

dr sebi 101 cleanse

dr sebi 101 cleanse is a popular natural detoxification protocol designed to promote overall health and wellness through dietary and herbal treatments inspired by the teachings of the renowned herbalist, Dr. Sebi. This cleanse focuses on eliminating toxins from the body, restoring alkaline balance, and supporting the body's natural healing processes. Emphasizing plant-based nutrition and specific herbal supplements, the dr sebi 101 cleanse offers a structured approach for those seeking to improve digestion, increase energy levels, and enhance immune function. This article explores the fundamental principles, benefits, dietary guidelines, and herbal components of the dr sebi 101 cleanse. Additionally, it provides practical advice for safely implementing the cleanse and maximizing its effects for long-term health improvements. The following sections will guide you through an in-depth understanding of the cleanse and how it aligns with Dr. Sebi's holistic health philosophy.

- Understanding the dr sebi 101 cleanse
- Core principles and philosophy
- Benefits of the dr sebi 101 cleanse
- Dietary guidelines and approved foods
- Herbal supplements and natural remedies
- Step-by-step process for the cleanse
- Precautions and considerations

Understanding the dr sebi 101 cleanse

The dr sebi 101 cleanse is a detoxification regimen based on the nutritional and herbal healing methods developed by Dr. Sebi, a Honduran herbalist and natural healer. It is designed to purge the body of harmful substances and promote cellular regeneration by adhering to an alkaline diet and using specific herbal supplements. The cleanse aims to reset the body's internal environment, helping to reduce inflammation and support organ function. Unlike conventional detox programs, the dr sebi 101 cleanse focuses heavily on maintaining an alkaline state, which is believed to discourage disease and promote vitality.

Core principles and philosophy

At its core, the dr sebi 101 cleanse is grounded in the belief that disease originates from excess mucus and acidity within the body. Dr. Sebi's philosophy advocates for a plant-based diet rich in alkaline foods, which are thought to restore the body's natural pH balance. The cleanse excludes processed foods, animal products, and synthetic chemicals that contribute to toxicity. Emphasis is

placed on natural healing through whole foods, herbal remedies, and fasting periods that encourage the body to eliminate waste and rejuvenate itself.

Alkaline diet focus

The dr sebi 101 cleanse prioritizes foods that maintain or increase the body's alkalinity. This focus on alkaline nutrition helps to prevent the overproduction of mucus and supports metabolic functions that facilitate detoxification. Foods with high mineral content, particularly those rich in magnesium, calcium, and potassium, are central to this philosophy.

Herbal supplementation

Herbs play a significant role in the cleanse by assisting the body in flushing out toxins and boosting immune response. Dr. Sebi developed specific herbal blends that target different organ systems, aiming to enhance liver, kidney, and gastrointestinal health during the cleanse.

Benefits of the dr sebi 101 cleanse

Many individuals who undertake the dr sebi 101 cleanse report a variety of health improvements related to toxin elimination and improved nutritional intake. These benefits stem from the cleanse's holistic approach to diet and herbal therapy.

- **Improved digestion:** The diet's high fiber and nutrient content help regulate bowel movements and promote gut health.
- **Increased energy levels:** Removing toxins and consuming nutrient-dense foods can boost physical and mental energy.
- **Enhanced immune function:** Herbal supplements support immune defenses and protect against infections.
- **Weight management:** The cleanse's focus on whole, unprocessed foods assists in reducing excess body fat.
- **Reduced inflammation:** Alkaline foods and herbs help lower inflammatory markers associated with chronic diseases.

Dietary guidelines and approved foods

The dietary component of the dr sebi 101 cleanse is essential for achieving the desired detoxification effects. The approved foods are primarily plant-based and selected for their alkalizing properties, nutritional density, and compatibility with the cleanse's goals.

Allowed food categories

The cleanse permits a variety of natural foods that fall within Dr. Sebi's nutritional guide:

- **Vegetables:** Leafy greens, cucumbers, zucchini, kale, and okra.
- **Fruits:** Berries, melons, and tropical fruits like mango and papaya.
- **Grains:** Ancient grains such as quinoa, amaranth, and wild rice.
- **Nuts and seeds:** Raw walnuts, hemp seeds, and chia seeds.
- **Herbs and spices:** Burdock root, elderberry, and dandelion.
- **Natural oils:** Olive oil and coconut oil in moderation.

Foods to avoid

To maintain the cleanse's effectiveness, certain foods are strictly excluded:

- Processed and refined foods
- Animal products including meat, dairy, and eggs
- Artificial sweeteners and additives
- Gluten-containing grains such as wheat and barley
- Excess salt and caffeine

Herbal supplements and natural remedies

Herbal medicine is a cornerstone of the dr sebi 101 cleanse. Specific herbal formulas are designed to support detoxification pathways and enhance organ function.

Key herbal components

The herbal supplements often used during the cleanse include:

- **Burdock Root:** Known for its blood-purifying properties and support of liver detoxification.
- **Elderberry:** Used to boost immune response and combat inflammation.

- **Dandelion Root:** Supports kidney function and promotes bile flow for digestion.
- **Chaparral:** A potent herb believed to help eliminate cellular waste and toxins.
- **Irish Moss:** Provides essential minerals and supports respiratory health.

Supplement regimen

Herbal supplements are typically consumed as teas, tinctures, or capsules throughout the cleanse to support the body's natural elimination processes. Dosage and frequency depend on individual health needs and the specific cleanse protocol being followed.

Step-by-step process for the cleanse

The dr sebi 101 cleanse follows a structured routine designed to optimize detoxification and healing. Adherence to the process is critical for achieving the maximum benefits.

Preparation phase

This involves gradually eliminating prohibited foods and introducing approved alkaline foods. Hydration and light herbal teas help prepare the digestive system.

Active cleansing phase

During this stage, the full dietary restrictions are implemented alongside herbal supplementation. Fasting periods may be incorporated to deepen detoxification effects.

Reintroduction phase

After the cleanse, foods are slowly reintroduced to monitor how the body reacts and to maintain the alkaline balance achieved.

Maintenance and lifestyle

Long-term health is supported by continuing to consume alkaline foods, staying hydrated, and using herbs periodically to sustain detoxification benefits.

Precautions and considerations

While the dr sebi 101 cleanse offers many health advantages, it is important to consider individual health conditions before beginning the regimen. Consulting healthcare professionals is advisable, especially for those with pre-existing medical issues or those taking prescription medications. The cleanse's restrictive nature may not be suitable for everyone, and adjustments may be necessary to avoid nutrient deficiencies or adverse reactions.

Potential side effects

Some individuals may experience detox symptoms such as headaches, fatigue, or digestive upset during the initial stages. These effects usually subside as the body adapts to the cleanse.

Duration and frequency

The cleanse can vary in length from a few days to several weeks depending on individual goals and health status. It is recommended to limit intensive cleansing cycles to avoid overwhelming the body.

Frequently Asked Questions

What is the Dr. Sebi 101 Cleanse?

The Dr. Sebi 101 Cleanse is a detoxification program based on Dr. Sebi's nutritional guide, designed to cleanse the body using natural herbs and an alkaline vegan diet to promote overall health and healing.

How long does the Dr. Sebi 101 Cleanse typically last?

The Dr. Sebi 101 Cleanse usually lasts about 10 days, during which participants follow a strict diet and herbal regimen to detoxify the body.

What foods are allowed during the Dr. Sebi 101 Cleanse?

Allowed foods include alkaline fruits, vegetables, nuts, seeds, and grains from Dr. Sebi's approved food list, while avoiding processed foods, animal products, and acidic foods.

What are the main herbs used in the Dr. Sebi 101 Cleanse?

Common herbs include burdock root, elderberry, bladderwrack, and sarsaparilla, which are believed to support detoxification and improve organ function.

Is the Dr. Sebi 101 Cleanse safe for everyone?

While many people find it safe, individuals with medical conditions or on medication should consult a healthcare professional before starting the cleanse to avoid adverse effects.

What are the expected benefits of the Dr. Sebi 101 Cleanse?

Benefits may include increased energy, improved digestion, clearer skin, reduced inflammation, and enhanced overall wellness.

Can I drink water during the Dr. Sebi 101 Cleanse?

Yes, drinking plenty of alkaline water is encouraged to help flush out toxins and stay hydrated throughout the cleanse.

Are there any side effects during the Dr. Sebi 101 Cleanse?

Some people may experience detox symptoms like headaches, fatigue, or digestive changes as the body adjusts, but these usually subside within a few days.

How does Dr. Sebi's alkaline diet relate to the 101 Cleanse?

The 101 Cleanse incorporates Dr. Sebi's alkaline diet principles, focusing on foods that maintain the body's pH balance to prevent disease and promote healing.

Where can I purchase Dr. Sebi 101 Cleanse herbs and supplements?

Herbs and supplements for the 101 Cleanse can be found at health food stores, specialized herbal shops, or online retailers that offer authentic Dr. Sebi products.

Additional Resources

1. Dr. Sebi 101 Cleanse: The Ultimate Guide to Natural Healing

This book offers a comprehensive introduction to Dr. Sebi's 101 cleanse, explaining the principles behind his natural healing methods. It covers the dietary guidelines, approved foods, and the importance of alkalinity in the body. Readers will find easy-to-follow instructions and meal plans to kickstart their health journey.

2. Healing with Dr. Sebi: A Step-by-Step 101 Cleanse Program

Focused on the practical application of Dr. Sebi's teachings, this guide provides detailed steps for completing the 101 cleanse successfully. It includes tips on preparation, detoxification phases, and how to maintain results long-term. Personal testimonials and scientific insights support the cleanse's effectiveness.

3. The Dr. Sebi 101 Cleanse Cookbook

This cookbook is designed to complement the 101 cleanse by featuring recipes that adhere strictly to Dr. Sebi's nutritional guidelines. Each recipe promotes detoxification and alkalinity, using only approved ingredients. It's perfect for those who want to enjoy flavorful meals while cleansing their bodies.

4. Understanding Dr. Sebi's Philosophy: The Science Behind the 101 Cleanse

Delving deeper into the philosophy and science behind Dr. Sebi's approach, this book explains how

the 101 cleanse works at the cellular level. It explores the concept of electric foods, mucus reduction, and holistic healing. Readers gain a richer understanding of why this cleanse can transform health.

5. *Dr. Sebi 101 Cleanse for Beginners: A Simple Path to Wellness*

Tailored for newcomers, this book breaks down the 101 cleanse into easy, manageable steps. It offers practical advice on shopping for the right foods, overcoming cravings, and tracking progress. Encouraging and motivational, it helps readers commit to a healthier lifestyle.

6. *The Detox Miracle: Dr. Sebi's 101 Cleanse Explained*

This book highlights the detoxification benefits of the 101 cleanse and how it helps rid the body of accumulated toxins. It discusses common symptoms during the cleanse and how to manage them effectively. The author also shares success stories that inspire readers to embrace natural healing.

7. *Dr. Sebi's Herbal Remedies and the 101 Cleanse*

Combining herbal wisdom with dietary cleansing, this book details the natural herbs Dr. Sebi recommended alongside the 101 cleanse. It explains the medicinal properties of these herbs and how they support detoxification and rejuvenation. A valuable resource for those interested in holistic health solutions.

8. *Alkalize and Heal: Dr. Sebi's 101 Cleanse Principles for Longevity*

Focusing on the importance of maintaining an alkaline environment in the body, this book links Dr. Sebi's cleanse to long-term health and disease prevention. It offers lifestyle tips beyond diet, including hydration and stress management. Readers learn how to sustain the benefits of the cleanse for years to come.

9. *Transform Your Life with Dr. Sebi's 101 Cleanse: A Personal Journey*

This inspirational book shares personal stories of transformation through the 101 cleanse. It combines narrative with practical advice, showing how individuals overcame chronic illnesses and revitalized their health. The author's honest account encourages readers to take control of their well-being naturally.

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dr sebi 101 cleanse: Dr. Sebi's Alkaline Detox Bible: The Complete Guide to Natural Healing, Herbal Cleansing, and Restoring Vital Energy Kevin Blanch, Are you tired of living with low energy, endless cravings, and confusing health advice that never seems to work? Discover the natural path to vitality with Dr. Sebi's Alkaline Detox Bible—your complete guide to restoring balance, cleansing your body, and reclaiming control of your health. This empowering book distills Dr. Sebi's timeless philosophy into practical steps you can use today. No gimmicks, no empty promises—just clear guidance rooted in nature's wisdom. Inside, you'll learn how to: · Eliminate toxins and mucus (Chapter 3) with proven detox rituals that restore your body's natural flow. · Fuel

your body with energy-rich alkaline foods (Chapter 2 & Chapter 6) through simple recipes, mineral-packed herbs, and everyday kitchen swaps. · Overcome cravings and food addiction (Chapter 7) by rewiring your brain and satisfying your body's true needs. · Support chronic conditions naturally (Chapter 9) with food, fasting, and herbal remedies that reduce inflammation and promote balance. · Embrace the alkaline lifestyle beyond the plate (Chapter 8) with rituals for sleep, movement, emotional health, and community. Whether you're seeking relief from chronic issues, craving natural energy, or simply want to live closer to nature's rhythm, this book offers a roadmap to lasting wellness. □ Your healing journey doesn't start in a doctor's office—it starts in your kitchen, with your choices, and with the wisdom of plants. Take the first step toward balance, clarity, and vibrant energy today.

dr sebi 101 cleanse: Dr Sebi Alkaline Recipes Samantha Plant, 2021-03-16 Have you already heard about Dr Sebi's alkaline diet and are you curious to know if it can really cure diseases in a natural way without taking miraculous medicines? Well, I have something important to tell you. Dr. Sebi (born Alfredo Bowman) was a Honduran herbalist, best known for his use of alkaline foods to enhance health and well-being. His method focuses on eliminating mucus from the body, which is best achieved through alkaline foods and plant-based diets. You may be wondering how Dr. Sebi's diet differs from other diets that involve the consumption of vegan or vegetarian based foods? As you know, many diets just say to eat or ban the consumption of a specific food without a rule or some kind of logic. The Dr Sebi's Protocol, on the other hand, is a real nutritional guide to achieve physical and mental well-being. It is much more than just a diet - It's a lifestyle! But you have to be careful! It will not be enough for you to do a simple Google search and follow the recipes posted on the various blogs or websites. There is a lot of misinformation on the web and, even worse, you could risk to end on scammer sites that offer you to purchase miracle drugs or medical herbs by passing them off as products recommended by Dr Sebi that treat diseases for which nowadays there is no cure. I make this clarification because I have invested years of study before being able to write this book, as well as having tried on my skin the real Dr Sebi's Protocol and benefited from it. So, there is nothing you need to worry about because I am proud to introduce you to my latest work which will teach you how to effortlessly prepare perfect meals that meticulously respect the nutritional guide on which Dr Sebi is based. In this book you are ready to discover: How to protect muscle mass and bone density. The fastest and most innovative way to prepare perfect meals approved by Dr Sebi himself. How to reduce risk of stroke and hypertension. And much, much more! If you already tried different medicines, spent a lot of money and time with no effects, this book will surely give you the right information to regain your well-being in no time at all! Keep in mind: If nature didn't make it, don't take it (Dr Sebi). Buy it NOW and let your Customers get addicted to this amazing COOKBOOK!

dr sebi 101 cleanse: Dr. Sebi Cure for Diabetes Samantha Plant, 2021-10-19 Are you looking for proven methods to prevent and quickly reverse Type 1 and Type 2 Diabetes? Do you want a step-by-step Guide to control your blood sugar levels naturally without taking medicines? You know what... I have the right solution for YOU! I know how difficult it is to try to fit diabetes management into your life. And that sometimes it feels like you have to design your lifestyle around it. I know how time-consuming and exhausting it really is to count and check your blood sugar levels three, four, or as many as five times a day. I also understand that you have been convinced that you just have to deal with it, and unfortunately, besides medication control, there is nothing you can do.... And that's where you have been lied to! Throughout this book, I'll share how to do it naturally, without medications! In this Book, you'll find: · How to naturally heal the pancreas and reverse diabetes type 1 and 2 individually with the alkaline diet. · The 13 must have herbs to detox your body. · A weekly meal plan to get started immediately. · A comprehensive list of good and bad foods. · The most important signs to know if your detox is working. Dr. Sebi Cure for Diabetes will help you make successful lifestyle choices to promote health, be active, eat healthily, and thrive, not just survive. Are you ready to change your life? What are you waiting for? Click buy now at the top of this page to get started!

dr sebi 101 cleanse: Dr. SEBI Alkaline Herbs for Hair Growth Olivea Moore, Are you tired

of battling hair loss and searching for effective, natural solutions? Discover the power of Dr. Sebi's alkaline philosophy in Dr. SEBI Alkaline Herbs for Hair Growth! This comprehensive guide offers you the tools to revitalize your hair and boost your confidence. In this enlightening book, you'll delve into the life and teachings of Dr. Sebi, exploring how his approach to nutrition and natural healing can transform your hair health. Learn about the vital connection between an alkaline diet and hair growth, understand the biology of hair, and uncover common causes of hair loss. With detailed insights into powerful herbs like burdock root, nettle, and sea moss, you'll have everything you need to nourish your hair from the inside out. With practical recipes for DIY hair masks, soothing scalp treatments, and delicious alkaline meals, this book empowers you to take control of your hair health. Experience real-life success stories that inspire you to commit to a long-term approach to self-care and beauty. Don't wait any longer to achieve the luscious locks you deserve! Embrace the wisdom of Dr. Sebi and invest in your hair's future today. Order your copy of this book and embark on a transformative journey toward healthier hair and holistic well-being.

dr sebi 101 cleanse: Dr. Sebi's Reborn Bible for Beginners Genesis Carcamo, Are you tired of taking drugs that do not solve your psychophysical problems? Would you like to regenerate your health naturally while preventing ailments from returning after a short time? You're about to discover how to do it with natural remedies that will change your life! I'm sure you have already realized (as I did many years ago) that traditional medicine may hide more negatives than positives. I sustained a very active and stressful life for years, where migraines, discomfort, and psychophysical bothers had become a daily constant. I tried all kinds of drugs, but the only thing they could do was to soothe the malaise momentarily. That was all until I discovered Dr. Sebi's teachings that changed my health forever. I've condensed my years of research and expertise into this book, so you can finally find the solution to your problems. Here is a taste of what you will find inside: • The foundation of this lifestyle: the Alkaline Diet - Learn about how it was developed by Dr. Sebi, how it functions, and the remarkable benefits it may provide for our bodies. • Cleanse and detoxify yourself - All the secrets to naturally eliminating the harmful toxins that Western lifestyles put into our bodies every day, • Alkaline Herbs - Discover where to find and how to harvest herbs and plants that contain the power to boost your health and immunity like nothing before, • Herbal Remedies for every ailment: the natural and safe remedy for when you feel under the weather - Learn to make dozens of preparations that will make you immediately feel better. • Alkaline recipes to feel your best - Delicious, healthy, and easy-to-prepare dishes to best follow your new lifestyle and welcome all the benefits of the alkaline diet, And much more! If you want to know all the secrets of effective natural medicine, this guide contains everything you'll need. Click Buy Now and enter the world of Dr. Sebi!

dr sebi 101 cleanse: 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.

dr sebi 101 cleanse: Dr. Sebi's African Biomineral Balance Julie Beckford, 2024-06-01 The African Biomineral Balance offers an in-depth exploration of natural healing principles inspired by Dr. Sebi. This comprehensive guide provides readers with a thorough understanding of the African Bio-mineral Balance (ABB), its foundations, principles, and practical applications. Chapter 1: What is the African Bio-mineral Balance? This introductory chapter defines the African Bio-mineral Balance, explaining its core concepts and philosophies. It also introduces Dr. Sebi, the influential herbalist whose teachings form the backbone of the ABB. Chapter 2: Foundation of the African Bio-mineral Balance Here, readers learn about the historical and legal background of the ABB, including a detailed account of the pivotal court case involving Dr. Sebi and various news clips. Chapter 3: Principles of the African Bio-mineral Balance This chapter delves into the fundamental principles of the ABB, addressing what constitutes disease and outlining the wholistic healing process. Topics include cleansing and revitalizing the system, the critical role of iron and other minerals in the body, and the importance of a nutritional guide. It also features a recommended herbs list, details on Dr. Sebi's herbal formulas, and discussions on the exclusion of African perspectives in healing, the significance of wild plants over GMOs, and the role of biochemistry. Chapter 4: Current Health Perspectives Not Supported by ABB This chapter critiques mainstream health perspectives that conflict with the ABB, including views on viruses, bacteria, vaccines, and the underlying causes of diseases. Chapter 5: Transcript of 3 Profound Dr. Sebi Lectures Transcripts of three of Dr. Sebi's most influential lectures are provided, giving readers direct insights into his philosophies and approaches to natural healing. Chapter 6: 25 Simple Recipes A practical section offering 25 easy-to-follow recipes designed to support detoxification, provide iron-rich nutrients, and promote general wellness. It includes recipes for alkaline smoothies, herbal tonics, soups and stews, and various alkaline drinks. Chapter 7: The War on Traditional Healing This chapter addresses the challenges and barriers faced by proponents of traditional healing methods. It discusses the suppression of alternative medicine, the influence of the pharmaceutical industry, regulatory barriers, cultural stigma, and medical dogma. Chapter 8: The Road Ahead This chapter explores current trends and potential developments.

dr sebi 101 cleanse: DR. SEBI Recipe Book: M. S. Greger, 2019-12-23 DR. SEBI 100+ healthy and super easy recipes! Have you learned about Dr. Sebi's diet and ready to get started? Can't figure out what to cook? Well, you don't have to look any further. Continue reading, and you'll learn why. 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 100+ easy and tasty meals to prepare A wide variety of teas that will aid your daily health issues like : Respiratory Support Teas, Pregnancy Teas, Energizing Teas, Stomach soothing Teas, Teething Teas, Stress Teas , Pregnancy-Safe Headache Tea And much more A delicious selection of smoothies, desserts, cereals, wraps & sandwiches, pasta & pizza, soups, and salads Within these pages, you will find 100+ 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.

dr sebi 101 cleanse: Official Gazette of the United States Patent and Trademark Office , 2006

dr sebi 101 cleanse: Dr. Sebi 10-Day Green Smoothie Cleanse Kerri M Williams, 2020-11-26

Have you heard? Chronic diseases are responsible for 7 out of every 10 deaths in the U.S., killing more than 1.7 million Americans every year. Despite growing recognition of the problem, the obesity epidemic continues in the U.S., and obesity rates are increasing around the world. If you're overweight or obese, you really need to start thinking about your health...and quickly too! Take care of your weight today, and automatically solve more than 70% of your health problems. Even if you suffer from high blood sugar, addictions, or binge eating, you can begin to see great results from the 10 day cleanse that specifically takes your detox to a whole new level. This is not a zero-carb, unsustainable Atkins or keto-style diet that works for a few weeks and then stops. That's right. And that's because the zero-carb method doesn't lead to long term results, and long term results is what we want. Get in shape, look great, and feel more confident. Take Charge of your health today. Hit the buy now button to get started.

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dr sebi 101 cleanse: Dr. Sebi Diet 101 Sonal Tambwekar, 2019-12-13 The disease industry wants to remain unchallenged. The big pharmaceuticals are fighting tooth and nail to eliminate every form of alternative therapies. Little wonder why Dr. Sebi lost his life in police detention just because he found another to keep you and your family away from the hospital and buying never-ending drugs. The Dr. Sebi diet is also referred to as the Dr. Sebi alkaline diet. It is known to be a plant-based diet designed by the late Dr. Sebi. The Dr. Sebi alkaline diet is said to revive your cells by removing toxic waste through alkalizing your blood. Dr. Sebi's diet focuses on consuming a shortlist of permitted foods together with countless supplements. This book looks at the advantages and negative aspects of the Dr. Sebi alkaline diet and if scientific proof supports its health claims. Dr. Sebi developed this diet for people who want to cure or avoid diseases naturally and make stable their overall health without relying on conservative Western medicine. Join me in the book and let's explore the only powerful way to live a life without sickness and diseases. Just click BUY NOW to get

this book now.

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