

dr sebi fasting detox

dr sebi fasting detox is a holistic health approach inspired by the teachings of Dr. Sebi, a renowned herbalist and natural healer. This detox method emphasizes fasting as a means to cleanse the body of toxins, promote cellular health, and support natural healing processes. By integrating specific dietary guidelines and natural herbs, the dr sebi fasting detox aims to rejuvenate the body's systems and restore balance. This article explores the principles behind the detox, its health benefits, recommended practices, and potential risks. Additionally, it provides guidance on how to effectively implement the dr sebi fasting detox for optimal results. Readers will gain a comprehensive understanding of this natural detoxification method and its role in enhancing overall wellness.

- Understanding the Dr Sebi Fasting Detox
- Health Benefits of the Dr Sebi Fasting Detox
- How to Prepare for the Dr Sebi Fasting Detox
- Recommended Foods and Herbs During the Detox
- Potential Risks and Precautions
- Tips for Maintaining Results Post-Detox

Understanding the Dr Sebi Fasting Detox

The dr sebi fasting detox is rooted in the natural healing philosophy developed by Dr. Sebi, who advocated for an alkaline diet and the use of herbal remedies. This detox focuses on abstaining from processed foods, animal products, and artificial additives while promoting fasting periods to allow the body to eliminate accumulated toxins. The core idea is that by reducing the intake of harmful substances and supporting the body with nutrient-rich plant-based foods, the natural healing mechanisms can be activated.

Fasting within this detox typically involves consuming only specific herbal teas, alkaline water, and select fruits or vegetables for a set period. The detox aims to restore the body's pH balance, improve digestion, and enhance cellular regeneration. It is considered a natural and holistic way to boost vitality without relying on pharmaceuticals or invasive procedures.

Principles Behind the Detox

At the heart of the dr sebi fasting detox is the concept of maintaining an alkaline environment in the body. Dr. Sebi believed that diseases thrive in acidic conditions, so the detox is designed to neutralize acidity by eliminating acid-forming foods. The fasting component helps rest the digestive system and encourages the body to utilize stored toxins as energy sources for cleansing.

Additionally, the detox incorporates herbs known for their detoxifying and

healing properties. These herbs are selected based on their ability to support liver function, promote lymphatic drainage, and enhance cellular repair.

Duration and Types of Fasting

The duration of the dr sebi fasting detox can vary depending on individual health goals and conditions. Common fasting periods range from 3 to 7 days, with some practitioners extending it longer under supervision. Types of fasting include:

- Water fasting - consuming only alkaline water
- Herbal fasting - including specific natural herbal teas
- Juice fasting - limited to freshly made fruit and vegetable juices from approved foods

Health Benefits of the Dr Sebi Fasting Detox

Engaging in the dr sebi fasting detox can provide multiple health benefits by supporting the body's natural cleansing processes. These benefits often arise from the combination of fasting, dietary changes, and herbal supplementation.

Detoxification and Toxin Elimination

The primary advantage of this detox is the enhanced elimination of toxins stored in fat cells and tissues. By fasting and consuming alkaline foods and herbs, the liver and kidneys are supported to function more efficiently, leading to improved waste removal from the bloodstream.

Improved Digestion and Gut Health

Fasting periods allow the digestive system to rest and repair, which can lead to better enzyme production and nutrient absorption. The detox also encourages the consumption of fiber-rich plant foods that promote healthy gut bacteria and reduce inflammation in the digestive tract.

Enhanced Energy and Mental Clarity

Many individuals report increased energy levels and improved mental focus after completing the dr sebi fasting detox. This is likely due to the reduction of inflammatory foods and the influx of antioxidants from the plant-based diet, which help protect brain cells and improve circulation.

How to Prepare for the Dr Sebi Fasting Detox

Proper preparation is crucial to maximize the benefits of the dr sebi fasting detox and minimize potential side effects. Gradual dietary adjustments and mental readiness contribute to a smoother detox experience.

Pre-Detox Dietary Changes

Before beginning the fasting detox, it is recommended to transition to an alkaline plant-based diet. This includes eliminating processed foods, sugars, dairy, meat, and caffeine gradually over a few days. Incorporating more fruits, vegetables, nuts, and approved grains helps the body adjust and reduces detox symptoms such as headaches or fatigue.

Hydration and Rest

Increasing water intake and ensuring adequate rest before the detox supports kidney function and prepares the body for cleansing. Hydration also helps to flush out toxins more effectively during the fasting period.

Recommended Foods and Herbs During the Detox

The dr sebi fasting detox emphasizes the consumption of natural, alkaline foods and specific herbs that facilitate detoxification and healing. These selections align with Dr. Sebi's nutritional guide and herbal recommendations.

Alkaline Foods

Approved foods during the detox include:

- Leafy greens such as kale, spinach, and dandelion
- Fruits like berries, apples, and melons
- Vegetables including cucumbers, zucchini, and bell peppers
- Nuts and seeds such as raw walnuts and hemp seeds
- Grains like quinoa and amaranth

Herbs for Detox Support

Key herbs used in the dr sebi fasting detox are known for their cleansing properties. These include:

- Burdock root - supports liver detoxification
- Dandelion root - promotes bile production and kidney health

- Chaparral - acts as a natural antioxidant and anti-inflammatory
- Red raspberry leaf - aids in detoxification and hormonal balance
- Bladderwrack - rich in minerals that support thyroid and metabolism

Potential Risks and Precautions

While the dr sebi fasting detox offers various health benefits, it is important to consider potential risks and take necessary precautions, especially for individuals with pre-existing medical conditions.

Possible Side Effects

During fasting, some people may experience headaches, dizziness, fatigue, or irritability due to changes in blood sugar and detox reactions. These symptoms are typically temporary but should be monitored closely.

Who Should Avoid or Consult a Doctor

Individuals with chronic illnesses, pregnant or breastfeeding women, and those on medication should consult a healthcare professional before attempting the dr sebi fasting detox. Fasting can interfere with medication efficacy and may not be suitable for certain health conditions.

Tips for Maintaining Results Post-Detox

After completing the dr sebi fasting detox, adopting sustainable lifestyle habits is essential to preserve the health improvements and prevent toxin buildup.

Gradual Reintroduction of Foods

Transitioning back to a regular diet should be done slowly, starting with alkaline and minimally processed foods to avoid digestive distress and maintain pH balance.

Consistent Hydration and Balanced Nutrition

Continuing to drink alkaline water and consuming a variety of plant-based foods rich in vitamins, minerals, and antioxidants supports ongoing detoxification and cellular health.

Regular Herbal Support

Incorporating Dr. Sebi-approved herbs periodically can aid in maintaining

liver and kidney function, enhancing the body's natural cleansing ability over time.

Frequently Asked Questions

What is Dr. Sebi fasting detox?

Dr. Sebi fasting detox is a natural healing approach based on the principles developed by herbalist Dr. Sebi, focusing on fasting combined with a plant-based alkaline diet to cleanse the body of toxins and promote overall health.

How does Dr. Sebi fasting detox work?

The detox works by eliminating processed foods, animal products, and acidic substances, allowing the body to enter a fasting state that helps flush out impurities and restore alkaline balance for improved cellular function.

What foods are allowed during Dr. Sebi fasting detox?

Allowed foods include natural alkaline fruits, vegetables, nuts, seeds, and herbs that Dr. Sebi recommended, such as leafy greens, berries, cucumbers, sea moss, and herbal teas, while avoiding processed and acidic foods.

How long should one do Dr. Sebi fasting detox?

The duration varies depending on individual health goals, but typical fasting detox periods range from 3 to 7 days, with some practitioners extending up to 21 days under supervision.

What are the potential benefits of Dr. Sebi fasting detox?

Potential benefits include improved digestion, increased energy, reduced inflammation, enhanced mental clarity, weight loss, and overall detoxification of the body.

Are there any risks associated with Dr. Sebi fasting detox?

Risks may include nutrient deficiencies, dizziness, fatigue, or electrolyte imbalances if the detox is not properly managed or if done for an extended period without medical supervision.

Can anyone do Dr. Sebi fasting detox safely?

While many people can benefit, individuals with underlying health conditions, pregnant or breastfeeding women, and those on certain medications should consult a healthcare professional before starting the detox.

How does Dr. Sebi's alkaline diet complement the fasting detox?

Dr. Sebi's alkaline diet supports the fasting detox by providing nutrient-rich, non-acidic foods that help maintain the body's pH balance, reduce mucus buildup, and enhance the detoxification process.

Where can I find authentic Dr. Sebi fasting detox recipes and guidelines?

Authentic recipes and guidelines can be found through official Dr. Sebi resources, certified practitioners, and reputable websites dedicated to his nutritional philosophy and herbal treatments.

Additional Resources

1. *Dr. Sebi's Alkaline Healing: The Ultimate Fasting and Detox Guide*

This book delves into Dr. Sebi's holistic approach to health, emphasizing the power of alkaline fasting and detoxification. It outlines step-by-step fasting protocols combined with natural foods to cleanse the body. Readers will find practical recipes and tips to maintain an alkaline lifestyle for optimal wellness.

2. *The Dr. Sebi Method: Natural Detox and Fasting for Vibrant Health*

Explore the transformative fasting methods inspired by Dr. Sebi's teachings in this comprehensive guide. The book explains how to safely detoxify your system using specific herbal supplements and fasting schedules. It also discusses the importance of eliminating mucus-forming foods to restore the body's natural balance.

3. *Healing with Dr. Sebi: Fasting, Detox, and Nutritional Alkalinity*

This resource provides an in-depth look at Dr. Sebi's philosophy on healing through fasting and maintaining an alkaline diet. Detailed meal plans and detox routines are included to help readers follow the program effectively. The book also highlights the science behind alkaline nutrition and its role in disease prevention.

4. *Dr. Sebi's Guide to Fasting and Detoxification*

Focused specifically on fasting, this book breaks down various fasting techniques endorsed by Dr. Sebi. It covers the benefits of intermittent fasting, juice cleanses, and water fasting within the context of his nutritional guidelines. Readers will gain insight into how fasting supports the body's natural ability to heal.

5. *The Alkaline Detox Blueprint Inspired by Dr. Sebi*

This book serves as a blueprint for detoxification using Dr. Sebi's alkaline dietary principles. It combines fasting strategies with an emphasis on consuming electric foods to cleanse and rejuvenate the body. The guide also includes testimonials from individuals who have experienced profound health improvements.

6. *Dr. Sebi's Fasting and Herbal Detox Secrets*

Uncover the secrets behind Dr. Sebi's herbal formulas and fasting regimens designed to detox the body. The author provides comprehensive information on the specific herbs used and how they aid in cleansing various organs. Practical advice on integrating fasting with herbal supplements is a key

feature of this book.

7. *Cleanse and Heal: The Dr. Sebi Fasting Detox Plan*

This book offers a structured fasting and detox plan based on Dr. Sebi's teachings, aimed at removing toxins and restoring vitality. It emphasizes the importance of plant-based alkaline foods alongside fasting periods for maximum effect. Readers are guided through the process with easy-to-follow daily schedules and food lists.

8. *Dr. Sebi's Natural Detox: Fasting for Body and Mind Renewal*

Focusing on both physical and mental clarity, this book explores how fasting and detoxifying the body can support overall well-being. Dr. Sebi's alkaline diet principles are woven throughout the fasting recommendations to enhance spiritual and emotional health. The book also includes meditation and mindfulness practices to complement the detox.

9. *The Complete Dr. Sebi Fasting and Detox Manual*

This comprehensive manual compiles all of Dr. Sebi's fasting and detox advice into one accessible volume. It covers everything from beginner fasting protocols to advanced detox techniques, alongside detailed explanations of alkaline foods and herbs. Ideal for those seeking a thorough understanding of Dr. Sebi's natural healing approach.

Dr Sebi Fasting Detox

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dr sebi fasting detox: Dr. Sebi Intermittent Fasting Dreena Nixon, 2021-06-06 □ 55% discount for bookstores! Now at \$34.95 of \$49.95! □□□ A GUIDE TO DR. SEBI FASTING AND INTERMITTENT FASTING FOR WOMEN □□□ The solution is now made handy for you through this book. Suppose you're a woman over 50, and you're overweight or obese. In that case, you're probably already familiar with the conventional wisdom about weight loss. You need to cut down on calories, and you'll be all set. But conventional wisdom is often wrong, and in this case, it's dead wrong. If you've tried to lose weight by severely restricting calories, you already know how unlikely it is to work. One reason is that severe calorie restriction can backfire, so that after a week or two of eating a deficient number of calories, your metabolism slows down dramatically, making it even harder to lose weight. Another reason that severe calorie restriction rarely works is that it causes your body to go into starvation mode, making it harder to lose weight. This book is a clear, informative, non-intimidating guide to the many protocols that Dr. Sebi prescribes to his patients. It instructs you on: How to do The Dr. Sebi Fasting The Dr. Sebi Fasting Coffee Enema The Dr. Sebi Fasting Alkaline Diet Water Fasting The book also has a section with recipes and a comprehensive list of the benefits you will experience from fasting and watching out for a while fasting. This will build a good foundation for a healthy body. This book is an excellent resource for anyone who wants to take control of their health and fitness. The guide is laid out properly so that readers like you can take full benefit from this resource and achieve better health. What are you waiting for? Start a new diet today!

dr sebi fasting detox: Dr. Sebi Approved Fasting Stephanie Quiñones, Dr Sebi Approved

Fasting: Cleanse, Revitalize, and Heal Your Body Through Dr. Sebi's Recommended Method of Intra-cellular Fasting. Learn how to fast the Dr. Sebi approved way! Have you tried fasting on your own in the past and did not see any result?! Discover how you can lose weight, remove mucus, and cure many malignant diseases with Dr. Sebi Approved intra-Cellular Fasting Method. In this book, no longer will you be aimlessly searching the internet for a Dr. Sebi fasting method book. We have compiled Dr. Sebi's approved way of fasting to cleanse, revitalize, and heal your body. Dr. Sebi's approved way of fasting is simple, and best of all compliant with Dr. Sebi's fasting regimen to a healthier body . You'll be able to open up the book, and feel great knowing that you'll be eliminating herpes, diabetes, impotency, and many more malignant diseases by just following Dr. Sebi approved fasting method. Download: Dr. Sebi Approved Fasting: Cleanse, Revitalize, and Heal the Human Body Through Dr. Sebi Recommended Method of Intra-cellular Fasting. Inside You Will Discover...
*Dr. Sebi Recommended Intra-Cellular fasting Method *Dr. Sebi's approved nutritional food guide
*Cleansing Herbs to assist in the cleansing stage of fasting *Revitalizing Herbs to bring back nutrients after the cleansing stage *Do's and Don'ts when handling natural herbs *Dr. Sebi Proven results studies to his healing method *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download Dr. Sebi Approved Fasting: Cleanse, Revitalize, and Heal the Human Body Through Dr. Sebi Recommended Method of Intra-cellular Fasting.

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

dr sebi fasting detox: Dr. Sebi Greta Sanders, 2020-08-08 LEARN HOW TO LOSE WEIGHT, PREVENT DISEASES, AND GET A HEALTHY BODY, JUST BY FOLLOWING SIMPLE TECHNIQUES. BOOK 1. Dr. Sebi. The Complete Guide to Dr. Sebi's Alkaline Diet, With Recipes and Food List for Liver Detox and Weight Loss. BOOK 2. Intermittent Fasting 16/8: A Step-By-Step Guide to Lose Weight, Increase Energy and Boost Your Health. 30-Day Plan Included. Are you wondering what foods can detoxify your body? If you want to know everything about the great weight-loss techniques: Dr. Sebi's Alkaline Diet and Intermittent Fasting 16/8, and how they help in revitalizing your body, then keep reading! In this bundle, you will learn about Dr. Sebi's Alkaline diet, and achieve massive health gains like Liver Detox and Sustainable Weight Loss. You will also learn about the most acclaimed intermittent fasting method: the 16/8 method, another practical and effective tool to boost your energy and lose weight fast. Dr. Sebi's Alkaline has gained a lot of popularity because today, people realize its massive potential in improving our physical and mental health, along with burning a lot of fat. If like many people, you are also looking for a diet to lose your weight naturally, while also improving your health, then you are in the right place. If you have questions like: Who is Dr. Sebi? What is included in his technique? How is one supposed to follow this diet? What is allowed to eat in this diet and when? These books will answer all your questions about Dr. Sebi's Alkaline Diet and Intermittent Fasting 16/8. They will make sure that your health improves as you start following these techniques. Here are some of the things you will learn from this bundle: The Fundamentals of Dr. Sebi's Alkaline Diet, including its story and why he came up with this diet

Myths and Facts about Dr. Sebi's Alkaline Diet and Intermittent Fasting How to make the most of these techniques The Foods you can eat and the foods you can never eat Delicious Recipes for pancakes, burgers, cookies, smoothies, and detox juices that help you in the prevention of various diseases Many, many health benefits of these diets including but not limited to weight loss, liver detox, and increased energy levels How to safely execute these eating routines Here are some FAQs people usually ask about this bundle: Are these books simple to follow? In both books, the author makes sure the reader is engaged and introduced to the topic in simple and easy to follow steps. You will find the basics and the more advanced information as you proceed in your journey. Will these books help me lose weight naturally? The Dr. Sebi alkaline diet, incorporates all the good and nutrient-rich foods, leaving out the ones that are obstacles to your weight management and health. Intermittent fasting 16/8 will rewire your eating schedule to make your body a fat-burning machine, without interacting much on what you eat. So yes, everything you find in these books is entirely natural! Will these books improve my mental and physical health quickly? Absolutely YES! As previously said, the aim of both of these book guides is to do just that. Our diet and eating schedule make up a lot of our health, so, as soon as you change those, you'll feel it for sure. So, are you ready for a new beginning? Scroll up and click Buy Now With 1-Click to get started!

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dr sebi fasting detox: Dr. Sebi's Mucus Cleanse :A Step-by-Step Comprehensive Guide to Dr. Sebi's Detox Cleanse for Natural Healing and Wellness Nina Iyake Enima,
*****Dr. Sebi's Mucus Cleanse***** Includes Dr. Sebi's Approved Foods that promote a Healthy Bio-Mineral Balance in the Body In Dr. Sebi's Mucus Cleanse: A Step-by-Step Comprehensive Guide to Dr. Sebi's Detox Cleanse for Natural Healing and Wellness, we take an immersive dive into the groundbreaking teachings of renowned pathologist and herbalist, Dr. Sebi. This guide serves as your roadmap to embarking on and navigating Dr. Sebi's cleanse guide, which focuses on eliminating mucus-forming foods from your diet and instead, introducing alkaline-rich, natural foods that promote a healthy bio-mineral balance in the body. Dr. Sebi's teachings revolve around the core principle that an alkaline body is a healthy body, and that excessive mucus, often caused by certain foods, can lead to a multitude of common health issues. In this comprehensive guide, you will gain a detailed understanding of what constitutes mucus-forming foods, and why they are detrimental to your health. The book further introduces you to Dr. Sebi's approved foods - a collection of nutrient-rich, alkaline-promoting natural foods that foster a mucus-free body. With easy-to-make alkaline diet recipes, the book ensures you not only understand Dr. Sebi's philosophy, but you can also integrate it into your daily life in a sustainable and enjoyable way. A highlight of the book is the detailed roadmap for executing the mucus cleanse, starting with a thorough preparation phase, followed by a day-by-day guide for the first week, including ways to deal with natural detox symptoms. The author, draws on professional knowledge and personal experience to guide you through this transformative journey. But the journey doesn't end with the cleanse. The guide provides long-term strategies for maintaining a

mucus-free body and improving overall health. By understanding the science of mucus formation and Dr. Sebi's approach to combating it, you equip yourself with the tools for lasting wellness. Whether you are a health enthusiast, someone dealing with chronic health issues, or just looking to improve your overall wellbeing, Dr. Sebi's Mucus Cleanse: A Step-by-Step Comprehensive Guide to Dr. Sebi's Detox Cleanse for Natural Healing and Wellness is an invaluable resource. Embark on this journey towards a healthier, more vibrant, mucus-free life. Let the healing begin.

dr sebi fasting detox: 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.

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Sebi Approved Alkaline Diet Book BOOK #2 Dr. Sebi Alkaline Diet Smoothie Recipes Food Book BOOK #3 Dr. Sebi Herbs BOOK #4 Dr. Sebi Fasting Dr. Sebi was a popular and inspiring well-known herbalist who discovered a method to cure and heal dangerous and incurable diseases. Dr. Sebi practiced for over 30 years curing diseases like Inflammation, Fibrosis, Diabetes, Aids, Sex Drive, and many others by way of natural plant-based medicinal herbs. Learn how Dr. Sebi's diet book involves the use of natural Alkaline and Electric Foods recipes inspired by Dr. Sebi's approved diet. This unique alkaline diet book helps you understand and properly follow an alkaline diet whilst improving overall health, removing harmful mucus, and preventing/curing malignant diseases in your body. Dr. Sebi-inspired diet book also involves the use of natural Alkaline and Electric Food smoothies recipes from Dr. Sebi's approved food list. Inside You Will Discover... *How the Alkaline and Electric Food Diet Impacts Your Body *Smoothie recipes for both Alkaline and Electric food diets *Nutritional facts of every food recipe *Nutritional facts of every smoothie recipe *Dr. Sebi's approved natural herbal healing method *"Bonus" Dr. Sebi Proven results studies to his healing method *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download Dr. Sebi Approved Diets: 4 In 1: Alkaline Diet, Alkaline Smoothies, Herbs, and Approved Fasting.

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but also provides a step-by-step 7-day detox plan to kickstart your journey. Enjoy delicious recipes, effective detox strategies, and inspiring success stories that will motivate you to stay on track. Whether you're looking to lose weight, improve digestion, or simply enhance your overall health, this book offers the tools and knowledge you need to succeed.

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dr sebi fasting detox: Dr. Sebi Alkaline Green Smoothies Stephanie Quiñones, 2021-10-13
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