

Vegan Choice Foods

"Helping You Go and Stay Vegan!"



Baobab
Fruit Powder

African Super-Fruit
Rich in Prebiotic fiber
Vegan source of calcium

- Twice more Calcium than milk
- 10 times more Vit C than orange
- 10 times more fiber than apples
- 4 times more potassium than bananas
- 6 times more antioxidants than blueberries
- More Iron than meat

30 DAY'S CLEANSE & DETOX FASTING PROGRAM- CLEANSE THE GUT, COLON AT NIGHTS & DETOX LIVER, BLOOD & KIDNEY IN THE DAY WITH DR. SEBI APPROVED HERBS



DRINK PLENTY OF WATER DURING THE TIME YOU ARE FASTING. COFFEE AND JUICE ARE NOT PERMITTED.

EXERCISE



16/8 FASTING ENTAILS EATING FOR AN 8 HOUR BLOCK AND FASTING FOR A 16 HOUR BLOCK.

21 days fast

12-1 PM: FIRST MEAL (JUICE OR RAW FOODS) 4PM: SECOND MEAL 7-8PM: LAST MEAL OR SNACK BEFORE THE FAST 8PM - 12 PM: 16 HOUR FASTING PERIOD.

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HERBS

Family you will Cleansing & detoxifying your body for 30 day's, you will be cleansing your Gut, Colon At Nights & detoxifying your Liver, Blood & Kidney In The Day With Dr. Sebi Approved Herbs, please follow the step by step guide & eat only from the guide to heal your body

As we grow older, the body becomes more toxic. Most Americans are fast food junkies in their bodies and in their home. How easy it is to stop at Jack-in-the-Box for lunch than to go home and make a big salad. How easy it is to throw a frozen pizza in the oven opposed to making a nutritional meal or even a protein smoothie. **Remember all disease comes from the stomach.**

The only way you can get rid of **toxins** in the body is to **cleanse and fast**. **By not eating**, you are starving the **parasites** and allowing the bad to excrete through your urine and feces. As much as you would like to think you do not have parasites, sorry to inform you, but you do.

"All Disease Begins in The Gut." - **Hippocrates** - And Remember now you can never wax an old car, so if you are sick you first need to cleanse the **colon, gut** and **digestive track** to heal yourself. The digestive tract contains beneficial bacteria that serve as a major part (80 percent) of the immune system and protect the body against harmful bacteria, fungus, and other organisms.

Fasting & Cleansing with **Dr. Sebi approved herbs**. You will fast Cleanse the Colon, Gut & Digistive Track for 15 days and then Detox for another 15 days here is a step by step guide on how to complete your 30 days fast, its so easy famliy.

https://www.veganchoicefoods.com/index.php?route=product/product&path=59&product_id=148



The 15 Day's (Colon, Gut & Digestive Cleanse) Fast Step By Step Guide:

- Add 1 teaspoon of each Cleansing Herbs to a pot and add 1 cup of water, bring to a boil for 10 Minutes, Then Put to steam while covered and drink after cool & drink before bed. Its bitter so you can eat a fruit or some dates. You can use your herbs twice just add 1/2 tea spoon next time.
- **Cleansing with capsules-** Take one capsule of each herb with a glass of water before bed.
- When you wake up in the morning have some warm water with key lime or just hot water
- You won't be eating any hard food or cook food if you can just fruits, juicing and sea moss with bladderwrack smoothies, you can also do salad blends. Just eat and use foods from the nutrition guide below.

Dr. Sebi said he drank lots of water and juice. When asked what type of juice he said Tamarind Juice. [click here to order Paste Seedless Tamarind & make your own](#) , but any juice that is on his approved list is ok. You should water down your juice in half. So half glass of juice and half glass of water If you are drinking apple juice then half glass of water and half glass of juice. He also took 3 capsules of **Green Food Plus**. You can order below

The Green Food Plus contains:

- ◆ 90 Stinging Nettle Capsules-- Joint support, antioxidant, antimicrobial, nutrient support
- ◆ 100 Linden Leaf & Flower Capsules--Antioxidant, nutrient support
- ◆ 100 Nopal Capsules—Nutrient support
- ◆ 90 Bladderwrack Powder Capsules - Iodine, nutrient support
- ◆ 90 Sea Moss Powder Capsules - Vitamin and nutrient support

“ Take one of each capsules daily ”



DR. SEBI ALKALINE NUTS & SEEDS TO MAKE REAL ORGANIC MILK, JUST ADD WATER & BLEND!

Vegan Choice Foods

"Helping You Go and Stay Vegan!"

Instagram: @veganchoicefoods
Facebook: @veganchoicefoods
Twitter: @veganchoicefood
YouTube: Vegan Choice Foods & Herbs
Website: www.veganchoicefoods.com

How to Prepare Your 15 Day Cleanse

(Rhubarb Root, Blessed Thistle, Mexican Dream Herb, Cascara Sagrada)

Add 1 teaspoon of each herb and 1 cup of spring or alkaline water to a pot

Bring to a boil

Allow contents to boil for approximately 2 to 4 minutes or until the liquid is dark in color

Remove from heat and allow to cool to room temperature (May be served hot if preferred)

Strain the herbs into a mug of your choice - Contents may be Hot!

Drink every night before bed

Feel free to eat dates, raisins, or any other sweet fruit to help with the bitterness if needed. No
sugar or sweetener.

The 15 Day (Detox) Fast Step By Step Guide:

Step 1

Add 1 table spoon of each Detox Herbs (Burdock root, Yellow dock, Sarsaparilla, Nettle root, Elderberry) to a pot and add 2 cup of water, bring to a boil for 10 Minutes, Then Put to steam whlie covered and drink after cool. Drink 2 times per day. You can use your herbs twice just add 1/2 tea spoon next time.

Step 2

Your Sea Moss and Bladderwarck will be your meal replacement, and you can add ripe bananas, hemp powder or milk, dates.

How to Prepare Your 15 Day Detox

(Burdock Root, Yellow Dock, Sarsaparilla, Nettle Root, Elderberry)

Add 1 tablespoon of each herb to a pot and add 2 cups of water

Bring to a boil for 10 minutes

Remove from heat and allow to cool to room temperature (May be served hot if preferred)

Strain the herbs into a mug or container of your choice – Contents may be Hot!

Drink 2 times per day

Your Sea Moss and Bladder wrack will be your meal replacement, and you can add ripe bananas, hemp powder or hemp milk, dates.

What to do next after you 30 days detox and cleanse

You then want to feed the body with this combination- The Cell Energizer (Similar to Dr. Sebi's Iron Plus and Viento) it is iron-rich cell energizer, cleanser, and revitalizer the body.

It delivers iron- and oxygenrich blood to the brain, nervous system, and lymphatic system, and it reduces cravings for additive substances. Cell Energizer is similar to **Dr. Sebi's Iron Plus and Viento**. The Viento product contains contribo, which I have left out of the combination.

INTERMITTENT FASTING

FASTING PERIOD



DRINK PLENTY OF WATER DURING THE TIME YOU ARE FASTING. COFFEE AND JUICE ARE NOT PERMITTED.

EXERCISE



EXERCISE DURING YOUR FASTING PERIODS. THE BENEFITS INCLUDES INCREASED HUMAN GROWTH HORMONE

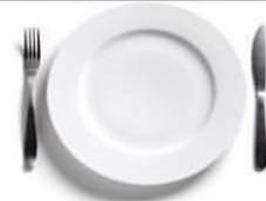
THE METHOD



16/8 FASTING ENTAILS EATING FOR AN 8 HOUR BLOCK AND FASTING FOR A 16 HOUR BLOCK.

21 days fast
step by step
guide. detox
for 14 days &
cleanse for 7
days! its so
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EATING PERIOD



12-1 PM: FIRST MEAL (JUICE OR RAW FOODS) 4PM: SECOND MEAL 7-8PM: LAST MEAL OR SNACK BEFORE THE FAST 8PM - 12 PM: 16 HOUR FASTING PERIOD.

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HERBS



TAKE PLENTY OF HERBS IN THE AM. I RECOMMEND SEA MOSS AND BLADDERWRACK AS WELL AS CHLOROPHYLL. HERBS HELP KEEP YOU FULL. PURCHASE THESE @

WWW.VEGANCHOICEFOODS.COM

MILK

Hemp-seed milk, coconut milk, walnut milk. (It is better to make your own milk than to buy it to make sure you are drinking pure nut or seed milk.



ENERGY

Fruits are concentrated with natural carbohydrates and are the body's natural and primary source of energy. It is better to consume fresh fruits and not canned fruits, which are processed and can contain cancer-causing additives and preservatives.



Dr. Sebi Nutritional Guide Recommended Fruits



Apples, bananas, berries, cantaloupe, cherries, currants, dates, figs, grapes (seeded), key limes, mango, melons (seeded), oranges, papayas, peaches, pears, plums, prickly pear, prunes, raisins (seeded), soft jelly coconuts, soursops, tamarind.

Cure Any Disease With an Alkaline Diet [Click here to read our blog on why](#)

CLEANSING

Vegetables are high in micronutrients including vitamins, minerals, phytonutrients, and fiber, which serve to feed the body and cleanse the digestive tract that contains most of the body's immune system.



Dr. Sebi Nutritional Guide Recommended Vegetables



Amaranth greens (callaloo), avocado, bell peppers, chayote (Mexican squash), cucumber, dandelion greens, garbanzo beans (chickpeas), green banana, izote (cactus leaf), kale, lettuce (except iceberg), mushrooms (except shitake), nopales, okra, olives, onions, purslane (verdolaga), poke salad, sea vegetables (wakame, dulse, arame, hijiki, nori), squash, tomato (cherry and plum only), tomatillo, turnip greens, watercress, zucchini

African Bio-Mineral Balance Food List

VEGETABLES

Amaranth greens-same as Callaloo, a variety of greens
Wild Arugula
Avocado
Bell Peppers
Chayote (Mexican Squash)
Cucumber
Dandelion greens
Garbanzo beans
Izote-cactus flower/ cactus leaf
Kale
Lettuce (all, except Iceberg)
Mushrooms (all, except Shitake)
Nopal-Mexican Cactus
Okra
Olives
Onions
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
Squash
Tomato-cherry and plum only
Tomatillo
Turnip greens
Zucchini
Watercress
Purslane (Verdolaga)

GRAINS

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

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)
Prunes
Raisins-seeded
Soft Jelly Coconuts
Soursops-(Latin or West Indian markets)
Tamarind

SPICES

Basil
Bay leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme

ALL NATURAL HERBAL TEAS

Burdock
Chamomile
Cuachalalate
Elderberry
Fennel
Flor de Manita
Ginger
Gordo Lobo
Muicle
Raspberry
Tila

NUTS & SEEDS

Hempseed
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts
Brazil Nuts

PUNGENT & SPICY FLAVORS

Achiote
Cayenne/African Bird Pepper
Onion Powder
Habanero
Sage

SALTY FLAVORS

Pure Sea Salt
Powdered Granulated Seaweed
(Kelp/Dulse/Nori-has "sea taste")

SWEET FLAVORS

Pure Agave Syrup-(from cactus)
Date Sugar

OILS

Olive Oil (Do not cook)
Coconut Oil (Do not cook)
Grapeseed Oil
Sesame Oil
Hemp Seed Oil
Avocado Oil

IMPORTANT REMINDERS Drink 1 gallon of natural Spring water daily. Take Dr. Sebi's product 1 hour prior to Pharmaceuticals. Follow the Nutritional guide strictly & taking products regularly, produces the best results with reversing disease. Sleep during healing hours (10pm 2am) The grains listed have been made into pasta, flour and cereal (look in health stores & online for products). Make sure to always read the product's ingredients to avoid accidentally consuming unapproved foods.

THINGS TO AVOID Avoid the Microwave – it will kill your food. Avoid any Food or Drink that's not listed in the guide. Avoid canned and seedless fruit. Avoid animal products, meat, poultry, fish, dairy & honey. Avoid GMO's, white/brown sugar (including sugar cane) artificial sweeteners and alcohol. www.veganchoicefoods.com