

dr. sebi cell food

dr. sebi cell food represents a unique approach to nutrition and health, inspired by the teachings and formulations of the renowned herbalist Dr. Sebi. Emphasizing natural, plant-based ingredients, dr. sebi cell food aims to restore the body's cellular health through alkaline and mineral-rich foods. This concept has gained popularity for its potential benefits in detoxification, disease prevention, and overall wellness. The focus on electric foods that nourish and cleanse the cells aligns with Dr. Sebi's philosophy of healing through natural means. This article explores the origins, principles, and benefits of dr. sebi cell food, as well as practical guidance on incorporating it into daily life. Understanding these elements provides insight into how this dietary approach supports optimal cellular function and holistic health.

- Understanding Dr. Sebi Cell Food
- Core Principles of Dr. Sebi Cell Food
- Health Benefits of Dr. Sebi Cell Food
- Popular Ingredients in Dr. Sebi Cell Food
- Incorporating Dr. Sebi Cell Food into Your Diet

Understanding Dr. Sebi Cell Food

Dr. Sebi cell food refers to a specific category of foods and supplements that are designed based on the nutritional guidelines established by Dr. Sebi, a herbalist known for advocating an alkaline plant-based diet. The primary goal of this food philosophy is to promote cellular health by eliminating mucus and toxins that Dr. Sebi believed caused disease. These foods are selected for their electric, mineral-rich properties that support the body's natural ability to heal itself.

The Origin of Dr. Sebi Cell Food

The concept of dr. sebi cell food originated from Dr. Sebi's extensive research into natural healing and herbal medicine. He developed a list of approved foods and herbs that he claimed could help balance the body's pH and restore health at the cellular level. This approach gained traction through his work treating chronic illnesses with diet and natural remedies.

Definition and Characteristics

Dr. Sebi cell food is characterized by its emphasis on alkaline, non-hybridized, and electric plant foods. These foods are meant to nourish the cells while avoiding acidity and mucus formation. The diet excludes processed foods, animal products, and hybridized plants, focusing instead on natural whole foods that promote detoxification and regeneration.

Core Principles of Dr. Sebi Cell Food

The foundation of dr. sebi cell food lies in several key principles that guide food selection and preparation. These principles reflect Dr. Sebi's belief in the healing power of nature and the importance of maintaining a balanced internal environment.

Alkalinity and pH Balance

A central tenet of dr. sebi cell food is maintaining an alkaline body environment. Foods that are naturally alkaline help neutralize acidity, which Dr. Sebi associated with disease development. The diet emphasizes foods with a pH above 7, which support cellular function and reduce inflammation.

Electric Foods and Nutrient Density

Electric foods refer to those high in bioavailable minerals and nutrients critical for cellular electrical conductivity. Dr. Sebi cell food prioritizes these foods because they help restore the body's natural energy and vitality by supporting the electrical impulses within cells.

Elimination of Mucus-Forming Foods

Dr. Sebi believed mucus accumulation in the body impedes health and leads to disease. Therefore, dr. sebi cell food excludes foods known to increase mucus production, such as dairy, meat, and processed sugars. This elimination helps detoxify the body and improve overall cellular function.

Health Benefits of Dr. Sebi Cell Food

Consuming dr. sebi cell food is associated with numerous health benefits, primarily related to improved digestion, detoxification, and disease prevention. The diet supports the body's natural healing processes through nutrient-dense, alkaline foods that enhance cellular

health.

Detoxification and Cleansing

One of the most significant benefits of dr. sebi cell food is its detoxifying effect. The alkaline and electric nature of these foods supports the elimination of toxins and mucus, cleansing the bloodstream and organs. This process can lead to increased energy levels and improved organ function.

Improved Cellular Function

By focusing on mineral-rich foods, dr. sebi cell food enhances the electrical conductivity and overall health of cells. Healthy cells function more efficiently, which supports immune health, tissue repair, and metabolic processes.

Support for Chronic Disease Management

Many followers of dr. sebi cell food report benefits in managing chronic conditions such as diabetes, hypertension, and inflammation-related diseases. While scientific research is ongoing, the emphasis on whole, natural foods contributes to better health outcomes for many individuals.

Popular Ingredients in Dr. Sebi Cell Food

The selection of ingredients in dr. sebi cell food is crucial to achieving the desired health effects. These foods are chosen for their alkalizing properties and nutrient content, forming the backbone of the diet.

Leafy Greens and Vegetables

Leafy greens such as kale, dandelion greens, and romaine lettuce are staples in dr. sebi cell food. These vegetables are rich in chlorophyll, vitamins, and minerals that support detoxification and alkalinity.

Whole Grains and Legumes

Approved grains like quinoa, amaranth, and teff are included for their nutrient density and

non-hybridized status. Certain legumes, such as chickpeas and lentils, are also part of the diet, providing protein and fiber without acidity.

Herbs and Natural Supplements

Herbal supplements including burdock root, bladderwrack, and elderberry are frequently used for their cleansing and immune-supporting properties. These herbs complement the diet by enhancing the body's detoxification capabilities.

Fruits and Nuts

Fruits like berries, mangoes, and figs provide antioxidants and natural sweetness, while nuts such as raw walnuts and Brazil nuts offer healthy fats and minerals. All selected fruits and nuts adhere to Dr. Sebi's guidelines for natural, electric foods.

Incorporating Dr. Sebi Cell Food into Your Diet

Transitioning to a diet centered on dr. sebi cell food requires careful planning and knowledge of approved foods. Adopting this approach can be gradual or comprehensive, depending on individual health goals and lifestyle.

Meal Planning and Preparation

Effective meal planning involves selecting recipes that incorporate alkaline vegetables, whole grains, and herbs while avoiding prohibited foods. Preparation methods such as steaming and raw consumption help preserve nutrient integrity.

Sample Daily Menu

- **Breakfast:** Smoothie with kale, berries, and almond milk
- **Lunch:** Quinoa salad with dandelion greens, cherry tomatoes, and avocado
- **Dinner:** Stir-fried amaranth with assorted vegetables and burdock root tea
- **Snacks:** Fresh figs, raw walnuts, or elderberry syrup

Tips for Success

- Focus on fresh, organic produce to maximize nutrient intake.
- Stay hydrated with alkaline water or herbal teas.
- Gradually eliminate mucus-forming and acidic foods to minimize withdrawal symptoms.
- Consult a healthcare provider before making significant dietary changes.

Frequently Asked Questions

What is Dr. Sebi Cell Food?

Dr. Sebi Cell Food is a line of natural supplements inspired by Dr. Sebi's philosophy of using plant-based ingredients to promote cellular health and overall well-being.

What are the main ingredients in Dr. Sebi Cell Food products?

Dr. Sebi Cell Food products typically contain natural, plant-based ingredients such as sea moss, bladderwrack, burdock root, and various herbs known for their detoxifying and nutrient-rich properties.

How does Dr. Sebi Cell Food support cellular health?

Dr. Sebi Cell Food supports cellular health by providing essential minerals and antioxidants that help detoxify the body, reduce inflammation, and promote cellular regeneration.

Is Dr. Sebi Cell Food vegan and gluten-free?

Yes, Dr. Sebi Cell Food products are generally vegan and gluten-free, aligning with Dr. Sebi's plant-based and natural healing principles.

Can Dr. Sebi Cell Food help with detoxification?

Yes, many users report that Dr. Sebi Cell Food aids in detoxification by supporting the body's natural cleansing processes and helping remove toxins at the cellular level.

Are there any scientific studies supporting Dr. Sebi Cell Food benefits?

While Dr. Sebi Cell Food is based on traditional herbal knowledge, there is limited scientific research specifically on these products; however, some ingredients have been studied for their health benefits.

How should I take Dr. Sebi Cell Food supplements?

It's recommended to follow the dosage instructions on the product label, typically taking the supplements with water, preferably on an empty stomach for better absorption.

Are there any side effects of using Dr. Sebi Cell Food?

Most users tolerate Dr. Sebi Cell Food well, but some may experience mild detox symptoms; it's advisable to consult a healthcare professional before starting any new supplement.

Where can I purchase authentic Dr. Sebi Cell Food products?

Authentic Dr. Sebi Cell Food products can be purchased from official websites, authorized retailers, or specialty health stores that stock natural herbal supplements.

Can Dr. Sebi Cell Food be used alongside other medications?

If you are on medication, it's important to consult your healthcare provider before using Dr. Sebi Cell Food to avoid potential interactions.

Additional Resources

1. The Healing Power of Dr. Sebi's Cell Food

This book explores the foundational principles behind Dr. Sebi's cell food concept, emphasizing the importance of alkaline, natural ingredients in healing the body. It details the science of cellular nutrition and how specific foods can detoxify and rejuvenate cells. Readers will gain insight into Dr. Sebi's holistic approach to health and wellness.

2. Dr. Sebi's Guide to Natural Cell Food Nutrition

A comprehensive guide to understanding and incorporating Dr. Sebi's recommended cell foods into daily life. The book covers the nutritional benefits of various herbs, fruits, and vegetables that support cellular health. It also includes meal plans and recipes designed to maximize the healing potential of these foods.

3. Cell Food and Detox: The Dr. Sebi Way

Focusing on detoxification, this book explains how Dr. Sebi's cell food regimen helps cleanse the body of toxins and restore cellular function. It provides step-by-step detox

programs and highlights the importance of maintaining an alkaline environment in the body to prevent disease. Practical advice for safe and effective detox practices is included.

4. Alkaline Living with Dr. Sebi's Cell Food

This title delves into the alkaline diet philosophy advocated by Dr. Sebi, emphasizing how cell foods contribute to balancing the body's pH levels. It discusses the relationship between acidity, disease, and cellular health, offering strategies to maintain an alkaline lifestyle. Readers will find tips on selecting the best alkaline foods and supplements.

5. The Science Behind Dr. Sebi's Cell Food Healing

A detailed examination of the scientific principles supporting Dr. Sebi's cell food therapy. The book reviews research on cellular regeneration, the role of natural compounds in healing, and how Dr. Sebi's approach aligns with modern nutritional science. It is ideal for readers seeking a more technical understanding of cell food benefits.

6. Dr. Sebi's Cell Food Cookbook: Recipes for Wellness

This cookbook offers a collection of delicious and nutritious recipes inspired by Dr. Sebi's cell food philosophy. Each recipe is crafted to promote cellular health, using only approved natural and alkaline ingredients. It serves as a practical resource for those looking to incorporate healing foods into their diet creatively.

7. Rejuvenate Your Cells: Dr. Sebi's Natural Food Plan

A motivational guide focused on revitalizing the body through Dr. Sebi's natural food plan. The book highlights how specific cell foods can enhance cellular repair and longevity. It includes testimonials, success stories, and tips for sustaining a healthy lifestyle centered around natural nutrition.

8. Herbal Remedies and Cell Food: Insights from Dr. Sebi

This book presents a detailed look at the herbs and natural supplements recommended by Dr. Sebi to support cell food nutrition. It explains their medicinal properties and how they contribute to healing various ailments. The author also discusses the synergy between herbs and whole foods for optimal cellular health.

9. Dr. Sebi's Cell Food Essentials: A Beginner's Handbook

Designed for newcomers, this handbook simplifies the concepts of Dr. Sebi's cell food approach. It outlines the essential foods, dos and don'ts, and basic protocols to start a healing journey. Clear explanations and practical advice make it an accessible introduction to natural cellular nutrition.

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dr sebi cell food: Dr. Sebi alkaline diet Clarion Anderson, 2023-02-01 SEBI ALKALINE DIET
Natural ways to detox the liver, Reverse High Blood Pressure and cure Diabetes and Herpes to enjoy

good health long life Have you been looking for effective ways to combat diseases and viruses in the light of recent happenings? Would you like to try new ways of boosting your immune system, reversing high blood pressure, treating diabetes and herpes and cleansing your liver and blood at the same time? Do you want to detox your body properly? Then Dr. Sebi Alkaline diet is the way to go. Dr. Sebi alkaline diet is a plant-based diet developed by the late Dr. Sebi. It's known to rejuvenate your cells by eliminating toxic waste through alkalizing your blood. The diet relies on eating a short list of approved foods along with many supplements. Dr. Sebi diet has proven that it has been very effective with boosting an immune system, supercharging health and increasing energy. The liver is a very important organ for a healthy and happy life. As we might all know, the kind of food we eat can greatly affect the way our liver functions. A simple and clean diet, rich in nutritious veggies and fruits is key to a healthy well-functioning liver. This book will show you everything you need to know about Dr. Sebi Alkaline diet. The benefits, drawbacks, foods to consume, foods to avoid, Dr Sebi Food list and sample menu and steps on how to follow Dr. Sebi Diet plan. You will learn in here how to reverse diabetes, boost immune system, detox your liver, reverse high blood pressure, and treat diabetes and herpes. ORDER YOUR COPY NOW!!!

dr sebi cell food: DR. SEBI'S TREATMENT BOOK Kevin Blanch, 2023-04-27 Attention all health and wellness seekers! Are you tired of relying on prescription drugs and feeling frustrated with the side effects and lack of results? Do you want to take control of your health and rejuvenate your body naturally? If so, Dr. Sebi's Treatment Book: The Alkaline Diet & Encyclopedia of Herbs with remedies for Stds, Herpes, Hiv, Diabetes, Lupus, Hair Loss, Cancer, and Kidney Stones, for Natural Body Cleanse & Rejuvenation is the solution you've been looking for! Packed with expert knowledge and years of experience, Dr. Sebi's Treatment Book provides a comprehensive guide to the alkaline diet and a vast encyclopedia of herbs and their remedies for various illnesses. · Say goodbye to Stds, herpes, Hiv, diabetes, lupus, hair loss, cancer, and kidney stones, and welcome a healthier, happier life with natural body cleansing and rejuvenation. · Experience the Power of the Alkaline Diet: By eating alkaline-forming foods, you'll balance your body's pH levels and give it the optimal environment it needs to function at its best. The alkaline diet, as prescribed by Dr. Sebi, has helped countless individuals overcome chronic illnesses and achieve optimal health. · Unleash the Power of Herbs: With a vast encyclopedia of herbs and their remedies, you'll never have to rely on prescription drugs again. From Stds to cancer, learn how herbs can be used to cleanse and rejuvenate the body, bringing it back to a state of optimal health. · Empower Yourself with Dr. Sebi's Treatment Book: With clear and easy-to-follow instructions, you'll be able to take control of your health and rejuvenate your body with ease. Whether you're a beginner or a seasoned wellness enthusiast, Dr. Sebi's Treatment Book is the ultimate guide to natural healing and wellness. Invest in your health today and get your copy of this complete guide.

dr sebi cell food: Dr. Sebi Approved Diets Stephanie Quiñones, Learn how to start the journey to great health following Dr. Sebi healing methods and understanding of his nutritional alkaline and electric food knowledge. ENJOY 4 BOOKS IN AN AMAZING BUNDLE BOOK #1 Dr. 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.

dr sebi cell food: 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 cell food: Dr. Sebi's Alkaline Green Smoothies Nicole Gibbs, 2021-07-18 Do You Want to Know the Natural Way to Keep Yourself Away from All the Fatal Diseases? If you want to stay away from chronic diseases, you must maintain your body's alkalinity. It has been found in numerous researches that most hazardous diseases perpetuate only when your body has an acidic state. Your body's PH decides whether it's in an acidic or alkaline state Thanks to Dr. Sebi, the renowned herbalist who has found a natural healing process of cleansing your body from toxins and reducing acidic nature. We introduce you to Dr. Sebi Raw Green Alkaline Smoothie Diet, which helps to keep your body's PH in the right balance creating unfavorable conditions for any diseases to grow. Learn more about Dr. Sebi Raw Green Alkaline Smoothie Diet in this book and reduce the risk of life-threatening diseases for a long, happy life. Do You Want to Get in Shape and Restore Your Overall Health? One of the major health benefits of Dr. Sebi Raw Green Alkaline Smoothie Diet is that it helps to lose all the extra body fat. This smoothie diet helps you revive your body and get in shape, plus you get other benefits of living a long healthy life side by side with no extra efforts. In this book, learn about how to restore your well-being along with weight loss with Dr. Sebi's Plant-Based Raw Green Alkaline Smoothie Diet. Buy the book to understand the basic principles, get the tips on how to start your diet, habits to embrace and much more inside the book to start your journey towards regaining your lost energy and focus. Discover What's Inside the Book Introduction to Dr. Sebi and his Plant-Based Herbal Process Why choose Raw Green Alkaline Smoothie Way? Benefits You Can Achieve with Alkaline Smoothie Diet How Alkaline Smoothies Restore Your Health? Relation between Body PH and Alkalinity Role of Raw Greens Approved Foods by Dr. Sebi and Foods to Say No Healthy Habits to Adopt and Tips to Begin Post cleansing Tips Click "BUY NOW" at the top of the page, and instantly Download: Dr. Sebi's Alkaline Green Smoothies: Unveil the Natural

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dr sebi cell food: Dr. Sebi Alkaline Diet Nicole Gibbs, 2021-04-16 Would you like to shed some extra pounds in an efficient and healthy way without sacrificing flavor? The Dr. Sebi diet is commonly known as a Dr. Sebi alkaline diet plan that consists of Dr. Sebi approved food items that help eliminate toxic waste from the blood by the process of alkalizing the blood through a strict diet. This book is targeted toward all those people who are suffering from certain illnesses caused by excess phlegm or mucus, and they also want to prevent diabetes and many other underlying illnesses like herpes, inflammation, and flu. This guide will help you manage your weight by controlling your body's pH with the foods you eat. Following a pH balanced diet serves you with myriad lifestyle benefits which improve your digestive health, blood pressure, cardiovascular health, and much more. Download: Dr. Sebi Alkaline Diet: Reap the Benefits of Dr. Sebi Alkaline Diet. Inside You Will Discover... *What is Dr. Sebi's alkaline diet plan? *Where does Dr. Sebi's diet come from? *What is pH? *How to follow the Dr. Sebi diet plan *Why Dr. Sebi alkaline diet is good for health and fitness *Can Dr. Sebi's diet help in weight loss? *Useful tips and benefits of the diet *Food choices on the alkaline diet plan *Examples of alkaline, acidic, and neutral foods *Food allowed and not allowed *48 Dr. Sebi approved alkalizing recipes *Shopping list and sample menus *Plus much, much, more! This diet plan comes with a lot of benefits and a few downsides. This guide is a source of everything you need to know about the Dr. Sebi Alkaline Diet. The information in this guide is valuable enough to help you adopt the diet in your daily life. This cookbook is a road of success for all those people who want to remove mucus, lose weight, and cure the herpes virus without choosing expensive medicines and going for a non-feasible cure. This cookbook provides some authentic and kitchen-tested recipes that lead to significant results. It is targeted towards people who want to enjoy an alkaline diet that will control conditions like acidity, heartburn, and acid reflux disease. It can even be used to help lose weight. No doubt, this guide is a mark of encouragement to start a better life by following Dr. Sebi Alkaline Diet, and to start the journey, we have introduced recipes combined with some simple and easily available ingredients in a versatile manner. We encourage every person to take full advantage of our guide and heal and nourish the body and soul. All the recipes provided in this guide cure underlying issues. Dr. Sebi's diet teaches you to balance your pH level; and not just that, it also helps you to lose weight. We hope the recipe helps people to alkalize their bodies and improve health. The recipes are categorized and offer snippets of nutritional

information, so that the overall transaction goes smooth. Click "BUY NOW" at the top of the page, and instantly Download: Dr. Sebi Alkaline Diet: Reap the Benefits of Dr. Sebi Alkaline Diet

dr sebi cell food: 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.

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