. Sebi Diet starter kit where you are furnished with step by step plan on how to get started on the Dr. Sebi Alkaline vegan diet. Click below to get access to your free 12-page starter kit and challenge booklet.



***Claim Now!***



# OTHER BOOKS IN SAME SERIES



# ABOUT THIS BOOK

I was diagnosed of high blood pressure in April 2015. I was barely 30. Blood pressure readings were fluctuating in the range between 169/110 to 145/100. I was placed on 20 mg Nifedipine and 200 mg Labetalol twice daily. I practically lived with Hypertension even while on medication. I felt I was never going to get cured of it. I asked myself, "why me? I mean, I'm not that old?" I was taking my meds but my blood pressure only seemed to improve in the mornings on waking up. My day-time and night-time blood pressure readings were still overboard despite medicating. And I wondered if the drugs actually worked. I had to approach my Doctor a year after for a change of meds since they seemed not to be working. Prescription was changed, and still not a significant improvement was noted.

I was propelled to do quite a lot of research. I subscribed to several journals to read. I was quite diverse in my reading, ranging from the American Journal of Clinical Nutrition to the Lancet (which had a quite a great number of articles on nutrition and medicine), and a half dozen others. To my greatest surprise, I read a startling study reporting that Systolic BP was a major marker for arterial hypertension (8). According to the report, for hypertensive patients ( $\geq 140$  mm Hg/90 mm Hg), the systolic (and pulse) pressure had the strongest relation of risk for

Cognitive Heart Failure (CHF) and Hypertension (8). A 20 mm Hg increment in systolic pressure conferred a 56% increased risk for CHF and these associations were unrelated to age, duration of follow-up, and initiation of treatment (8).

So, I reasoned, if we could get the systolic under control, the diastolic practically shouldn't be a cause for major concern. So, in my quest for true natural healing – to completely change the course of my health and reverse my high blood pressure, I discovered Dr. Sebi and his teachings. And ever since then, my life has never remained the same.

In 2017, I followed the Dr. Sebi diet religiously and in exactly 18 weeks, I got my blood pressure reversed to 112/72. Not only was my blood pressure lowered, Cholesterol (HDL) and Lipoprotein markers also improved. I lost about 26 pounds (11kg) in those eighteen weeks as well. My readings have been normal ever since. This is despite going on cheat days (unfortunately), but I still try to make my diet at least 95% Dr. Sebi approved. It wasn't quite easy when starting out – especially with the strict restrictions but I wouldn't trade anything for my health and peace of mind.

Ever since, I have felt better and happier. My mood has improved a lot and I feel I could conquer the world. I have never felt better

today than in my entire life. Today, I have no more bouts of headaches (except rarely on extremely strenuous days). I now think clearly, with better focus and concentration. There is so much more to really truly enjoy life in health and wellness. You get to spend and enjoy better quality time with friends, family and loved ones. You find it easier to complete daily tasks (compared to prior, where I would get overwhelmed from very little basic tasks). I always felt tired with headaches and muscle pain. There were days (sadly) that I felt suicidal too. I have since followed with enthusiastic interest our growing knowledge and understanding of the role of diet in health and disease. I have documented my progress. We are now aware of how diet, the gut colon and others contribute to or even cause disease. And we are grateful to use this knowledge as a tool for true, natural healing. It's really been a testimony. I was healed by Dr. Sebi's diet and I feel so motivated to preach the gospel and share it. We cannot afford to let his legacy die. Although, he is no more with us, he still lives with us. Thank you Dr. Sebi.









# **SECTION 1**

## **HIGH BLOOD PRESSURE**

[www.alkalineveganlounge.com](http://www.alkalineveganlounge.com)

# Introduction

**W**hy is high blood pressure the curse of modern times? Probably because the three key features of modern age – stress, unhealthy diet, and obesity - are direct causes of high blood pressure. Until relatively recently, it was believed that high blood pressure is an inevitable consequence of aging. However, recent studies have found that the hypertension epidemic has more to do with modern lifestyle than with aging. A typical western lifestyle is characterized by stress, a diet high in salt, and lack of exercise. As these are the main contributing factors to high blood pressure, it's not surprising that the age group of those affected by hypertension today is lower than ever before.

This explains why high blood pressure only became a problem of epidemic proportions in recent decades and why a 100 years ago, it was a rare condition. In fact, it still is in societies that lead a simple, harmonious lifestyle. And I'm not referring to the Hamza people of the Himalayas or Aborigines in Australia. To maintain a healthy blood pressure, you do not have to live the way people lived hundreds of years ago. All you have to do is make some simple lifestyle and dietary changes. Herein, comes Dr. Sebi Alkaline Diet as a tool to reverse High blood pressure naturally.



# **Chapter 1**

## **Understanding High Blood Pressure**

Until recently, it was mainly people in the developed world that were plagued with high blood pressure but now, this debilitating condition has become a pandemic and now very common even in developing and third world countries. The scary thing is that the number of people living with this condition has more than doubled over the last 40 years.

The reason this is worrying is that, high blood pressure is the leading cause of heart disease and stroke, conditions that kill over 7 million people every year. However, there is a misconception that this is an “adult disease.” In recent years we have seen more and more cases of elevated blood pressure among young people, even teenagers. An unhealthy diet, smoking, drinking, hyperthyroidism, and sleep apnea are some of the main causes. What makes teens vulnerable to this condition are the physiological changes they go through as they grow up. Apparently, hormonal changes and rapid growth can increase cholesterol and blood pressure levels. On its own, this is not a

problem as it's a normal part of growing up. However, when these hormonal changes are combined with an unhealthy diet, lack of exercise, and smoking, then you have a big problem. To complicate things further, a young person's blood pressure has different numeric values than that of an adult so it should always be taken in context. Readings which may seem high, may in fact be perfectly normal when you take into account their age, gender, and height.

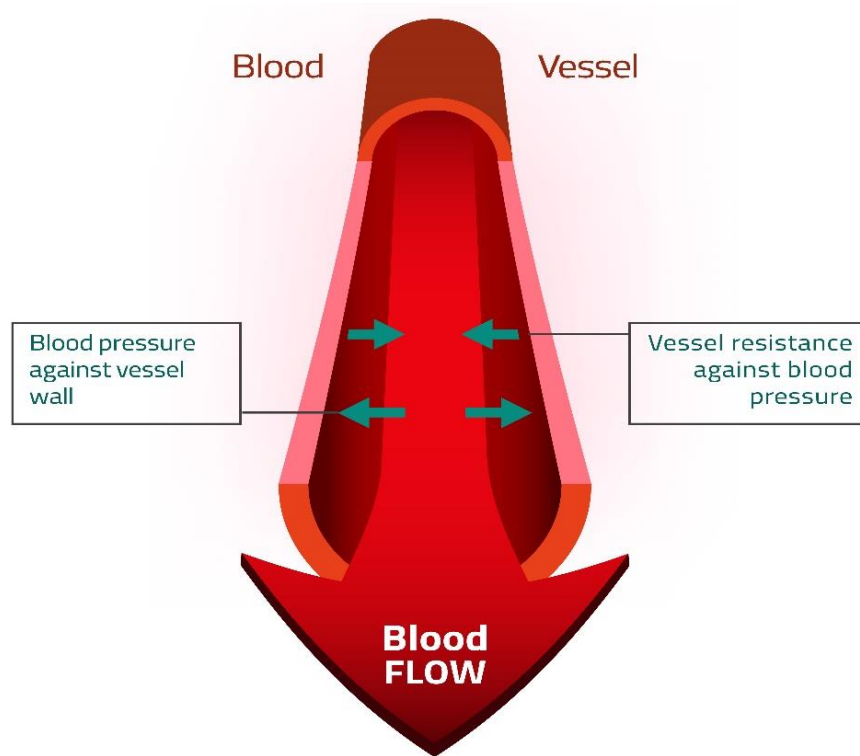
Surprisingly, more than half of those living with high blood pressure live in Asia, mainly in China and India. At the same time in the countries where this was for decades a major problem, eg Canada, Australia, and western Europe, the number of adults struggling with hypertension has dropped dramatically in recent years. This is believed to be due to widespread government campaigns on a healthy lifestyle, healthy diet, and exercise. So, in these countries, the number of people joining the vegetarian and vegan train is steadily growing and people visit gyms *en masse*. Obviously, the initiative has worked.

However, lifestyle change is not the only reason high blood pressure is no longer as big a problem in these countries as it used to be. Good healthcare makes it possible to detect high blood pressure early and medication that keeps it under control is readily available. So, we now have a situation where the most

developed countries, such as Canada, Australia, the UK have the lowest numbers of people suffering from high blood pressure. On the other hand, throughout Eastern and Central Europe, parts of Africa, and most of Asia, the numbers are still very high.

What does this tell us? Parts of the world where people typically live on very unhealthy diets and where stress runs high (both major contributing factors to high blood pressure) and governments' investment in education programs paid off. From being the leaders in high blood pressure, they have become the leaders in healthy living. On the other hand, countries where people traditionally lived on simple but healthy diets, e.g. Africa unfortunately adopted the western value system and diets. On top of that, their governments can't afford to invest in mass education programs nor are the medical systems capable to cope with the increasing demand. This clearly shows that all chronic diseases are preventable and that the easiest way to deal with them is by a lifestyle change, including a dietary one.

# THE SCIENCE BEHIND HIGH BLOOD PRESSURE



How Blood flows through the blood vessels

Before we delve into the Dr. Sebi diet proper, let us try to understand the mechanism behind high blood pressure. Your blood pressure is the pressure inside your arteries. For the blood to transport nutrients and oxygen throughout your body, your heart needs to pump it into your blood vessels. If you have high blood pressure, your heart has to work twice as hard to pump the blood. And when it flows through your blood vessels at higher than normal pressure, your blood vessels become weak and damaged which eventually leads to the hardening of the arteries.

If unmanaged, this condition can lead to atherosclerosis, stroke, kidney disease, and heart disease.

## SYSTOLIC AND DIASTOLIC BLOOD PRESSURE

For example, 120/80 mm Hg. The top number refers to the amount of pressure in your arteries during the contraction of your heart muscle. This is called **systolic** pressure. The bottom number refers to your blood pressure when your heart muscle is between beats. This is called **diastolic** pressure. In simple terms, the systolic pressure is measured between when the hearts contracts and the diastolic pressure is measured between beats when the heart relaxes



**DIASTOLIC PRESSURE** → Is measured between beats when the heart relaxes

### Blood Pressure

Blood Pressure is the pressure exerted by circulating blood upon the walls of blood vessels.

Blood vessel dilation in relation to blood pressure



## **HIGH BLOOD PRESSURE CAUSES**

High blood pressure is a complex condition and does not have a single cause. Although it has been studied extensively over the last fifty years, the underlying causes are still a mystery. To complicate things further, many people fail to notice the tell-tale symptoms of this condition and are not even aware they have high blood pressure. Below are ten (10) of the most important risk factors for high blood pressure:

1. A diet high in table salt
2. Heavy drinking
3. Smoking
4. Being overweight or obese
5. Stress
6. Age
7. Genetics
8. Chronic kidney disease
9. Adrenal and thyroid disorders
10. Sleep apnea

Still, in over 90% of the cases, the underlying causes of high blood pressure are poorly understood. This is known as "essential hypertension," i.e. hypertension with no identifiable cause. It is assumed that a specific combination of environmental and genetic factors can trigger hypertension. This is the most common type of hypertension and it increases with age. This condition is more common in men than women and race also play a part. In the

United States, young Afro Americans are twice as likely to have high blood pressure compared to young Caucasians but around the age of 45, there is no race gap. However, from the age of 65, it is mainly black women that are affected by this condition.

So, if you have high blood pressure, the first thing you should do is try to find out what the leading cause is, so you can address it. However, even if you manage to work out what the main cause is, there are probably several other factors that contribute to your condition, including:

- **Processed foods**

What makes this diet so deadly is that it is not only low in nutrients but is very high in salt and chemical additives.

- **Alcohol**

Excessive drinking (i.e. more than 3 drinks for men and 2 for women) can tighten the blood vessels. Besides, alcohol can increase the fats content in your bloodstream and this can cause hardening of the arteries and high blood pressure.

- **Sedentary lifestyle**

A sedentary lifestyle is normal for most people living in urban areas; however, this is why so many people exercise. But, leading a sedentary lifestyle without being engaged in any kind of regular physical activity, will sooner or later, raise your blood pressure.

- **Chronic stress**

Stress is one of the main causes of elevated blood pressure, and to make things worse, people often try to relieve the tension with

alcohol or comfort foods, both of which can lead to hypertension. The reason stress raises your blood pressure is that when you are stressed, your body produces the so-called stress hormone that temporarily increases your heart rate and narrows your blood vessels. This, in turn, raises your blood pressure. If this doesn't happen often, your blood pressure will soon come down, however, if stress is a way of life for you, then you have a big problem.

#### – **Depression**

People who are depressed often try to lift their mood with comfort foods (i.e. sugary foods or alcohol). If this gets out of hand, it can lead to weight gain, heart disease, and hypertension.

#### – **Genetics**

We know that certain conditions, including high blood pressure, run in the families. However, modern genetics has proved that our genes interact with the environment and that we can influence them by lifestyle choices we make.

#### – **Other conditions**

Certain conditions, e.g. Cushing's syndrome, thyroid problems, renovascular disease, etc., can raise your blood pressure, especially if not diagnosed on time. Besides, certain medications, e.g. St. John's Wort, oral contraceptives, certain medications used for asthma and rheumatologic diseases, can also contribute to high blood pressure. So, as you can see, most of these causes can be avoided with better lifestyle decisions. It's all up to you.

## **HIGH BLOOD PRESSURE SYMPTOMS**

High blood pressure comes with many symptoms but the worst-case scenario is if there are no symptoms. If you have symptoms, you'll most likely try to address your condition but if you are unaware you have high blood pressure, you may live with it for years without doing anything about it, while your health steadily deteriorates.

However, after going through the list of high blood pressure symptoms, don't panic if you realize you occasionally experience some of them. Some of the below-mentioned symptoms may be caused by different conditions, some of which have nothing to do with hypertension. Besides, your blood pressure fluctuates throughout the day and just because it occasionally raises, does not mean you need to start taking medication. Blood pressure fluctuations are normal. For example, when you exercise, your blood pressure rises temporarily; or, when you stand, your blood pressure is lower than when you sit (gravity makes your blood go to the legs so there is less blood pumped by the heart and your blood pressure decreases temporarily), etc. Then, your blood pressure is lower in the morning than in the afternoon. It is usually low at night, while you rest but a couple of hours before you wake up, it starts rising. It continues to rise during the day and peaks in the middle of the afternoon. Then, it slowly starts dropping again.

However, if you recognize several of the below-mentioned symptoms as something you experience on the regular basis, first of all, check your blood pressure and if it is high (ie over 180) go and see your medical practitioner immediately. According to statistics, about 30% of people accidentally discovered they have elevated blood pressure. The problem is that only very few high blood pressure sufferers has typical symptoms (as listed below). However, even if you don't experience any of these symptoms, if this condition runs in your family, check yours as soon as possible.

Typical hypertension symptoms include:

- Headache
- Nosebleed
- Fatigue or confusion
- Poor vision
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in the chest, neck or ears

If you have several of these symptoms, see your doctor immediately.

## **Associated and Underlying Causes of High Blood Pressure (Thyroid, Adrenal, and Kidney Problems)**

Uncontrolled high blood pressure may have been quietly damaging your organs for years before you noticed any symptoms. However, it is not uncommon that people are aware of their elevated blood pressure but either don't take this seriously or have no access to medicines. The latter is not such a big problem provided they know how to lower their blood pressure naturally. So, to reduce the risk of life-threatening conditions, it's essential to control your blood pressure. Untreated high blood pressure can cause many problems because it affects different organs in your body.

5 major problems that can arise with untreated high blood pressure:

### **1. Arteries**

Healthy arteries should be flexible and strong and blood should flow smoothly. However, if the blood flows under pressure, the arteries gradually become narrower. This means they can transport less blood to your organs and they gradually become starved for blood. On top of that, weak arteries may develop a bulge on the wall of an artery and it can rupture and cause internal bleeding. This is called aneurism and usually happens in

your aorta.

## **2. Heart**

High blood pressure leads to coronary artery disease which occurs when narrowed arteries prevent blood from flowing smoothly.

High blood pressure makes your heart work twice as hard to pump sufficient blood to the rest of the body. That extra exertion of your heart may make a part of it to thicken which increases the risk of a heart attack.

## **3. Kidneys**

Kidneys have the task to filter the fluid waste from your blood. To work well, they need healthy blood vessels. As high blood pressure damages blood vessels, it also indirectly leads to deteriorating kidney function. Over time, this can lead to kidney scarring or even kidney failure.

## **4. Brain**

Your brain can live as long as your heart continues to supply it with sufficient blood. If due to high blood pressure, the supply becomes weak or irregular, a number of problems can occur, the most common one is a stroke. A stroke occurs when your brain is deprived of oxygen and nutrients. The limited blood flow can also cause dementia.

## **5. Eyes**

High blood pressure can damage the blood vessels that supply blood to your eyes. This, in turn, can lead to damage to your retina, fluid buildup under retina or nerve damage. Fortunately,

high blood pressure is easily controlled and you can live with it for many years. Unfortunately, this is a chronic condition which means it won't go away on its own and you have to keep it under control your whole life. However, if untreated it can lead to many health problems.

Health deterioration due to high blood pressure can lead to:

- Memory loss
- Irritability
- Trouble concentrating
- Stroke
- Severe damage to your aorta
- Chest pain
- Heart attack
- Kidney failure
- Complications in pregnancy
- Blindness

Certain occupations can also contribute to risk factors for developing high blood pressure, such as night-shift work, high-stress professions, sedentary jobs, diving, driving or flying at high speed, etc. However, although you can keep your high blood pressure under control with exercise, there are activities you should avoid. These are sports that involve vigorous short bursts of high energy that put unwanted stress and strain on your heart,



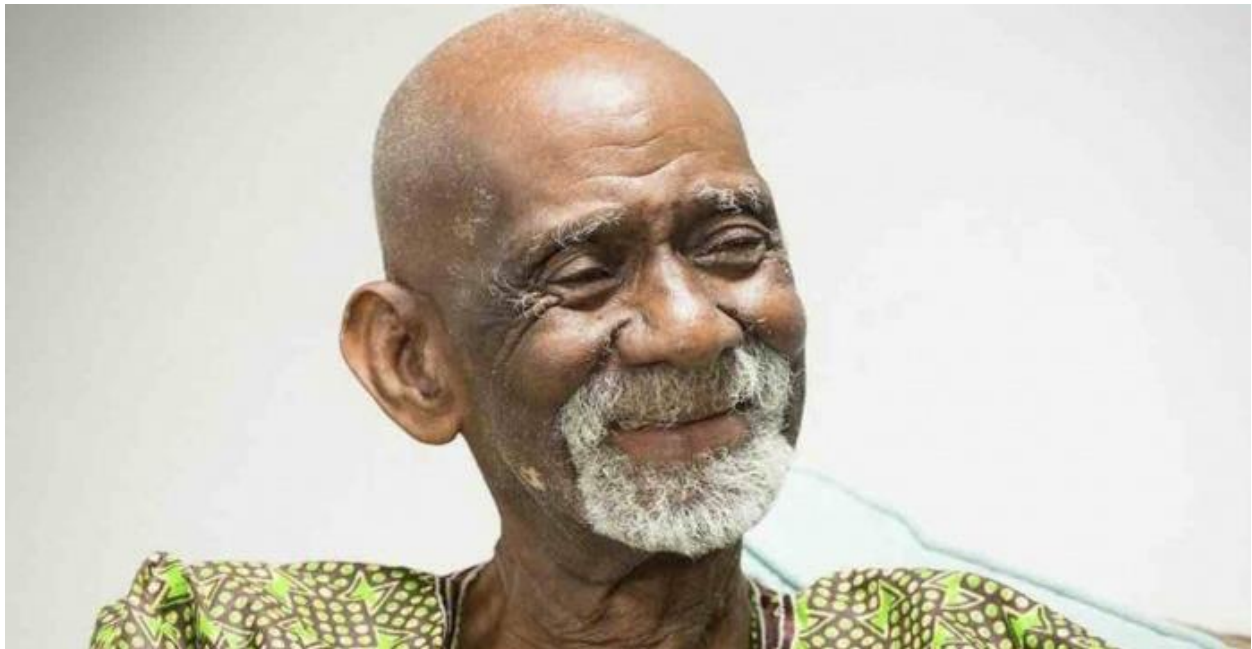
e.g. squash, skateboarding, rollerblading, rugby, weightlifting, boxing, scuba diving, and sprinting.

On the other hand, low-impact exercises such as yoga, Pilates, golf, cycling, tennis, swimming, brisk walking, jogging, dancing, and gardening can greatly improve your condition. So, when you maintain healthy blood pressure, you not only avoid many life-threatening diseases, you also have a greater choice of occupations or activities you can get involved with.

# **Chapter 2**

## **Dr. Sebi Nutrition Guide**

### **ABOUT DR. SEBI**



Dr. Sebi (real names: Alfredo Darrington Bowman) was a Honduran herbalist, naturalist and healer. Although, he didn't have formal medical training, he helped a lot of people cure the most serious health conditions. His secret was an alkaline electric based diet and herbal remedies. Dr. Sebi developed his healing methodology after an herbalist in Mexico helped him cure him of asthma, diabetes, and impotence. Although he had some basic knowledge of herbalism, it was after the visit to the Mexican

herbalist that made him realize that even the most serious health conditions could be avoided or treated with a change of diet and herbal remedies. He has helped quite a lot of people who were written off by conventional medicine.

Dr. Sebi spent decades studying the plants and herbs of North, South and Central America, Africa and the Caribbean. His unique approach to healing the human body is firmly rooted in that experience. Born in 1933, Dr. Sebi learned at the foot of his grandmother, "Mama Hay," and later, in treating himself of asthma, diabetes, impotency, and obesity, with a traditional herbalist in Mexico. On finding the healing he'd sought through herbs, Dr Sebi created a line of natural vegetable cell food compounds used for inter-cellular cleansing and cellular revitalization. Dr. Sebi's African approach to disease relies on natural botanical remedies to cleanse and detoxify the body, bringing it back to a more alkaline state from the acidity that causes disease and pathology.

When his healing method became well known world-wide, Dr. Sebi opened up healing practices first in Honduras, followed by New York and Los Angeles. However, because he did not have a license to practice as a healer, New York charged him with a criminal charge of working without a license. He was acquitted but was soon sued again for claiming he had a cure for AIDS,

cancer, leukemia, lupus, and other untreatable diseases. In 2016 Dr. Sebi was arrested in Honduras but after falling sick while in prison and not receiving adequate treatment, he died of pneumonia-related complications. Dr. Sebi's methodology is based on an alkaline diet and healing methodology which he termed "The African Bio-Mineral Balance". His remedies are mainly based on herbs from North America, Central and South America, Africa, and the Caribbean.

# GOALS OF DR. SEBI HEALING METHODOLOGY

## 1. To Cleanse/Detox

According to Dr. Sebi;

*“Disease can only exist in an environment that is acid...only consistent use of natural botanical remedies will effectively cleanse and detoxify diseased body, reversing it to its intended alkaline state.*

Dr. Sebi insisted on using only natural electric herbs to heal the body. These herbs cleanse the cells on the cellular and intra-cellular level. Only natural herbs can replenish our bodies and keep in tune with our electric bodies. The food we eat today is unfortunately based on acidic foods, e.g. meat, dairy, sugar, etc. Today's diet is typically western, it is so high in processed, GMO, and hybridized foods which unbalance the alkalinity of the blood. Dr. Sebi advised to avoid all these foods and eat only natural foods made my God.

Dr. Sebi healing method revolves around the idea that disease exists only in an acidic environment. Therefore, his motto was: alkalize the environment and get rid of the disease. We know that the body constantly tries to maintain a healthy balance of 7.4 pH level in the blood. We can help it achieve and maintain this balance if we eat a natural alkaline based electric diet. Unfortunately, a typical western diet is high in very acidic foods. It is tasty, convenient, and nutrient deficient.

## **2. To revitalize the body**

Dr. Sebi protocol is based on the idea that the reason the western diet is unhealthy is that, being heavily processed, it lacks nutrition. That's why he insisted on foods that include over 100 minerals that support electrical activity and overall vitality of the body.

## PRINCIPLES OF THE DR. SEBI DIET

Dr. Sebi diet is based on the following principles:

### **1. You must only eat foods listed on the Dr. Sebi Food List**

Dr. Sebi insisted that you eat only the foods from his list of approved foods. Although the list is quite restrictive and many foods are left out, it contains wholly natural alkaline foods.

Besides, Dr. Sebi insisted that no hybridized foods should be taken. By hybridized foods, he meant all the plants produced by artificial cross-pollination. Needless to say, most of the fruits and vegetables available today are hybridized.

Although Dr. Sebi diet seems rather restrictive, you can still create healthy, balanced, and tasty meals with the approved foods. One of the reasons so many foods have been left out from the list is that so much of what we eat today is hybridized. Dr. Sebi believed that although hybridized fruits and vegetables generally taste better than the original plants they were developed from, their nutrient level is lower. One of the ways to know a plant that is hybridized is if it has no seeds. We now have quite a lot of seedless fruits ranging from watermelon, oranges, grapes, to tomatoes and berries. etc. Avoid these whenever you can. Dr. Sebi believed that natural foods are much healthier than those created by man.

## **2. Drink Springwater**



According to Dr. Sebi method, you should drink about 4 liters (1 gallon) of natural spring water a day because it helps flush out accumulated toxins. Many of the herbs from Dr. Sebi Food list are diuretics that increase urination. Toxins are naturally flushed out through urine, stool, and sweat so during detox, your diet and lifestyle should support these functions.

## **3. No microwaving**



Dr. Sebi was convinced that microwaving is a very unhealthy method of food preparation and insisted one used a stove for cooking. This is further backed by science as explained in the next chapter.



#### **4. No Canned and Seedless fruits**

Many of the seedless fruits available today are hybridized. There is hardly a naturally occurring seedless fruit. Canned foods also contain a lot of added sugar and preservatives such as salt. The reason for this is understandable.

#### **5. No Animal Products (Meat, Fish, Eggs, Dairy, Honey, GMO's)**

#### **6. No Sugar (White and brown)**

#### **7. No Alcohol**

#### **8. Sleep during healing time (10.00PM – 2.00AM)**

#### **9. Take Dr. Sebi Supplements 1 hour before medications**

# CHAPTERS 3 TO 7 (LOCKED)

To learn more, please purchase full version on [Amazon](#)

# **SECTION 2**

# **DIABETES**



# Introduction

**A**ccording to the World Health Organization (WHO), about 1.5 million people die from diabetes every year. However, when we know that 18 million people die annually from cardiovascular diseases caused by diabetes and hypertension, we can begin to understand just how big a problem this condition is. Diabetes is a complex disease that medical science still does not fully understand. Globally, there's been a steady increase in noncommunicable diseases, or the so-called diseases of civilization, one of which is diabetes. 80% of all diabetics live in developing countries, and the disease is rapidly spreading particularly in populations that have undergone major lifestyle and dietary changes. This highlights the importance of diet and lifestyle choices. Just like a lifestyle change can trigger the onset of diabetes, it can also reverse it. Compared to what we eat today, the diet of 200 or more years ago was very alkaline. It was based on whole grains, little meat, and organic fruits and vegetables. Combined, these foods produced a "net alkaline effect." The human body is an amazing organism and the reason we have as a species survived for so long is that our body has a means of self-repair. This includes maintaining good pH levels regardless of what we eat.

Dr. Sebi healed many diabetics with electric herbs and diet. He was able to change the course of destiny for many others who otherwise had given up hope on conventional medicine. According to him, disease is a result of mucus build-up in an area of your body. For example, a build-up of mucus in the lungs causes pneumonia, while excess mucus in the pancreas leads to diabetes. Disease cannot exist in an alkaline environment and only occur when your body becomes too acidic. He believed that by strictly following a

natural electric diet, disease can be reversed. His methodology and protocol get rid of accumulated toxins and restores the body's ideal pH levels. Dr. Sebi alkaline diet comprises of a list of approved fruits, vegetables, grains, seeds, herbs, nuts and oils. For your body to heal itself, and stay healthy, you must follow the nutritional guide consistently.

How successfully you avoid or recover from disease depends on many things but most importantly on your diet. Certain foods, or food combinations, are so rich in essential minerals, you can use them as medicine, not just food. Perhaps that's what the father of modern medicine, Hippocrates, meant when he said,

"Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear."

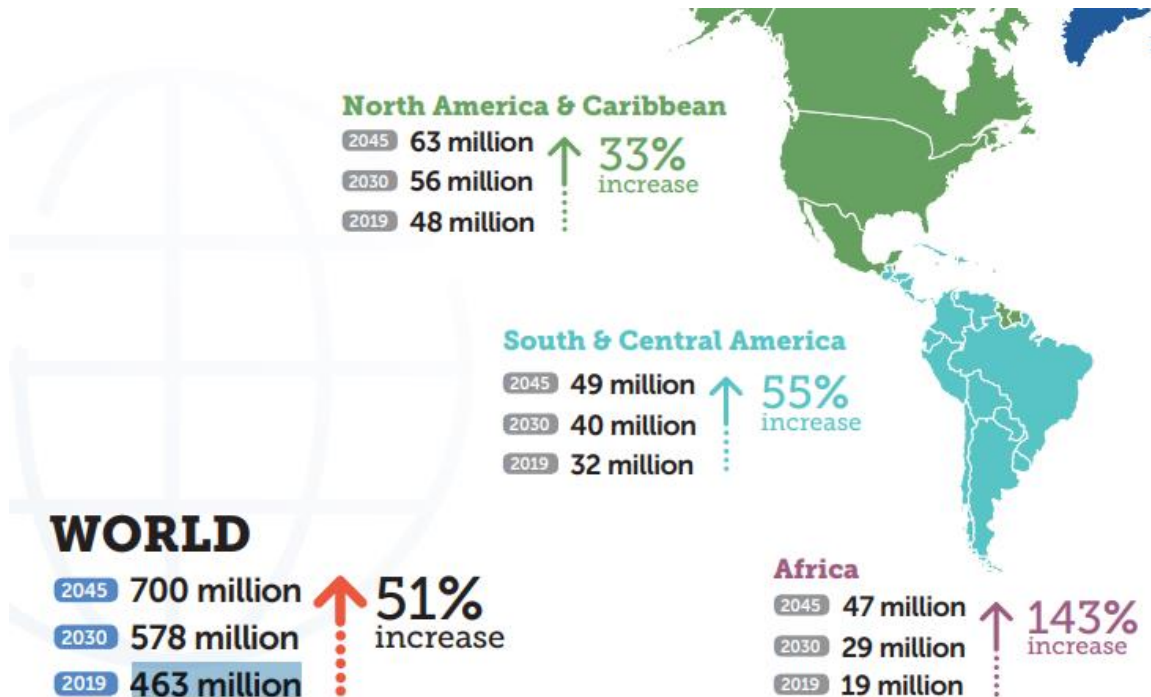
# Chapter 1

## The Diabetes Pandemic

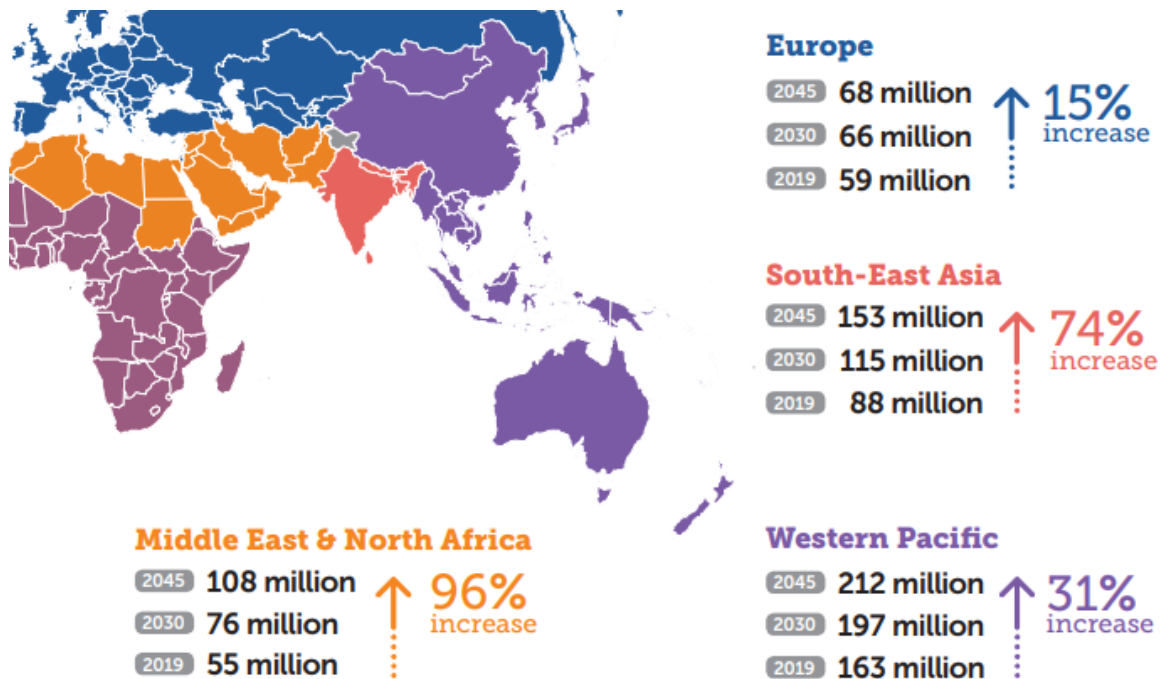


The global rise of Diabetes as a major pandemic is one of the biggest concerns to modern medicine in recent times. Previously considered a disease of the affluent, Type 2 Diabetes has now spread to all nooks and crannies of the world – including previously safe-proof third world countries. There even now more people with type 2 diabetes in the developing world than in advanced countries (1). And even in developing countries, the prevalence is higher in urban than in rural areas (2). Why is this so? What factors have led to the globalization of Diabetes? And why is it more common in developing countries?

The latest reports from the IDF (International Diabetes Federation), posits that more than 463 million people have Diabetes worldwide as at 2019 and that this number is expected to increase to 700 million by 2045 (1)



Summary of World Diabetes prevalence source: IDF



Summary of World Diabetes prevalence source: IDF

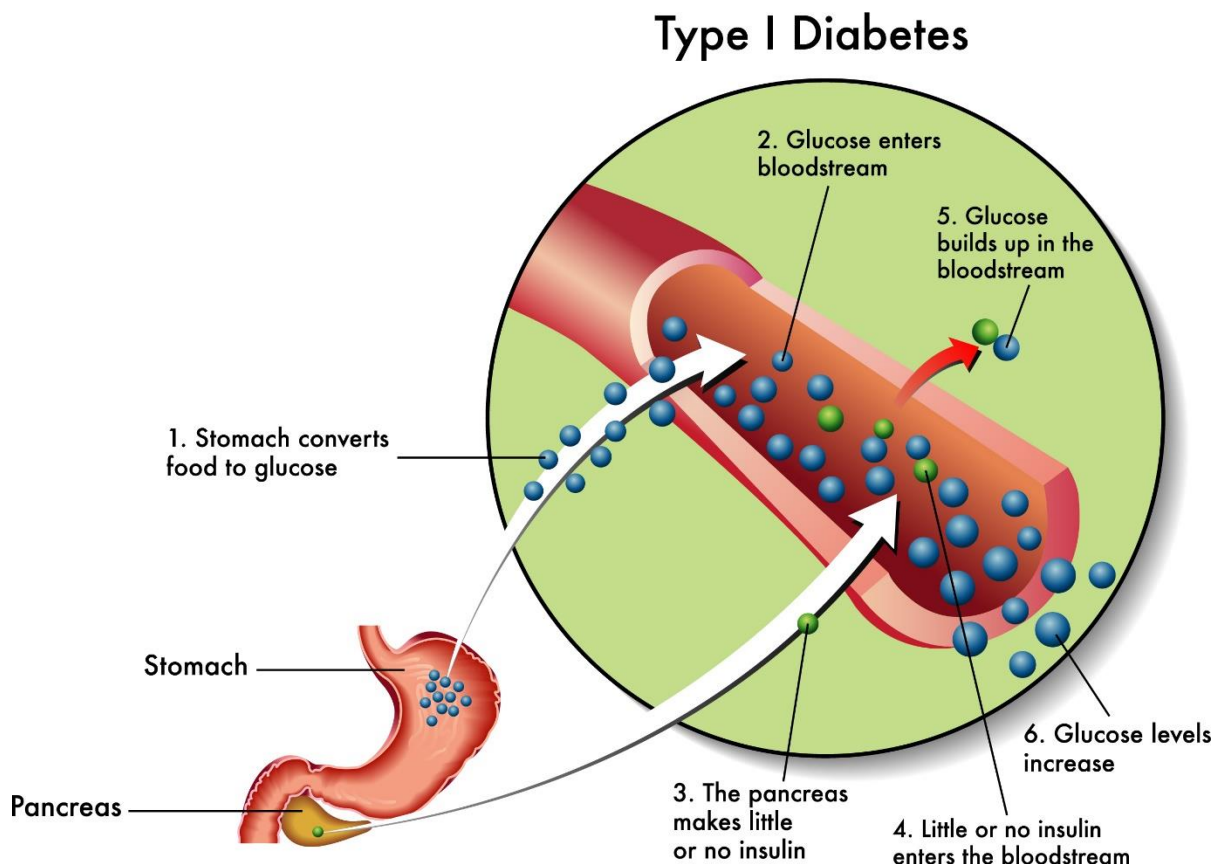


Among all regions, Pacific Islands and the Middle East have the highest prevalence with the Western Pacific region having the highest number of people living with diabetes. This followed closely by the Southeast Asia accounting for over 88 million people with the disease. China and India still take the lion share accounting for majority of the people living with Diabetes in the world (China with 112 million and India with 72 million).

As at 2019, the lowest number of people with Diabetes are in Africa and South and Central America.

## DIABETES TYPES

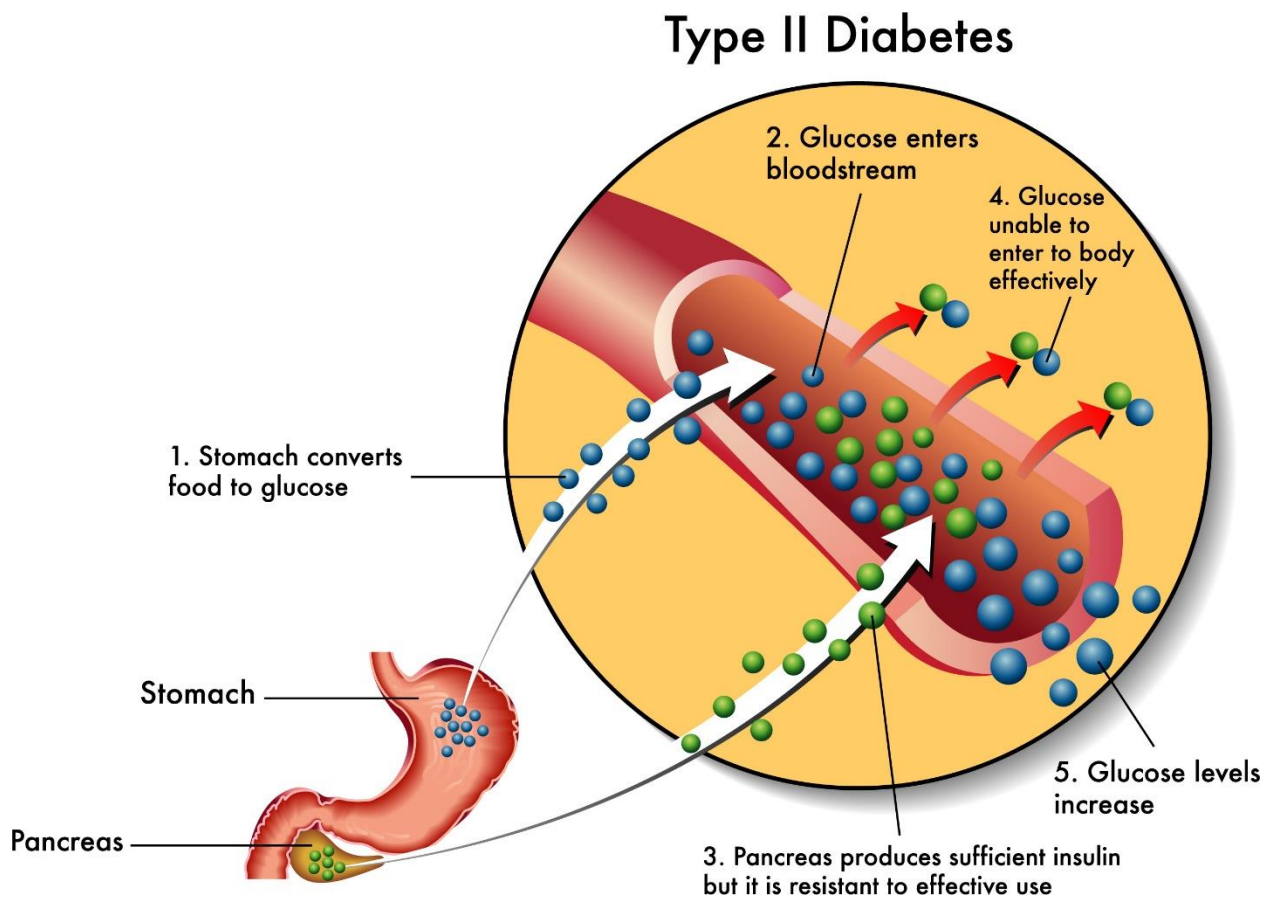
### Type 1 diabetes



Mechanism of action of Type 1 Diabetes

Type 1 diabetes develops usually in children and young adults. It is an autoimmune disorder that happens when the immune system destroys its pancreatic beta cells. These are the cells that make insulin, a hormone that controls blood sugar. Those affected with this type of diabetes need to take regular insulin injections.

## Type 2 diabetes



### Mechanism of action of Type 2 Diabetes

Type 2 diabetes is the kind that affects adults, mainly those in the 40-60 age group. The disease starts as insulin resistance i.e. a condition when cells cannot use insulin properly so the pancreas eventually stops producing it. What's particularly worrying about this condition is that those affected by it

are 2-4 times more likely to develop cardiovascular disease. Of those who do, 80% die from it.

## **Pre-diabetes**

There is also the prediabetes, a condition when the blood sugar level is higher than normal but still not high enough for someone to be diagnosed with type 2 diabetes. Fortunately, this condition can be easily controlled and reversed with weight loss and physical activity. However, if unaddressed, about 30% of individuals diagnosed with prediabetes will develop full-blown type 2 diabetes within 5 years. Fortunately, having prediabetes does not mean you will develop type 2 diabetes. The disease is easily preventable. However, there is a conflict between alternative and mainstream medicine approach to diabetes. While alternative and integrative medicine call for a lifestyle change, conventional medicine and pharmaceutical companies advocate treating the disease with synthetic drugs.

If you are told you have prediabetes, it signifies that your blood sugar level is higher than normal, but still not high enough to cause alarm. However, without a major lifestyle change, you are very likely to develop type 2 diabetes. So, although prediabetes is not a disease as such it should be taken seriously because it means that deterioration of your heart, blood vessels, and kidney have already started. Fortunately, all it takes to bring your blood sugar level back to normal is a change of diet and weight management.

## **DIABETES RISK FACTORS AND SYMPTOMS**

Being overweight or obese is the main risk factor for type 2 diabetes simply because increased weight leads to insulin resistance. The good news is that this risk factor is easily avoided. Studies show that if you reduce your weight by as little as 5%, you can easily prevent the onset of 2 diabetes. The main cause of diabetes is the mismatch between how we were genetically predisposed to live and how we end up living. Not only do we often make unhealthy food choices, we also eat much more than we actually need for maintenance. The surplus is stored fat deposits. Over the years, as our weight grows and our vitality steadily declines, our health takes a blow. Our mental health declines as our quality of life drops, we become vulnerable to heart disease, stroke, and some types of cancer. And of course, diabetes which, if not managed can lead to blindness, kidney failure, and heart disease.

## **CAUSES OF DIABETES**

### **– Obesity**

Today, there is a major imbalance between the amount of food we take and the energy we expend during the day. Most people living in urban areas lead sedentary lifestyles. Being overweight is bad enough but obesity is the root cause of many life-threatening diseases. Poor diet and a sedentary lifestyle can easily turn anyone from being overweight to being obese.

### **– Genetics**

Unfortunately, we have no control over genes we inherit from our ancestors. However, if you know you have a family history of diabetes, you can easily avoid the onset of disease by introducing some lifestyle changes as soon as possible.

### **– Longer life expectancy**

Type 2 diabetes usually affects middle-aged people. At the time when life

expectancy was about 50, very few individuals lived long enough to develop this disease.

– **Processed foods**

The consumption of processed foods has been associated with the alarming rise of type 2 diabetes. Food processing is known to produce certain chemicals, e.g. oxidized ascorbic acid and lipoic acid, which contribute to the development of diabetes. Even infant formula is high in these harmful ingredients. While prediabetes usually comes with no particular symptoms, type 2 diabetes is preceded with certain tell-tale signs:

- Darkened skin on the neck, armpits, elbows, knees, and knuckles
- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision

Although you have no control over your genetic predisposition or age, there are proven ways to prevent or reverse this disease.



# **Chapter 2**

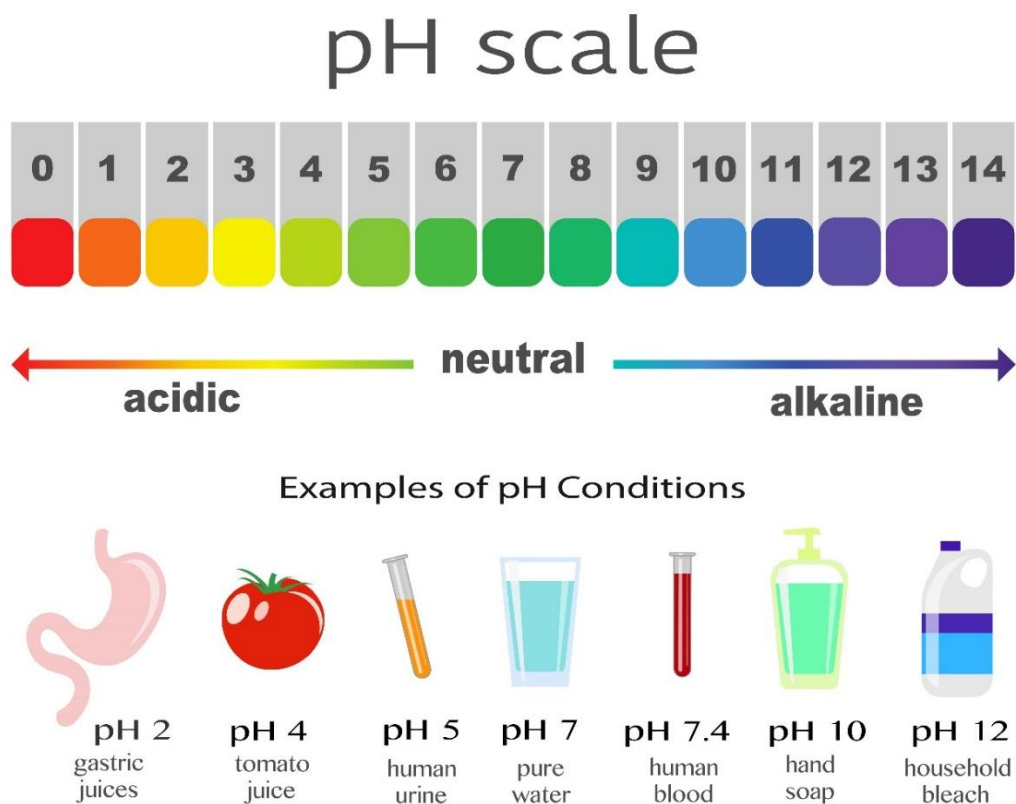
## **Understanding the Alkaline Diet**

Although conventional medicine is still skeptical about how beneficial an alkaline diet really is, it's not true that the benefits of the alkaline diet are not supported by scientific studies. There are hundreds of research papers published in scientific journals throughout the world which generally agree that an alkaline diet helps reduce morbidity and mortality from chronic disease. We know that certain foods affect the body's pH levels. Good health requires a healthy pH balance within the body. This is necessary because, to function properly, organs and fluids need a balanced pH level.

To understand the importance of an alkaline diet, you have to know why our modern diet is so acidic. Ever since we started practicing agriculture and adopted a settled lifestyle, our diet has been steadily changing. This happened about 10,000 years ago and this period is known as the Agricultural Revolution. Although this seems like a very long time, in an evolutionary sense, this is like something that happened just a few minutes ago. So, until about 200 years ago, our diet wasn't that bad. Although many of the foods were hybridized, our lifestyle was still not as sedentary as it is today, the environment contained much fewer toxins than it does today, and our diet did not contain processed foods. We ate mainly natural carbs, vegetables, and only occasionally, meat. The main sources of sugar were

fruits. Foods were minimally processed. Then, the Industrial Revolution changed everything. Ever since, our diet has contained more and more refined grains, unhealthy fats, commercially processed meats and sugar. It also became increasingly rich in inflammatory foods.

As most of the chronic diseases of civilization are diet-related, it's obvious that something is very wrong with our eating habits. The life-threatening diseases plaguing the modern world, which can all be reversed with a healthy diet are obesity, diabetes, cardiovascular disease, cancer, autoimmune disorders, depression, amongst others. Compared to what we eat today, the diet of 200 or more years ago was very alkaline. It was based on whole grains, little or no meat, and naturally grown organic fruits and vegetables. Combined, these foods produced a "net alkaline effect."



The PH scale depicting acidity and alkalinity



The human body is an amazing organism and the reason we have as a species survived for so long is that our body has means of self-repair. This includes maintaining good pH levels regardless of what we eat. The pH scale runs from 0 to 14. While 0 is acidic, 14 is alkaline or basic; and the midpoint, 7 is neutral. Ideally, pure water is on a scale of pH 7.

Ideally, we should try to maintain a pH level of around 7.4. However, not all our organs and fluids require the same acidity level. For example, to be able to break down food, our stomach needs to be acidic (around 4 pH). Some other organs require even higher acidity, e.g. duodenum is 7-8.5, small and large intestine 4-7, etc. So, organs that are involved with food processing have high acidity. On the other hand, blood is usually neutral. When the pH level of a particular organ or system becomes too high or too low, this affects our health in many ways. For instance, the inside of your stomach is lined with a thick layer of mucus that protects it from being destroyed by your stomach's natural acidity. On the other hand, the small intestine has alkaline bile released into it which offers protection from the stomach acidity. Proper pH is essential for good health and an extreme imbalance (either too much or not enough of acidity) can be fatal. In the absence of balance, you develop either acidosis or alkalosis. Acidosis is characterized by high acidity. There are several different types of acidosis: respiratory, metabolic, renal (kidneys), and lactic acidosis. Symptoms include fatigue, lethargy, confusion, and shortness of breath. Furthermore, metabolic acidosis is the commonly associated with the alkaline diet, but this condition can also be the result of kidney disease or dehydration. Besides, this type of acidosis increases your risk of developing cardiovascular disease, diabetes, insulin resistance, and kidney stones. Diet-induced metabolic acidosis is the consequence of eating too much meat, and not enough fruits and vegetables.

On the other hand, alkalosis is also a potentially dangerous health condition. It occurs when blood or bodily fluids become *extremely* alkaline. It's a condition that can be caused by low oxygen levels, a sudden loss of electrolytes or lung or liver disease. Symptoms include confusion, lightheadedness, and muscle spasm, seizure, tingling in the extremities and face, and respiratory problems.

## **DOES THE ALKALINE DIET WORK?**

An alkaline diet is based on the assumption that certain foods promote either alkalinity or acidity in the body. However, mainstream science does not support this theory. Very acidic foods indeed cause kidneys to excrete more acid, but having acidic urine doesn't have to mean that your overall pH levels are high. Measuring your acidity through urine is not a reliable method of checking your pH levels because it does not show how acidic your whole body is. Different fluids in our body require different pH levels to function properly. For example, an average pH for urine is from 4.6 to 8, while blood pH it's about 7.4.

Under normal circumstances, our body is perfectly capable of getting rid of excess acid. Its secret weapons against acidosis are kidneys and lungs. The kidneys maintain a healthy pH level by removing excess acid via urine. However, when kidneys are not working well, excretion of urine can slow down or stop. This is a potentially very dangerous situation because it means that urine will start accumulating in the body, making it even more acidic. This condition usually gets worse with age, as kidney functions slowly but steadily decrease. Another organ crucial for maintaining balanced pH levels is the lungs. Carbon dioxide which is a byproduct of cell metabolism creates acidity in the blood. If your lungs work well, they'll be able to

maintain a balanced pH level by regulating respiratory functions as necessary.

The purpose of an alkaline diet is to help you maintain healthy pH levels within all your organs. However, people follow this diet for many other reasons, e.g. to lose weight, to have more energy, to avoid or reverse diabetes, etc. To know if a specific diet “works” or not, you have to be clear why you are on that diet. Only when you have a goal, will you be able to determine whether the diet works or not. Your goal may be to lose weight, build muscle, detox your body, etc. and only by occasionally revisiting your goals will you be able to decide if you've been successful or not.

Although the alkaline diet is somewhat limiting because it excludes many nutritious foods, it is generally a very healthy diet simply because it revolves around healthy foods, i.e. potassium-rich fruits and vegetables. This is why many nutritionists believe that the reason this diet is so healthy may have more to do with the type of foods it is based on, than with the balanced pH levels.

## **PROS AND CONS OF THE ALKALINE DIET**

When we discuss pH levels, we usually think about a diet. However, the issue of acidity is much more complicated than that.

Life on earth depends, to a large degree, on appropriate pH levels in and around living organisms and cells. For human life to exist, i.e. continue, it requires strictly controlled pH levels of about 7.4.

When we analyze global records over the past 100 years, we see how industrialization has affected the pH of the ocean – it dropped because of increasing Carbon dioxide (CO<sub>2</sub>) deposits. This has had a very retrogressive effect on marine life and may cause to the fall of the coral reefs.

On the other hand, the pH of the soil in which we grow plants we use for food affects the mineral content of the food grown in such soil. The ideal pH of the soil is between 6 and 7. Acidic soil (below 6) has reduced calcium and magnesium, while soil above 7 pH may have too much iron, manganese, copper, and zinc. This is why manure and chemical fertilizers are added to soils - to increase or neutralize pH levels.

In regards to the human diet, it has undergone a tremendous change over the last few thousand years. Starting with the agricultural revolution more than 10,000 years ago, and intensifying since the industrial revolution 200 years ago, there's been a significant drop in potassium (K) and an increase in sodium (Na) and chloride in our diet.

Nutritionists are aware that today's modern diet is deficient in potassium, magnesium and fiber but rich in simple sugars, saturated fat, and sodium. Compared to what our diet used to be like and to how we were genetically programmed to eat, the so-called Western diet is very unhealthy.

The modern diet is particularly unhealthy for middle-aged and senior people because it contributes to a gradual deterioration of kidneys as well as a diet-

induced metabolic acidosis. Simply put, this means that although a low-carb high-protein diet does not affect your blood pH levels, it does affect your urine pH levels, and creates ideal conditions for the development of kidney stones.

### **Key advantages of alkaline diet:**

1. When a body becomes too acidic, it starts leaching minerals, e.g. calcium, sodium, magnesium, and potassium from vital organs. As a result, your bones may become brittle, your teeth may deteriorate, you may experience muscle cramps, etc.
2. The alkaline diet is simple and cheap and can easily fit into any lifestyle
3. This is not a very strict diet which is great news for those who lack self-discipline. The alkaline diet does not forbid all acid-forming foods – it's enough to limit the intake of these foods
4. This is a very healthy diet since it's based on healthy foods, ie fruits, vegetables, and whole grains and it eliminates or limits red meat, sugar, and processed foods
5. Even if you achieve nothing else, you'll have much more energy once you start eating healthy

### 2 main disadvantages of alkaline diet:

1. Some healthy foods which are not allowed on this diet contain important nutrients that are essential for optimal health, e.g. certain fats and oils that are necessary for a strong immune system and healthy cells. Besides, beans and legumes are discouraged and this limits your intake of important phytonutrients that help boost your immune system and lower the risk of cancer. When these foods are excluded from your diet, you have to take supplements to prevent nutrient deficiency.

2. The human body is perfectly capable of regulating its pH level, which is why we have kidneys. This is the main reason why many experts don't believe an alkaline diet is necessary.

So, despite the lack of scientific evidence about the efficacy of the alkaline diet, we know it provides many health benefits simply by making you eat more of plant-based foods, and discouraging you from eating meat and carbs.

## DOES SCIENCE SUPPORT THE ALKALINE DIET?

This is a tricky question because conventional medicine does not believe that following the alkaline diet brings all the benefits it does. They believe that the body can successfully manage its acidity without the help of the alkaline diet. However, most medical practitioners do agree that a plant-based diet is a super healthy way to eat. They believe that if you eat mainly alkaline foods, there is no need to try and change the pH of your body because, on a healthy diet, it can easily regulate its acidity.

So, what does science say about alkaline diet benefits?

### – **Bone health**

There is not enough evidence to support the claim that the alkaline diet improves bone health and protects against osteoporosis. However, the modern diet is very rich in sodium which we know contributes to hypertension and osteoporosis, particularly in postmenopausal women. Now it gets complicated - a diet rich in protein is very acidic and decreases bone density, however, to prevent osteoporosis, you must have protein. The solution is that, to make your body more alkaline, instead of reducing protein, you can simply increase the amount of fruits and vegetables in your diet.

### – **Muscle mass**

Muscle loss is a normal part of aging, however, studies show that a diet rich in potassium, e.g. fruits and vegetables, as well as a reduced acidic load, helps preserve muscle mass in older men and women. However, regardless of your age, certain diseases contribute to muscle loss but this can be corrected, ie slowed down or reversed, by consumption of less acidic foods. Therefore, it's possible to prevent or control muscle loss with an alkaline diet.

### – **Growth hormone**



Children that suffer from metabolic acidosis have very low levels of growth hormones. As a result, these children are usually shorter than they should be. Metabolic acidosis happens when a body is no longer able to maintain the pH balance. It either starts making too much acid or becomes unable to get rid of excess acid. This condition can be reversed by introducing bicarbonate or potassium citrate, which significantly increase growth hormone levels. As far as postmenopausal women are concerned, an alkaline diet can neutralize the acid load which will increase the levels of growth hormone and osteocalcin. The reason this is important is that sufficient levels of growth hormones help reduce cardiovascular risk factors and also improve memory and cognition.

– **Back pain**

Back pain problems can be improved by taking alkaline minerals supplements.

– **Chemotherapy**

The effectiveness of chemotherapeutic treatments to a large degree depends on pH levels. Many of the agents used in chemo, e.g. Epirubicin and Adriamycin, require an alkaline media to be more effective. However, some need acid media. It is suggested that inducing metabolic alkalosis improves the effectiveness of chemotherapy. So, although there is no scientific evidence that an alkaline diet can prevent cancer, it helps considerably during cancer treatments.

## **4 scientifically-proven benefits of an alkaline diet:**

1. When you follow an alkaline diet, your K/Na ratio increases which benefits your bone health, reduces muscle loss, and prevents some chronic diseases such as hypertension and stroke.
2. An alkaline diet increases growth hormone which improves cardiovascular health, memory, cognition, etc.
3. An alkaline diet is rich in magnesium which helps activate vitamin D which in turn helps keep your bones, heart, teeth and other organs healthy.
4. Alkaline diet improves the efficacy of chemotherapeutic treatments that require a higher pH.

In conclusion, adopting an alkaline diet significantly improves your overall health by reducing unnecessary suffering and preventing premature mortality.

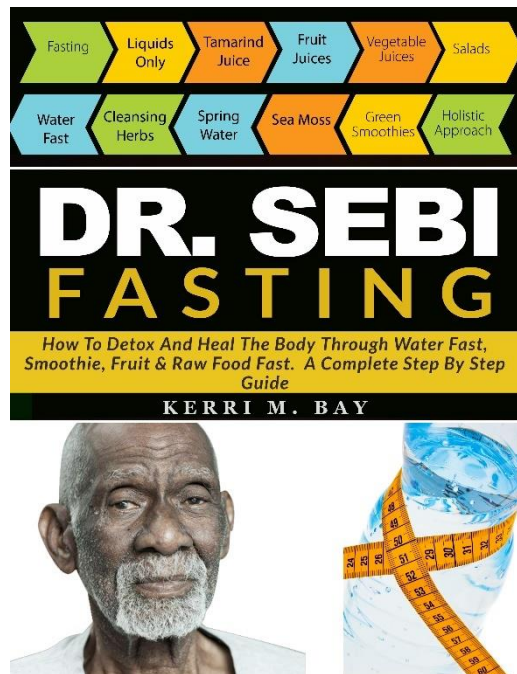
# CHAPTERS 3 TO 9 (LOCKED)

To learn more, please purchase full version on [Amazon](#)

# CONCLUSION

Successfully reversing diabetes is possible with a lifestyle and dietary change. Our healer Dr. Sebi himself was cured of diabetes. I was healed from high blood pressure. The first step towards healing is believing. And then taking action. But first, you must know what to do and how to do it. You must follow the rules, you must abstain from non-alkaline foods, you must detox and revitalize. Then, you must be willing to follow through after the fast. Remember, it's a lifestyle change.

## RELATED BOOK YOU MAY LIKE



### ***How To Detox And Heal The Body Through Water Fast, Smoothie, Fruit & Raw Food Fast. A Complete Step By Step Guide***

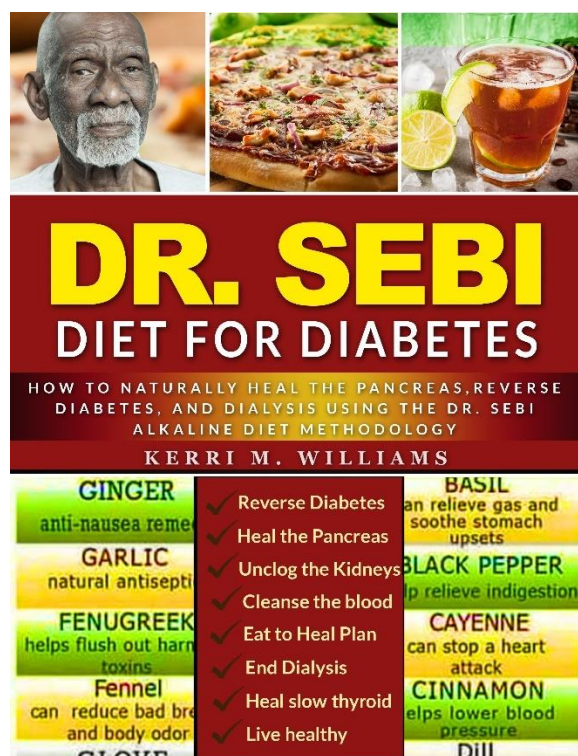
Fasting as a practice has had a huge rise in popularity in recent times, even though it dates as far back as several centuries ago. Fasting is an ancient practice dating as far as our hunter-gatherer ancestry during which times there were frequent and long gaps between meals. This is in addition to the fact that the availability of food was occasionally inconsistent and unpredictable. Besides famine and food unavailability, fasting has also been used therapeutically since at least the 5th century BC, when Greek physician Hippocrates recommended abstinence from food for patients who showed certain kinds of disease symptoms. In addition, many religions around the world incorporate(d) fasting at various times of the year to mark specific events and for “spiritual cleansing”

Recently, there has been a renewed interest in fasting, and many scientific studies are now being undertaken in relation to the benefits of fasting for

health and healing. Fasting can be quite confusing as so many terms are used such as a dry fast, water fast, intermittent fast, etc. Combine this with the fact that there are no clear definitions so it's easy to get puzzled when dealing with this subject matter. However, in this book, we take a look specifically at not just fasting as a broad subject, but fasting as a means to healing using the Dr. Sebi methodology. We also look into the various types of fasting, how to carry out fasting and how to determine the best fasting type for you.

Fasting has been a focal point of healing in many cultures around the world. From the Himalayas, to the cultures of the Amazon basin, Africa and the Middle East; there is hardly a culture that isn't deeply rooted in the tradition of occasional fasting. Dr. Sebi himself was a big adherent and advocate of fasting as a way to cleanse the body and rid it of disease. He himself fasted for 90 days and teaches us to fast so as to maximize the benefits of cleansing and detox for healing. Fasting has been used therapeutically since at least the 5th century BC, when Greek physician Hippocrates recommended abstinence from food for patients who showed certain kinds of disease symptoms. A few physicians noted a "fasting instinct", which was common in some disease states in individuals and was occasioned by a loss of appetite. They explained that giving food during such states could be detrimental to the healing and recovery process as fasting was believed to be a natural part of the healing process. So, they forbade food and recommended a temporal fasting during ....

## RELATED BOOK YOU MAY LIKE



### How to Naturally Heal the Pancreas and Reverse Diabetes and Pre-Diabetes with Dr. Sebi Alkaline Diet Methodology

According to the World Health Organization (WHO), about 1.5 million people die from diabetes every year. However, when we know that 18 million people die annually from cardiovascular diseases caused by diabetes and hypertension, we can begin to understand just how big a problem this condition is. Diabetes is a complex disease that medical science still does not fully understand. Globally, there's been a steady increase in noncommunicable diseases, or the so-called diseases of civilization, one of which is diabetes. 80% of all diabetics live in developing countries, and the disease is rapidly spreading particularly in populations that have undergone major lifestyle and dietary changes. This highlights the importance of diet and lifestyle choices. Just like a lifestyle change can trigger the onset of diabetes, it can also reverse it. Compared to what we eat today, the diet of 200 or more years ago was very alkaline. It was based on whole grains, little meat, and organic fruits and vegetables. Combined, these foods produced a "net alkaline effect." The human body is an amazing organism and the



reason we have as a species survived for so long is that our body has a means of self-repair. This includes maintaining good pH levels regardless of what we eat.

Dr. Sebi healed many diabetics with electric herbs and diet. He was able to change the course of destiny for many others who otherwise had given up hope on conventional medicine. According to him, disease is a result of mucus build-up in an area of your body. For example, a build-up of mucus in the lungs causes pneumonia, while excess mucus in the pancreas leads to diabetes. Disease cannot exist in an alkaline environment and only occur when your body becomes too acidic. He believed that by strictly following a natural electric diet, disease can be reversed. His methodology and protocol get rid of accumulated toxins and restores the body's ideal pH levels. Dr. Sebi alkaline diet comprises of a list of approved fruits, vegetables, grains, seeds, herbs, nuts and oils. For your body to heal itself, and stay healthy, you must follow the nutritional guide consistently.

How successfully you avoid or recover from disease depends on many things but most importantly on your diet. Certain foods, or food combinations, are so rich in essential minerals, you can use them as medicine, not just food. Perhaps that's what the father of modern medicine, Hippocrates, meant when he said, *"Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear."*

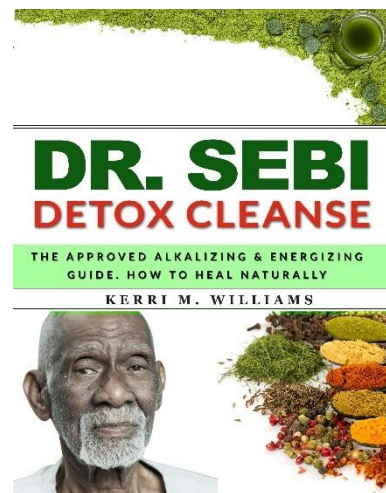
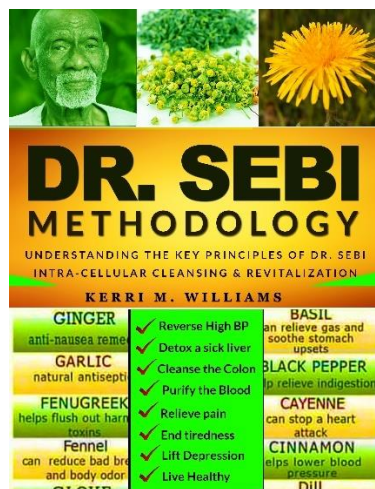
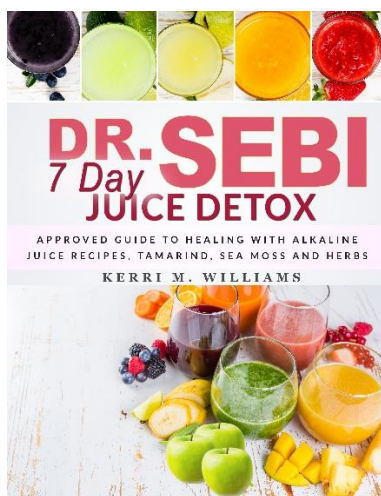
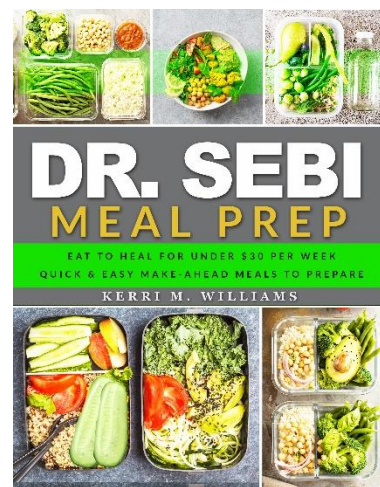
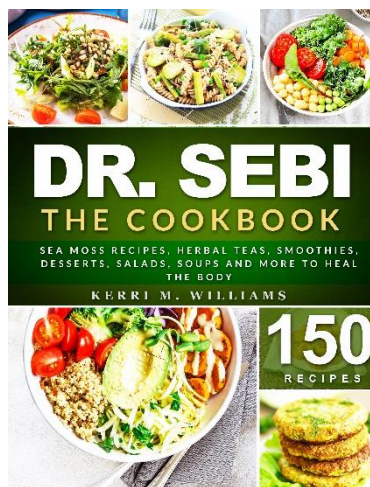
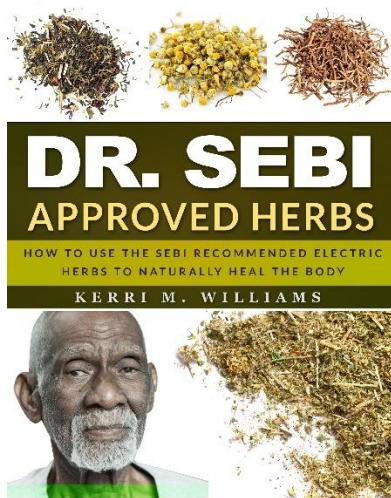
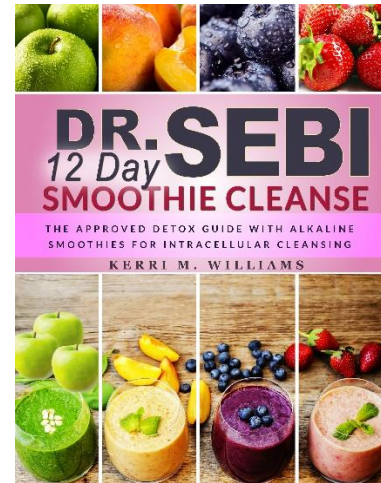
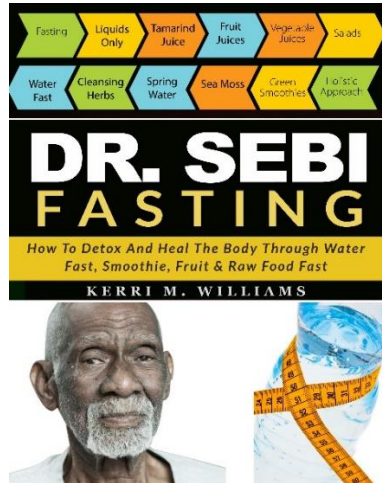
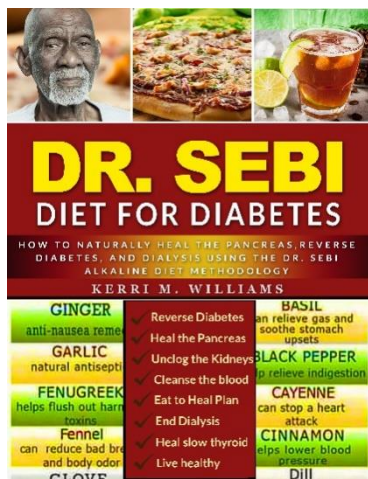
In this book, you'll learn:

- How to gradually switch to the Dr. Sebi alkaline diet
- How to successfully unclog the ducts of the pancreas through detox and cleansing
- The Best Dr. Sebi Approved Electric Foods for Diabetics
- The 3 Most Important Dr. Sebi Recommended Herbs for Diabetes
- Top 14 Foods You Should Never Eat (And Why)
- The Weekly Eat to Live Step by Step Plan to Naturally Heal the Pancreas and Reverse Diabetes without medications
- The Eat to Live Routine Plan to Beat Diabetes: Weekly and Daily
- The Off-Diet Healing Process to Reverse Diabetes and Prevent Relapse

Also, in this book, you'll learn:

- All Dr. SEBI approved foods and herbs for Diabetes and how you can use it for optimum health
- How to deal with Pre-Diabetes and Diabetes the Dr. Sebi Way and engage your body to heal and recover faster and better
- How to limit non-alkaline foods and prevent other food cravings
- 5 important secrets why going on the Dr. Sebi alkaline diet is a must for you
- How Dr. Sebi Alkaline diet Can Help you with reversing Diabetes, improved Kidney and Pancreatic function
- Secret tips to prevent relapse with Diabetes and Dialysis

# OTHER BOOKS IN SAME SERIES



# RESOURCES

1. Bridgeford R. The definitive acid and alkaline food chart, 2015. <https://www.changeahead.biz/wp-content/uploads/2018/01/alkaline-food-chart-4.0.pdf>
2. Batool, Anika. (2018). Spring Water Quality and Human Health: An Assessment of Natural Springs of Margalla Hills Islamabad Zone-III. International Journal of Hydrology. 2. 10.15406/ijh.2018.02.00049.
3. Vilane, Bruce Roy & Vilane, Thulane & Dlamini, James. (2016). An Assessment of the Mhlambanyoni Spring Water Quality at Sigombeni, Swaziland. African Journal of Agricultural Science and Technology. 2. 40-45.
4. K, Sudharshan. (2016). Adverse Effects of Microwaves. International Journal of PharmTech Research. 9. 297-304.
5. Rysz, Jacek & Franczyk, Beata & Banach, Maciej & Gluba, Ania. (2017). Hypertension - Current Natural Strategies to Lower Blood Pressure. Current pharmaceutical design. 23. 10.2174/1381612823666170215144649.
6. Wilburn AJ, King DS, Glisson J, et al. The natural treatment of hypertension. J Clin Hypertens (Greenwich). 2004; 6: 242– 248.
7. Moser M. Lifestyle interventions: they lower blood pressure: can we make them work? J Clin Hypertens (Greenwich). 1999; 1: 170– 172.

8. Haider, Agha & Larson, Martin & Franklin, Stanley & Levy, Daniel. (2003). Systolic Blood Pressure, Diastolic Blood Pressure, and Pulse Pressure as Predictors of Risk for Congestive Heart Failure in the Framingham Heart Study. *Annals of internal medicine*. 138. 10-6. 10.7326/0003-4819-138-1-200301070-00006.
9. Fabea, Linda & Vuvor, Frederick & Akwaa Harrison, Obed. (2017). Food Faddism: it's determinants, prevalence and practice among university students in Ghana.

