



Here are the foods that are alkaline....  
*(as adopted by Dr. Sebi)*

<b>Vegetables</b>	<b>Fruits</b>	<b>Herbal Teas</b>
Avocado	Apples and Banana	Allspice
Bell Peppers and Onions	Berries. No cranberries	Anise
Cucumber	Cantaloupe and Melons	Burdock
Dandelion Greens	Cherries and Currants	Chamomile
Garbanzo Beans	Dates & Figs & Prunes	Elderberry
Kale, Turnips	Grapes. Seeded only	Fennel
Green Banana	Limes. Keylime best	Ginger
Lettuce. No Iceberg	Mango	Raspberry
Mushrooms. No Shitake	Oranges	Dandelion
Nopales	Papaya	
Okra	Peaches and Pears	<b>Nuts &amp; Seeds</b>
Olives	Plums and Raisins	Hemp Seeds
Tomatoes (cherry/plum)	Coconuts	Brazil Nuts
Seaweeds	Soursop	Sesame Seeds & Tahini
Squash and Zucchini	Tamarind	Walnuts

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HERB'N BUSH  
TEAS & TONICS FOR BROWN-EYED PEOPLE

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<b>Grains</b>	<b>Oils</b>	<b>Spices &amp; Seasoning</b>
<b>Amarenth</b>	<b>Avocado Oil (ok to heat)</b>	<b>Basil</b>
<b>Kamut</b>	<b>Coconut Oil (donot heat)</b>	<b>Bay Leaf</b>
<b>Quinoa</b>	<b>Grapeseed Oil (heat ok)</b>	<b>Cloves</b>
<b>Spelt</b>	<b>Sesame Oil (heat ok)</b>	<b>Dill</b>
<b>Wild Rice</b>	<b>Olive Oil (do not heat)</b>	<b>Oregano</b>
		<b>Parsley</b>
<b>Salts</b>	<b>Sweeteners</b>	<b>Sweet Basil</b>
<b>Pure Sea Salt</b>	<b>Agave Syrup</b>	<b>Tarragon</b>
<b>Seaweed Salts like Dulse</b>	<b>Date Sugar</b>	<b>Thyme</b>
	<b>Coconut Sugar</b>	<b>Cayenne</b>
		<b>Cilantro</b>
		<b>Onion Powder</b>
		<b>Habenero</b>
		<b>Sage</b>

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