# DR SEBI'S ALKALINE FOOD LIST A PRACTICAL GUIDE

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# Conten Introduction Vegetables Table Of

- 02 06

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- 07 10 Fruits
- Nuts and Seeds 11
- 12 Oils
- 13-14 Grains, Sugars
- 15 17 Spices/Seasonings
- All Natural Herbal Teas **18-19**

#### Dr. Sebi Doesn't Recommend Eating Any Foods Not On The Dr. Sebi Food List.

The Dr Sebi approved alkaline food list is very specific and excludes many whole-food, plant-based foods.



Dr. Sebi recommends avoiding hybrid foods (plants and their fruits made by unnaturally cross-pollinating two or more plants) because they change the genetic structure, electrical composition, and pH balance to its detriment.

One such food is garlic, a plant food we are accustomed to eating but is not the best food to consume.

Note: Dr. Sebi has removed items from the food list and this is noted.

### Vegetables



<u>Amaranth Greens</u> - a great source of vitamin C, which is vital to the body's healing process because it helps process iron, form blood vessels, repair muscle tissue, and maintain collagen.

Kale Greens - contains four times vitamin C content and twice the selenium content of spinach, as well as nutrients like vitamin E and beta-carotene. These are all important for supporting a healthy immune system.

It's a good source of **plant-based calcium**, needed for strong bones and teeth and a great source of **vitamin K**, which works with vitamin D to support healthy bone metabolism.





Turnip Greens - Can help maintain healthy skin and hair, because of their high vitamin A content.

They boast an impressive nutritional profile, and their bioactive compounds, such as glucosinolates, may **support blood sugar control**, **protect against harmful bacteria, and provide anticancer and anti-inflammatory effects** 

Dandelion Greens - a great source of vitamins and minerals such as: **Vitamins A, C and K.** Also a great source of folate, potassium and calcium.

These greens provide antioxidants, reduces inflammation, supports regulated blood pressure, and can lower cholesterol.



## Vegetables

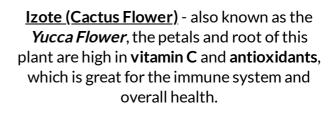


<u>Wild Arugula</u> - nutrient-dense food that is high in fiber and phytochemicals. Has **calcium**, which helps the blood to clot normally and is necessary for bone health, tooth health, muscle function, and nerve function.

It is also rich in **potassium** for regulating blood pressure, **folate**, a B vitamin essential for pregnant women, and **vitamins A, C and K**.

Nopales (Mexican Cactus) - Antiviral and protects nerve cells, this cactus is high in antioxidants, can regulate blood sugar levels and reduce cholesterol





It is **anti-inflammatory and promotes skin and eye health**. It can even treat diabetes and arthritic pain.

Chayote (Mexican Squash) - High in antioxidants, uncluding myricetin, which occurs in the highest amounts and has strong anticancer, antidiabetes, and anti-inflammatory properties. This squash may promote heart health and blood sugar control.

Great source of folate, making it a great food for pregnant women.

