



Alkaline Herbal Medicine: Reverse Disease and Heal the Electric Body

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Alkaline Herbal Medicine gives insight into many of the herbs used to reverse disease in Dr. Sebi's African Bio Mineral Balance. It covers scientifically supported properties, preparation, doses and dosages, and how to combine herbs. It addresses alkaline foods on the Dr. Sebi nutritional guide, and their chemical affinity with and support of the electric body.

The natural order in life designed the body to be healthy and heal under the right conditions. These conditions are programmed into the DNA of *Homo sapiens*, whose base DNA makeup is the African genome. Diets centered on the consumption of natural alkaline plant foods and ample exposure to the sun supported the healthy expression of the African genome. The environment of Africa, and environments similar to Africa, produced life that developed with a complete and balanced electrical structure. The plant life that grew in these environments grew under optimal conditions in nutrient rich soil under year long exposure to the sun. The resulting chemical makeup of these natural alkaline plants protected them from environmental stresses. Africans originally ate diets centered on the consumption of these plants, like the great apes of Africa, and the programming of the African genome used the protective nature of these plants' nutrients to support its vibrancy.

A scientific model supports the idea that Africans migrated out of Africa hundreds of thousands of years ago into the less hospitable environments of Europe and Asia. These environments didn't support the healthy expression of the African genome and resulted in the mutation of the gene and the development of the Neanderthal of Europe and Denisovan of East Asia. Science has linked diseases like lupus, Crohn's disease, and type 2 diabetes to the Neanderthal gene. The Neanderthals, who inhabited the Neanderthal caves in Germany, ate a diet centered on the consumption of meat. The combination of their meat-centered diet and adverse relationship with the sun led to the development of dis-ease in the body. Now, the meat-centered diet is being globalized and is spreading disease throughout the world.

An alkaline plant-centered diet and the use of alkaline herbal medicine naturally support the healthy expression of the African genome in all people, and reverses chronic disease. Pharmaceutical medicine is built on the power of medicinal herbs because around fifty percent of its drugs are derived from herbs. The issue is industry has strategically conditioned people to forget about the healing power of natural alkaline herbs. I dedicate this book in the memory of Alfredo Bowman lovingly known as Dr. Sebi. He helped us to remember that natural alkaline herbs and plant foods support the healthy expression of the African genome that is in all people. He did this by sharing his African Bio Mineral Balance methodology.

Categories: herbal remedies, naturopathy, healing, herbs, herbal medicine

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