

dr. sebi iaso tea

dr. sebi iaso tea is a popular herbal blend credited with numerous health benefits inspired by the teachings and natural healing principles of Dr. Sebi, a renowned herbalist and natural healer. This tea has gained significant attention for its potential to support detoxification, promote digestive health, and enhance overall wellness. Known for being made from a combination of natural herbs, the iaso tea aligns with Dr. Sebi's philosophy of consuming alkaline, plant-based ingredients to maintain the body's natural balance. This article provides an in-depth exploration of dr. sebi iaso tea, including its ingredients, health benefits, usage guidelines, and possible side effects. Additionally, it discusses the scientific perspective on herbal detox teas and how iaso tea fits within natural health practices. For those interested in natural remedies and holistic health, understanding dr. sebi iaso tea is essential. The following sections will cover all these aspects in detail.

- What is Dr. Sebi Iaso Tea?
- Ingredients of Dr. Sebi Iaso Tea
- Health Benefits of Dr. Sebi Iaso Tea
- How to Use Dr. Sebi Iaso Tea
- Potential Side Effects and Precautions
- Scientific Perspective on Herbal Detox Teas
- Where to Buy Authentic Dr. Sebi Iaso Tea

What is Dr. Sebi Iaso Tea?

Dr. Sebi iaso tea is a herbal detox tea formulated based on the principles taught by Dr. Sebi, who advocated for natural healing through plant-based diets and alkaline foods. The tea is designed to cleanse the body by promoting the elimination of toxins and waste through natural diuretic and digestive processes. It is often marketed as a gentle detoxification aid that supports the liver, kidneys, and digestive system, facilitating improved metabolism and overall health. The name "iaso" is derived from Greek mythology, referring to the goddess of healing, which aligns with the tea's intended restorative properties.

Origin and Philosophy

Dr. Sebi, whose real name was Alfredo Darrington Bowman, developed various herbal formulas based on his research into natural healing and nutritional science. His approach emphasized the importance of maintaining an alkaline environment in the body to prevent

disease. Iaso tea embodies this philosophy by incorporating a blend of herbs that are alkaline-forming and traditionally used to aid detoxification and digestive health.

Formulation and Purpose

The tea is specifically formulated as a mild detoxification support rather than a harsh cleanse. It aims to gently flush the intestinal tract and support elimination pathways without causing discomfort or severe side effects. Many users report improved digestion, increased energy, and a feeling of lightness after regular consumption.

Ingredients of Dr. Sebi Iaso Tea

The effectiveness of dr. sebi iaso tea largely depends on its unique blend of natural herbs. Each ingredient serves a specific function in aiding detoxification, digestion, or supporting the body's natural healing mechanisms.

Key Herbal Components

- **Bladderwrack:** A type of seaweed rich in iodine and antioxidants, known for supporting thyroid function and metabolism.
- **Irish Moss:** Another seaweed variety that provides minerals and aids in soothing the digestive tract.
- **Chaparral:** An herb traditionally used for its cleansing properties, believed to support liver health.
- **Burdock Root:** A natural diuretic that helps eliminate toxins through urine and supports kidney function.
- **White Oak Bark:** Known for its anti-inflammatory and astringent properties, which help reduce digestive discomfort.
- **Other botanicals:** Additional herbs may include ginger, cinnamon, and other plants that promote circulation and digestion.

Alkaline Nature of Ingredients

The combination of these ingredients ensures that dr. sebi iaso tea remains alkaline-forming, which is central to Dr. Sebi's healing philosophy. Maintaining bodily pH balance through alkaline foods and herbs is believed to reduce inflammation and prevent the growth of disease-causing organisms.

Health Benefits of Dr. Sebi Iaso Tea

Dr. Sebi Iaso tea is reputed to offer various health benefits, primarily focused on detoxification and digestive wellness. These benefits align with the natural properties of the herbs included in the blend.

Supports Detoxification

The tea works as a natural detoxifier by stimulating the body's elimination processes, particularly through the digestive tract and kidneys. This helps clear accumulated waste and toxins, potentially improving overall organ function and energy levels.

Improves Digestive Health

Regular consumption of Iaso tea may alleviate digestive discomfort, such as bloating and constipation. The soothing and anti-inflammatory properties of herbs like Irish moss and white oak bark contribute to a healthier gut environment.

Boosts Immune System

The antioxidants and minerals in Dr. Sebi Iaso tea can strengthen immune defenses. Ingredients like burdock root are traditionally valued for their ability to support immune response and reduce inflammation.

Promotes Weight Management

Some users report assistance with weight management due to the tea's ability to enhance metabolism and reduce water retention, although it should not be considered a standalone weight loss solution.

List of Potential Benefits

- Natural detoxification support
- Enhanced digestion and reduced bloating
- Increased energy and vitality
- Anti-inflammatory effects
- Improved skin appearance due to toxin elimination
- Support for thyroid and metabolic health

How to Use Dr. Sebi Iaso Tea

Proper usage of dr. sebi iaso tea is important to maximize its benefits while minimizing any potential side effects. The tea is typically consumed as part of a daily routine over a specified period.

Preparation Instructions

The tea usually comes in loose-leaf form or as pre-packaged tea bags. To prepare, steep one tea bag or one tablespoon of loose herbs in hot water for 10 to 15 minutes. Drinking the tea warm is recommended for best results.

Recommended Dosage

Most guidelines suggest drinking 2 to 3 cups of iaso tea per day, preferably before meals. It is advisable to start with smaller amounts to assess tolerance, especially for individuals new to detox teas.

Duration of Use

The tea is often used in cycles ranging from one to two weeks to allow the body to cleanse without causing excessive strain. Continuous long-term use should be approached cautiously and ideally under professional supervision.

Tips for Optimal Results

- Maintain adequate hydration throughout the day.
- Complement tea consumption with a balanced, alkaline diet.
- Avoid processed foods and excessive sugar during the detox period.
- Consult with a healthcare provider if pregnant, nursing, or on medication.

Potential Side Effects and Precautions

While dr. sebi iaso tea is generally considered safe for most individuals, some users may experience side effects or require precautions due to its detoxifying properties.

Common Side Effects

Some people may experience mild digestive upset, such as cramping or diarrhea, especially when first starting the tea. This is often due to the body's response to increased detoxification and should subside over time.

Who Should Avoid Iaso Tea

Individuals with underlying health conditions, pregnant or breastfeeding women, and those taking certain medications should seek medical advice before using dr. sebi iaso tea. The diuretic and laxative effects may interfere with some treatments or exacerbate health issues.

Interactions and Warnings

Because of its herbal composition, the tea could interact with medications that affect blood pressure, blood sugar, or blood thinning. Monitoring and professional guidance are recommended for people with chronic health conditions.

Scientific Perspective on Herbal Detox Teas

Scientific research on herbal detox teas like dr. sebi iaso tea is limited but growing. While many herbs included have documented medicinal properties, clinical evidence for comprehensive detoxification claims is still under investigation.

Evidence Supporting Detox Ingredients

Studies have shown that ingredients such as burdock root and bladderwrack contain antioxidants and compounds that support liver and kidney function. These findings lend some credibility to the traditional uses of these herbs in detoxification.

Limitations of Detox Tea Claims

Detoxification is a complex physiological process primarily handled by the liver and kidneys. No tea or supplement can replace these organs' functions. Therefore, detox teas should be viewed as supportive rather than curative.

Importance of Lifestyle Factors

Scientific consensus emphasizes the importance of overall diet, hydration, exercise, and avoidance of toxins for effective detoxification. Herbal teas may complement these factors but are not a substitute for healthy lifestyle choices.

Where to Buy Authentic Dr. Sebi Iaso Tea

With the growing popularity of Dr. Sebi Iaso Tea, many products are available on the market. Ensuring purchase of authentic and high-quality tea is essential to experience its potential benefits safely.

Authorized Retailers and Brands

Authentic Dr. Sebi Iaso Tea is typically sold by authorized distributors and reputable herbal companies that adhere to quality standards. Consumers should verify product origin and ingredient lists carefully.

Tips to Identify Genuine Products

- Check for clear ingredient disclosure and absence of artificial additives.
- Look for packaging that references Dr. Sebi's original formulations.
- Review customer feedback and third-party certifications if available.
- Avoid suspiciously low-priced or unbranded products.

Purchasing from trusted sources helps ensure the herbal blend is formulated correctly and free from contaminants, maximizing safety and efficacy.

Frequently Asked Questions

What is Dr. Sebi Iaso Tea?

Dr. Sebi Iaso Tea is a herbal blend formulated based on the nutritional guide of Dr. Sebi, aimed at detoxifying the body and promoting overall health.

What ingredients are in Dr. Sebi Iaso Tea?

Dr. Sebi Iaso Tea typically contains a mix of herbs such as elderberry, bladderwrack, chamomile, and other natural ingredients known for their cleansing properties.

What are the health benefits of drinking Dr. Sebi Iaso Tea?

The tea is believed to support digestive health, aid in detoxification, reduce inflammation, and improve immune function.

Is Dr. Sebi Iaso Tea safe for everyone to drink?

While generally considered safe, individuals who are pregnant, nursing, or on medication should consult a healthcare professional before using Dr. Sebi Iaso Tea.

How should Dr. Sebi Iaso Tea be prepared and consumed?

Typically, a tea bag is steeped in hot water for 5-10 minutes and consumed 1-3 times daily, preferably before meals.

Can Dr. Sebi Iaso Tea help with weight loss?

Dr. Sebi Iaso Tea may support weight loss by promoting detoxification and improving metabolism, but it should be combined with a healthy diet and exercise.

Where can I buy authentic Dr. Sebi Iaso Tea?

Authentic Dr. Sebi Iaso Tea can be purchased from official websites, licensed herbal shops, or reputable online retailers.

Are there any side effects associated with Dr. Sebi Iaso Tea?

Some users may experience mild detox symptoms like headaches or nausea; if severe reactions occur, discontinue use and consult a doctor.

How long does it take to see results from drinking Dr. Sebi Iaso Tea?

Results vary by individual, but some people report improved digestion and energy within a week, while full detox benefits may take several weeks.

Additional Resources

1. Dr. Sebi's Healing Legacy: The Power of Iaso Tea

This book explores Dr. Sebi's holistic approach to health, with a particular focus on the benefits of Iaso Tea. It delves into the natural ingredients used in the tea and how they support detoxification and overall wellness. Readers will find testimonials, scientific insights, and practical tips for integrating Iaso Tea into their daily routine.

2. The Magic of Iaso Tea: Dr. Sebi's Herbal Detox Formula

Discover the unique blend of herbs that make up Iaso Tea and learn about their individual healing properties. This guide breaks down the science behind the tea's ability to cleanse the body and promote digestive health. It also provides detailed instructions on preparation and usage for maximum benefits.

3. *Dr. Sebi and the Rise of Natural Healing with Iaso Tea*

This book chronicles Dr. Sebi's journey and philosophy in promoting natural healing methods, highlighting Iaso Tea as a cornerstone of his practice. It includes historical context, the cultural significance of herbal remedies, and how Iaso Tea fits into modern health trends. Readers are encouraged to embrace natural remedies as part of a balanced lifestyle.

4. *Iaso Tea Recipes and Remedies Inspired by Dr. Sebi*

A practical handbook filled with various recipes and herbal remedies based on Dr. Sebi's teachings and the Iaso Tea formula. This book offers creative ways to enhance the tea's flavor and potency by combining it with other natural ingredients. It is ideal for those looking to customize their detox experience while staying true to Dr. Sebi's principles.

5. *Detox and Rejuvenate: The Science Behind Dr. Sebi's Iaso Tea*

Delve into the scientific research supporting the detoxifying effects of Iaso Tea. This book explains the biochemical interactions of the herbal components and their impact on the body's cleansing processes. It also addresses common misconceptions and provides evidence-based guidance for safe consumption.

6. *Holistic Health and Iaso Tea: Dr. Sebi's Approach to Wellness*

Explore the broader context of holistic health through the lens of Dr. Sebi's teachings, with Iaso Tea as a key element. This book covers nutrition, herbal medicine, and lifestyle changes that complement the tea's benefits. Readers will gain a comprehensive understanding of how to achieve balance and vitality naturally.

7. *Herbal Detoxification: Unlocking the Secrets of Iaso Tea*

This detailed guide focuses on the detoxification process facilitated by Iaso Tea's herbal blend. It explains how each ingredient contributes to cleansing the digestive tract, boosting immunity, and improving energy levels. The book also offers advice on how to safely embark on a detox regimen.

8. *Dr. Sebi's Iaso Tea: A Natural Remedy for Modern Ailments*

Addressing contemporary health challenges, this book highlights Iaso Tea's role in managing issues such as inflammation, digestive disorders, and fatigue. It combines traditional wisdom with modern health science to present a compelling case for natural remedies. Readers will find practical solutions and success stories to inspire their healing journey.

9. *The Complete Guide to Iaso Tea and Dr. Sebi's Healing Philosophy*

A comprehensive resource that covers everything from the origins of Iaso Tea to detailed instructions on its use and benefits. The book also discusses Dr. Sebi's overall healing philosophy, including dietary recommendations and lifestyle practices. It serves as an essential companion for anyone interested in natural health and wellness.

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dr sebi iaso tea: DR. SEBI - Herbal Tea Recipes Dr Sebi Academy, 2021-04-06 □ 55% discount for bookstores! Now at \$34.95 of \$49.95! □ Have you heard of African Medicinal Herbs? What is the difference between African Medicinal Herbs with other Medicinal Herbs? The plant's roots are used as a traditional medicine in African countries. The roots are boiled in water, which is often strained and taken as a tea or broth. In some African areas, the pounded root can be mixed with milk to make a kind of pudding. African Medicinal Herb is a plant that is used widely in traditional African medicine. It is used as an herbal treatment for various diseases and conditions, including fatigue,

diarrhea, hypertension, depression, etc. It can be found in different parts of Africa like Nigeria, Senegal, and Congo. The herb can also be found in many parts of the world as well. The use of African Medicinal Herb is for healing, a traditional medicinal ingredient, and even for spiritual purposes. The ceremonies performed using the African Medicinal Herb are known to be effective in many different ways. Using African Medicinal Herb as a remedy for arthritis is known to be one of its primary uses, but it is also used as a prophylaxis measure against heart diseases. The uses of African medicinal herbs are varied from spiritual to practical. It can be used to treat diabetes and to cure liver disease. It also helps in producing proteins and is used as a tonic for sexual potency in men. The dried aerial part of African Medicinal Herb is used to treat kidney stones because kidney stones mixed with the urinary tract will affect stone formation in the human body. African medicinal herbs are also used to treat high blood pressure, and it can also be used as a remedy for headaches, and it helps prevent the onset of heart disease. The African Medicinal Herbs have been used for a long time in Africa. Someone interested in herbs will find that this area of the world has an abundance of herbs. The use of these types of herbs is prevalent, and they are often used by many people in the community, not just as a cure but also for beauty purposes. African Medicinal Herb is very effective in treating some types of diseases, one example being Malaria, which is rich with the use of particular African medicinal herb-based medicines made from extracts. African Medicinal Herb is a plant that is used widely in traditional African medicine. It is used as an herbal treatment for various diseases and conditions, including fatigue, diarrhea, hypertension, depression, etc. It can be found in different parts of Africa like Nigeria, Senegal, and Congo. The herb can also be found in many parts of the world as well. The use of African Medicinal Herb is for healing, a traditional medicinal ingredient, and even for spiritual purposes. The ceremonies performed using the African Medicinal Herb are known to be effective in many different ways. Using African Medicinal Herb as a remedy for arthritis is known to be one of its primary uses, but it is also used as a prophylaxis measure against heart diseases. Ready to get started? Click Buy Now!

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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 iaso tea: Dr. Sebi Diet Elizabeth Bowman, 2021-03-20 Are you tired of feeling down and exhausted all the time? Do you feel like you are losing control over your life? Are you struggling with your weight or some disease? If so, then you are in the right place because this bundle will show you how to transform your lifestyle and enjoy a new and better you in just two simple steps - embracing Dr. Sebi's diet and following a 30-day Dr. Sebi meal plan. Dr. Sebi's diet is a plant-based diet designed to alkalize your blood and purge it of harmful toxins that are depleting the body's energy levels and causing diseases. Cleansing the body of toxins boosts overall health and immune system and can reduce the effects and risks of various diseases such as diabetes, cancer, herpes, etc. Inside of this bundle, you will find three books: Sebi Diet: The Complete Guide to the Sebi Plant-Based Diet that will show you how to easily incorporate Dr. Sebi diet into your life Sebi Detox: The Step-by-Step 30-Day Meal Plan to Cleanse and Lose Weight that will guide you on a month-long journey to detox your body and get rid of extra pounds Sebi Journal: 30 Days to Detox and Improve Yourself, which will accompany you on the transformational journey and provide you with support and motivation. Forget about other diets that fail to provide results. With this bundle in your hands, success is guaranteed. You will learn everything you need to know about Dr. Sebi's diet and how to make it a part of your life. Are you ready to transform your life for the better? Would you like to become healthier and feel more energized? Would you like to lose weight quickly and easily and burn the excess fat like a volcano? Here is what this exclusive 3-in-1 Dr. Sebi diet bundle can offer you: Transform your life and embrace a healthy lifestyle with an easy step-by-step-guide Alkalize your body and purge the harmful toxins with 87 Dr. Sebi approved foods Cleanse your body from mucus with 21 quick and easy detox recipes in just one week Boost your immune system and protect yourself from high blood pressure, herpes, cancer, lupus, and more Purify your mind and body with an exclusive 30-day diet plan Enrich your life and diet with over 100 tasty and delicious recipes (breakfast, lunch, dinner, snacks, desserts, appetizers, etc.) Keep track of your meals, write your goals and visualize your successes with a special dieting journal If you want to transform your life for the better, improve your health, and protect yourself from disease, all you need is to follow the step-by-step guides and expert advice found in this bundle. Don't you want to start enjoying the benefits of Dr. Sebi's diet today? Discover the Way to Transform Your Lifestyle and Enjoy a Healthier and Happier Life With This Exclusive 3-in-1 Dr. Sebi Diet Bundle!

dr sebi iaso tea: Dr. Sebi Recipes Jamie L. Clifford, 2021-01-03 Have you learned about Dr. Sebi's diet and ready to get started? Can't figure out what to cook? Are you interested in simple and delicious recipes to make the most of Dr. Sebi diet? If yes, you have come to the right place! Inside this book, you will find several tasty ideas to boost progress. Everyone is seeking simple ways to stay strong, fit, and healthy at the same time. The good news is that Dr. Sebi diet was designed to help people like you to take the sustainable route to stay healthy. Allow this guide to help you in that process. The Doctor Sebi Diet is not the easiest diet. It's based on approved Doctor Sebi herbs and alkaline food list. Dr. Sebi cut out a lot of foods, so this book is here to provide you recipes to help you get started on Dr. Sebi's diet. Here's a quick taste of what you will find in this book: Method, principles, and goals of Dr. Sebi diet Top 10 Foods That Seem Healthy but You Must Avoid All approved food list Dr. Sebi classification of food Why hybrid products are so dangerous 200 recipes purely based on Dr. Sebi approved food list ...And much more! Within these pages, you will find 200 different recipes, from salad, soups, grains, main dishes, bread, snack, dessert, smoothie, teas. All recipes use only Dr. Sebi approved food list and herbs. You will find that the ingredients needed are all super easy to find. Let's learn how to prepare alkaline meals for a healthier and fitter life!

dr sebi iaso tea: Dr. Sebi Kerri M Williams, 2020-09 Who cares about time when we try to heal and rebuild? Ain't we all lazy getting back from a hectic work day and really wanting something

quick, yet delicious and super easy to make? How would it feel like, popping up an approved alkaline dessert recipe without whipping the cream...or whisking the egg! And all done in 5 or 10 minutes! Well, that's really how lazy we can be! We want all the deli-goodies with so little work and minimal effort, and that's rightly so...'cos we are so damn busy! Kickstart your Alkaline healing motivation with super easy recipes for your lazy days. Rebuilding the body, losing weight and keeping on track the Dr. Sebi lifestyle doesn't have to be hard. Extremely complicated and hard-to-follow recipes are largely unsustainable. They could stall your healing or weight loss or even make you lose motivation to stay afloat. Get started today with over 200 simple, yet mouthwatering recipes. Take action and begin to see tremendous progress with rejuvenation, rebuilding, losing weight, gaining confidence and making meaning out of your life. In this cookbook, you'll find: 5 ingredient Recipes Less than 15-minute meals Approved ingredients 200 Recipes Pictures of every recipe Nutritional Guide included And much more... Hit the Buy Now button to get started Now

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(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: Who was Dr Sebi. What are the benefits that you can enjoy simply by following my 7 secret rules. The fastest and most innovative way to prepare perfect meals approved by Dr Sebi himself. 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. 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!

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 How would it make you feel, if you could acquire more energy, sharper thinking, better sleep, and clearer skin? Are you looking for an easier and more efficient way to cleanse, revitalize, and heal your body? With the Dr. Sebi Smoothie Diet, You'll gain all the benefits of fighting off diseases whilst drinking a delicious smoothie. In this book, no longer will you be aimlessly searching the internet for a Dr. Sebi Sea Moss guide. We have compiled some of the best known Dr. Sebi's Sea Moss smoothie recipes to help you achieve a healthier lifestyle. These Smoothies recipes are simple to make, and best of all compliant with the Dr. Sebi's Alkaline diet. You'll be able to open up the book, go to a recipe and feel great knowing that you'll be eliminating and preventing malignant diseases by just drinking a delicious and healthy Sea Moss smoothie drink. Dr. Sebi diet practices involved cutting out all the food groups except live and raw foods, thereby encouraging you to eat as close as possible to raw vegan. We found that these smoothie recipes not only help to cleanse your body from all the waste from processed and man made foods, but also helps to boost your immune system, detoxify your liver and body waste, toxins, and severe liver damage. That's why we made sure to include only the BEST recipes from Dr. Sebi approved Alkaline and Electric food diet and let you focus on your goals while living a stress free smoothie lifestyle. Download: Dr. Sebi Sea Moss and Smoothie Diet: A Super Simple Way to Follow Dr. Sebi Alkaline Diet with Delicious Smoothies Packed with Essential Nutrients for a Healthy Lifestyle Inside You Will Discover... The benefits of Dr. Sebi's Alkaline and Electric Food diets Dr. Sebi's main principles of his diet Over 53 Smoothie recipes for both Alkaline and Electric food diets Nutritional facts of every smoothie recipe Step by step recipe instructions The origin of Sea Moss Different types of Sea Moss Sea Moss 92 of 102 beneficial nutrients 10 delicious Sea Moss smoothie recipes Step by step recipe instructions and nutritional facts "Bonus" Must know tips before buying Sea Moss Click "BUY NOW" at the top of the page, and instantly Download: Dr. Sebi Sea Moss and Smoothie Diet: A Super Simple Way to Follow Dr. Sebi Alkaline Diet with Delicious Smoothies Packed with Essential Nutrients for a Healthy Lifestyle.

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