Dr. Sebi Nutritional Guide – Mucus Reducing Alkaline Diet

BY AQVL ANIVS | APRIL 13TH, 2012 | MODIFIED - JANUARY 24TH, 2017

The herbalist Dr. Sebi inspired this mucus reducing alkaline diet, which is made up of non-hybrid alkalizing plant foods. These foods control the acid level in the body, which protects against harmful mucus buildup that compromises organs and leads to the development of disease.

Following Dr. Sebi’s nutritional guide has brought me success, and this is so remarkable because I never thought I would follow a vegan or whole food plant-based diet.

The proof is in the alkaline vegan pudding because but I haven’t been sick in 4 years since I adopted this alkaline vegan diet and started taking herbs.

Before I adopted a alkaline vegan diet, I gradually weened myself off meat and only ate fish, and a little bit of dairy. I just ate some yogurt and ice-cream here and there.

I came from being a meat eater to only eating fish, and I saw my energy level and body benefit from removing meat from my diet. I hadn’t thought about adopting a vegan diet, because I really didn’t think I would benefit from it.

I thought removing fish from my diet and only eating a diet based on whole plant foods would be too difficult. I never thought that would happen.

**More: Things to know about switching to a vegan diet »**

### Adopting An Alkaline Diet Via Dr. Sebi

I stumbled unto information the herbalist Dr. Sebi, who claimed to reverse diseases using his “**African Bio Mineral Balance**.” His methodology involved using a natural alkaline plant food diet and herbs to **alkalize the body** to return the **alkaline body** back to a state of **homeostasis**.

The diet consisted of only natural alkaline vegetables, fruits, nuts, alkaline grains, and legumes, which would alkalize and remove mucus from the body.

Along with the diet he also used natural alkaline herbs to clean the body’s cells on the cellular, and intra-cellular level.

The **alkaline diet** is based on the premise that disease can only exist in an acidic environment. The body works to maintain a slightly alkaline 7.4 pH environment in the blood. See what happens when the blood becomes acidic. The blood is the point of equilibrium for homeostasis and when the body becomes too acidic the body will borrow alkaline minerals and compounds from bones and fluids through the body to put into the blood to keep its pH stable.

This jeopardize the health of different areas of the body and lead to the development of disease.

### Dr. Sebi’s Approach To Disease

Dr. Sebi’s approach to disease is disease:

> “finds it genesis when and where the mucous membrane has been compromised. For example, if there is excess mucous in the bronchial tubes, the disease is Bronchitis; if it is in the lungs, the disease is Pneumonia; in the pancreatic duct, it is Diabetes; in the joints Arthritis.”

I researched Dr. Sebi’s method and the herbs that he used. Dr. Sebi used alkaline foods and alkaline herbs that were part of alkaline food lists that circulated the web, and that were used by many herbal practitioners.

Dr. Sebi used traditional healing herbs such as, burdock root, sarsaparilla, and dandelion, which clean the blood and clean the liver. Popular and growing holistic health movements now widely use these herbs.

I found it interesting that Dr. Sebi had been practicing his alkaline methodology since the early 90’s and found him to be a pioneer of this alkaline diet movement.

After doing my research, I decided to give Dr. Sebi’s alkaline diet and nutritional guide a try to improve my health.

I developed a list foods and herbs I would use based on the Dr. Sebi food list. (Dr. Sebi suggested not eating anything not on the nutritional guide.)

I gave it a try and I am still going strong! The way the alkaline diet makes me feel is incredible. My energy level is fantastic and I don’t get tired anymore, even through hectic days.

I thought I would miss eating fish, but I don’t even think about eating it anymore. I have lost weight and I don’t feel like I am carrying any dead weight. I now sleep heavy and when I wake up, I am fully awake right away and fully awake throughout the whole day.

### Dr. Sebi Approach To Eating

(Note: I am not a doctor and can only tell you what is working for me. This guide is working for me!)

**Spring Water!**

Drinking plenty of spring water a day is essential to making this alkaline diet work. Dr. Sebi suggests drinking a gallon of spring water a day, and health organizations suggest around the same amount.

The adult body consists of 70% water. All of the body’s metabolic functions need adequate amounts of water to function properly. Water removes waste from the body, cushions the joints and organs, and assists in the absorption of nutrients.

Many of herbs Dr. Sebi uses are diuretics and increase urination to remove toxins from the body. You must replace the water to support the healthy functioning of the body.

Spring water is a natural **alkaline water** and it best supports the hydration and natural ratio of electrolytes in the body.

**Dr. Sebi’s nutritional guide doesn’t recommend microwaving because it damages the nutrients in food.**
I have found conflicting information about whether microwaving damages food nutrients, with information supporting both sides. I have decided not to microwave my food because I believe it is harmful.

I rather heat my food on the stove or in the oven, but I eat most of my food raw because raw food contains more nutrients than heated food whether microwaved or heated on the stove.

Dr. Sebi doesn’t recommend eating any foods not on the Dr. Sebi food list.

As I stated earlier, the Dr Sebi food list is very specific and excludes many whole-food plant-based foods.

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

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

Dr. Sebi Food List

Note: Dr. Sebi has (added) and (removed) items for the food list and is noted.

Vegetables

- Amaranth greens – same as Callaloo, a variety of Spinach
- Wild Arugula (added)
- Avocado
- Asparagus – (removed)
- Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Dandelion greens
- Garbanzo beans (chick peas)
- Green Banana – (removed)
- Izote – cactus flower/ cactus leaf- grows naturally in California
- Jicama – (removed)
- Kale
- Lettuce (all, except Iceberg)
- Mushrooms (all, except Shiitake)
- Mustard greens (removed)
- Nopales – Mexican Cactus
- Okra (added back after being removed)
- Olives (and olive oil)
- Onions
- Parsley (removed)
- Purslane (Verdolaga) – (added)
- Poke salad -greens (removed)
- Sea Vegetables (wakame/dulse/arame/hijiki/nori)
- Squash
- Spinach – (removed)
- String beans – (removed)
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Watercress – (added)
- Zucchini

Fruits

(No canned fruits or Seedless fruits)

- Apples
- Bananas – the smallest one or the Burro/mid-size (original banana)
- Berries – all varieties- Elderberries in any form – no cranberries
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes -seeded
- Limes (key limes preferred with seeds)
- Mango
- Melons -seeded
- Orange (Seville or sour preferred, difficult to find )
- Papayas
- Peaches
• Pears
• Plums
• Prickly Pear (Cactus Fruit) – (added)
• Prunes
• Raisins -seeded
• Soft Jelly Coconuts (and coconut oil)
• Soursops – (Latin or West Indian markets)
• Sugar apples (chermoya) – (removed)
• Tamarind – (added)

Nuts & Seeds

(Includes nut & seed butters)

• Brazil Nuts – (added)
• Hemp Seed (added)
• Hazelnuts – (removed)
• Pine Nuts – (removed)
• Raw Almonds and Almond butter- (removed)
• Raw Sesame Seeds
• Raw Sesame “Tahini” Butter
• Walnuts

Oils

(New Section added by Dr. Sebi) Minimize the use of oils.

• Olive Oil (Do not cook)
• Coconut Oil (Do not cook)
• Grapeseed Oil (added)
• Sesame Oil (added)
• Hempseed Oil (added)
• Avocado Oil (added)

Spices – Seasonings

• Achiote
• Allspice (removed)
• Basil
• Bay leaf
• Cayenne/African Bird Pepper
• Cilantro (removed)
• Cloves
• Coriander (removed)
• Cumin (removed)
• Dill
• Habanero (added)
• Marjoram (removed)
• Onion Powder
• Oregano
• Parsley (removed)
• Powdered Granulated Seaweed (Kelp/Dulce/Nori – has “sea taste”)
• Pure Sea Salt
• Sage
• Savory (added)
• Sweet Basil (added)
• Tarragon
• Thyme

Sugars

• 100% Pure Agave Syrup – (from cactus)
• Date “Sugar – (from dried dates)
• 100% Pure Maple Syrup – Grade B recommended – (removed)
• Maple “Sugar” (from dried maple syrup) – (removed)

Alkaline Grains

• Amaranth
• Black Rice – (removed)
• Fonio – (added)
• Kamut
• Quinoa
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- Rye
- Spelt
- Tef
- Wild Rice

Nutritional Guide | All Natural Herbal Teas

- Alvaca (removed)
- Anise (removed)
- Burdock (added)
- Chamomile
- Elderberry
- Fennel
- Ginger
- Lemon grass (removed)
- Red Raspberry
- Tila (added)

(I keep a record of changes made to the Dr. Sebi nutritional guide for historical purposes.)
Here is the latest guide that is sent out by the office. Click image for bigger view.

Dr. Sebi Organ Cleansing Herbs

Along with following the Dr. Sebi Nutritional Guide, I also took the following herbs to clean and revitalize my organs during my initial 3 month herbal cleanse.

These are some of the herbs I used from Dr. Sebi's extensive list of herbs.

- Burdock Root – blood and liver cleanser, diuretic,
- Bladderwrack (seaweed) – vitamin and mineral supplement, diuretic
• **Dandelion** - blood and liver cleanser, diuretic
• **Elderberry** (*Sambucus Nigra*) – combats mucus buildup, colds, HIV
• **Sea Moss** – *Irish Moss* (seaweed) – vitamin and mineral supplement
• **Sarsaparilla** – blood purifier, diuretic, antibacterial, anti-inflammatory

The herbs listed above are only a few of the herbs Dr. Sebi uses in his products. I used them and a few more during my transition to an alkaline and mucus reducing diet, and now use for periodic maintenance.

Dr. Sebi’s office offers individual products to address specific conditions and therapeutic packages to address complex health issues. You should contact Dr. Sebi’s office (California: 310-838-2490) if you are not familiar with herbs and buying quality herbs.

Purchase Dr. Sebi’s products here.

Check here for a list of Dr. Sebi’s products and a description of the herbs they contain.

Check here for a list of Dr. Sebi’s therapeutic packages and a description of the herbs they contain.

The Dr. Sebi food list and nutritional guide is a roadmap to healing and reversing disease.

Tags: alkaline diet, alkalize, dr sebi, herbal cleanse, herbs, nutritional guide, remove mucus, reverse disease