



Alkaline Herbal Medicine: Reverse Disease and Heal the Electric Body

Aqiyl Aniys

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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 Neandertal 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

Alkaline Herbal Medicine: Reverse Disease and Heal the Electric Body Details

Date : Published September 19th 2016 by Createspace Independent Publishing Platform

ISBN : 9781535431668

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Format : Paperback 128 pages

Genre : Health, Nonfiction

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From Reader Review Alkaline Herbal Medicine: Reverse Disease and Heal the Electric Body for online ebook

Taneka Adams says

Great Info on Cleansing the body

A must read if you are interested in natural healing! Gives great information on many naturally occurring herbs and their benefits. As well as recipes for combining herbs, dosages, for cleansing various parts of the body.

Gangadhar says

Not opening to read

Norma says

very good interesting book. Once you know better you do better always good to know what is a good food and what isn't

marlyn payero says

Advanced and useful nformation.

I would recommend this book for its information. I learned so much about herbs and their interaction in the human body. I did not know that I did not need meat to survive and to have my protein intake of the day .

Adrienna says

This book is a tool to be educated on specific herbs and its healing power, or agent. However, I believe this is better for a person who is a herbalist or transitioning to be one. I will see if I can find these capsules for certain ones to heal certain issues, or the products I already ordered online contains it for my uterine, acid reflux, etc. I will also check the health food stores to see what is available as a natural herb or capsules too.

It was an okay read. I will keep on hand for the ones I put stars at for future use.

Annette says

This is a very interesting quick read describing Dr. Sebi's healthy body based on plant foods and herbs. This book as some others confirms that we don't need meat for healthy diet; we can get it from plants and nuts. Meat rather disturbs in maintaining healthy body. You can reverse disease by eating plants and nuts only and using specific herbs for specific issues.

This book lists a few herbs and their healing powers; how to prepare them and how to use them.

I enjoyed this read, but if you're looking for more exhaustive read, I highly recommend Encyclopedia of Herbal Medicine by Andrew Chevallier.

Pelikay says

Intro to alkaline health

Great introduction to eating an alkaline diet. I recommend reading and using it as a guide to herb usage. It uses Dr Sebi's knowledge as the foundation.

Andria Lawson says

This book provides an overview of the teachings of Dr. Sebi with recipes and tips for preparation. Very easy read.

Charleaka Norris says

Good information

More than likely not everyone will agree with all of this, but I enjoyed the book. There is some good information in it. My advice; eat the hay spit out the seeds.
