



ALKATRICIAN

MOLECULAR NUTRITION
DURING DETOXIFICATION

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ALKATRICIAN™: INSTRUMENT OF HEALING & FACILITATOR IN THE HEALING PROCESS.

We aid individuals to integrate self-care, self-respect, and reflection into their lives. We empower individuals to overstand their ability to heal themselves through the use of alkaline foods and herbal compounds.

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ALKATRICIAN

MY JOURNEY TO BECOMING AN ALKATRICIAN™

Greetings! Thank you for investing in your wellness which in turn impacts our overall community! You are doing a wonderful thing for us ALL! My journey all began with me watching my grandparents, the foundation of our family, suffer from diseases throughout their lives. As I watched and observed them, they worked hard, went to church several days of the week, and raised their children and grandchildren. Then all of a sudden, they got sick with cancer. First, it was my grandfather who I was used to seeing work at the shipyard and come home to work on his garden, cars, yard, etc. I went from watching him do all that to lying on his back waiting to transition. Then my grandmother got cancer. She fought it a little longer than my grandfather did because he just gave up after not being able to take care of himself (bathing and using the bathroom). However, my grandmother was a very strong, spiritual person.

My mother took care of them both twenty-four, seven. She eventually became sick with diabetes and stomach ulcers. Both of my God-fearing, church-going grandparents went to the doctor to receive chemicals instead of using God's herbs (Genesis, Ezekiel, and Revelations all mention herbs for healing) to heal. He created herbs for the healing of the nations. When my mother's conditions weren't getting better, I started to do research for her. One of my friends asked me if I had heard of Dr. Sebi, who was the only person in history to challenge the Supreme Court for curing blindness, leukemia, sickle cell, diabetes, herpes, aids, and other cancerous illnesses. I focused my research on his studies of healing. I met him in 1995 in Washington, D.C.; I was twenty at the time.

As I did more studying I learned about alkaline, eating for nutritional purposes, and for specific cellular make-up. I realized that before I helped my mother, I had to help myself, because I was an angry person and couldn't control my rage when pushed. Once I figured it out, I had to stop eating flesh, dairy, and soy in order to heal myself, along with taking an intra-cellular cleanse with Dr. Sebi's products. I gave it one hundred percent without cutting any corners. I decided December 31, 2010 would be my last day of eating the causes of addictions and ordered a package from Dr. Sebi (his family) and received it on January 11, 2011.

In one month, my mother was healed of diabetes and in three months of stomach ulcers. I was no longer in a rage and had control of myself. This was so liberating because I didn't for a long time I did not have control over my emotions. I found out that acid forming from food and drinks played a role in my behavior, mother's illness, and grandparent's transition. It was all acidic and anything you put in your mouth that is acidic will break down in the form of mucus, which will cover the cells and prevent them from rebuilding themselves. This causes the organs to overwork, and then disease through life manifests.

Back then, the “alkaline community” was very small and scattered. I envisioned the need for a product line to help those in transition to health. I decided to create foods and drinks from scratch using alkaline ingredients. I sought USDA approval and was soon added to Dr. Sebi’s vendor list. I believe for every problem or situation there is a solution. I further know that before I suggest and inform people that they should remove certain foods and drinks from their eating habits, they will want to replace it with something. I am now seven years into this lifestyle. I heard Dr. Sebi say “alkaline” so many times and I knew I had not been in a school system to become a chef, nutritionist, or herbalist so I created the term “Alkatrician.”

Big hugs,
Atum Dre

WHAT IS DETOXIFICATION?

Detoxification is a natural way to heal the body using herbs to cleanse and rebuild cells. It involves the use of chemistry, biochemistry, herbs, and physics. Detoxification is not a method of treating symptoms but a way of healing to prevent you from going through dis-ease in life.

WHY SHOULD I DETOX?

Detoxification is very important in order for the body to rebuild itSELF. When you allow proper detoxification to occur, you rejuvenate and regenerate your cells. You begin to rehydrate the cells, which brings balance within your systems. Even in nature, the very animal (carnivore species) designed to eat the flesh DOES NOT eat it every day. WHY? They innately know the importance of DETOXING and giving the body a break from strenuous digestion processes.

The need to detox is due to years of improper eating. The intestinal flora becomes putrefied (particularly from cooked meat), resulting in colonic dysfunction, allowing the absorption of toxins from the bowel. This phenomenon is variously called dysbacteriosis, dysbiosis, or intestinal toxemia (toxicosis). This is a build-up of toxins and waste material in many parts of the body, including within individual cells. Some of these toxins and wastes are called lipofuscin, which accumulate in the skin and nervous system, including the brain. It can be observed as liver spots or age spots.

We suffer from malnutrition at a cellular level because such a high proportion of cooked food consists of wastes and toxins, individual cells don't receive enough of the nutrients they need. When the cells are literally

starved of nourishment, the body tends to overeat which leads to obesity. The cells don't get enough nutrients they are so to speak "always hungry" and hence "demand" more food.

The body can become so toxic that all kinds of particles, such as pollen, can cause detoxification crises, called "allergies." The immune system having to deal with the massive daily invasions of toxins, mutagens, and carcinogens eventually becomes overwhelmed and weakened. We suffer from auto-immune diseases (arthritis, rheumatism, bursitis, gout, multiple sclerosis, etc.). Parts of the body become so clogged with toxins and wastes that the immune system starts regarding them as foreign invaders that must be destroyed—the body starts destroying itself. Some of the waste materials build up in the arteries and clog them, leading to high blood pressure, atherosclerosis, arteriosclerosis, strokes, etc. Heart disease is the leading cause of death in the U.S. yet we keep on acting like our foods aren't killing us. The toxins, mutagens, and carcinogens that build up within cells, eventually cause some cells to become cancerous—killing nearly a third of Americans each year. The better question is: WHY WOULD YOU NOT DETOX????

REALLY? JUST RAW?

Yes, cooked foods stop the detoxification process. When you eat cooked food there is a rush of white blood cells toward the digestive tract, leaving the rest of the body less protected by the immune system. From the point of view of the immune system, the body is being invaded by toxins when cooked food is eaten. Because all the enzymes are destroyed by cooking, the food cannot be properly digested. In attempting to manufacture the requisite enzymes, an unnecessary burden is placed on the body. It cannot manufacture all the necessary enzymes. The result is indigestion and sometimes ulcers. In general, raw food is more easily digested and passes through the system in a half to a third of the time it takes for cooked food. Don't worry... after a while, you will feel so good that cooked foods aren't even on your mind!

Since the goal is to maximize the body's potential to release, this detoxification uses raw fruits, vegetables, and seeds. They are the simplest to breakdown while providing the body with the proper nutrition to sustain itSELF. I have selected specific foods because of how they breakdown in the body. In a regular meal, you use a whole lot of energy to breakdown complex foods. During this detox, your body can use that energy to heal. How amazing... your body will heal itself when you provide it the best situation to do so. In general, many of the aging processes are accelerated by cooked food. People who switch to raw food often become visibly and physiologically younger.

WHAT SHOULD I EXPECT?

When detoxing, your body could experience symptoms like headaches, dizziness, runny nose, etc. Do not be alarmed—these are signs that the body is breaking up and releasing toxins through the eliminative organs of the body (colon, kidneys, nose, and skin). Often, the body attempts to detox on its own. The body experiences detoxification crises (also called purification or healing crises). This happens when toxins are released through the skin or dumped in the bloodstream for elimination by the liver, kidneys, and other organs. The symptoms may include headaches, fever, nausea, vomiting, colds, bronchitis, sinusitis, pneumonia, diarrhea, etc. These are the same symptoms you may experience during a detox since we are aiming to dump toxins.

On a brighter note, once the toxins are released you can anticipate high levels of energy, more clarity to bring about awareness, much calmer and relaxed disposition, and eat less to be full due to better absorption of nutrients.



A DAY IN THE LIFE...

As an Alkatrician™, I start my sunrise with two cups of room temperature distilled water with key lime. Next, I drink an herbal detox tea. Our Herbal Detox Teas address bodily systems: lymphatic, colon/GI, blood, bodily systems: lymphatic, colon/GI, blood, bodily systems: lymphatic, colon/GI, blood, kidneys/adrenal, and endocrine glands. Then, I have kidneys/adrenal, and endocrine glands. Then, I have some type of fruit all the way up until noon. Between midday and 6:00 p.m., I consume raw foods if I choose to have them. This could mean eating simple fruits and veggies or prepared recipes like the ones provided in this book. Throughout the day, I consume smoothies but very little plain water. I literally eat my water by having of fruits and veggies. You will not need to consume as much water because the fruits contain enough water to hydrate and sustain you.

SMOOTHIES & JUICE

You will need a blender to prepare smoothies. This doesn't need to be an ultra-fancy machine or super expensive. The higher quality blenders do work faster and breaker the food down to a finer consistency but for the purpose of this detox, something simple will do just fine! Additionally, if you do not have a juicer, you do not have to use the juice recipes. They are highly nutritive so you may want to find a friend with a juicer!

When making a smoothie, please adjust the spring water as needed to make the smoothie your preferred consistency. Remember to remove the pits from your dates and cherries. Seamoss refers to the powder but you can use seamoss gel as well. Do not juice or blend whole citrus like keylimes—just squeeze the juice out of them and use that in your smoothie or juice. Note that some recipes list avocado as an ingredient. I encourage you to use them very sparingly. You can easily use a baby banana in lieu of the avocado.

MELONLICIOUS SMOOTHIE

2 medjool dates
1 fig
2 TB hempseeds
2 tsp to 1TB seamoss
2 cups cantaloupe or honeydew 1 - 1 ½ burro banana
½ avocado
½ - 1 cup coconut milk (fresh from coconut)
2 cups spring water

BERRYRIFIC SMOOTHIE

1 medjool date
1 fig
2TB hempseeds
2 tsp seamoss
¼ cup blackberries
¼ cup strawberries
¼ cup blueberries
¼ cup raspberries
1 burro banana
½ avocado
½ cup coconut milk (fresh from coconut)
2 cups spring water

RASPBERRY BERET SMOOTHIE

1 medjool date
1 fig
1TB seamoss
2 cups raspberries
1 burro banana
½ avocado
2-3TB tahini butter
½ cup coconut milk (fresh from coconut)
1 to 2 cups spring water
2TB hemp seeds

CHEEZECAKE SMOOTHIE

2 medjool dates
1 fig
2 tsp to 1TB seamoss
1 cup sweet black cherries
1 ½ burro banana
2-3 TB tahini butter
2 TB hemp seeds
½ avocado
1 cup coconut milk (fresh from coconut)
2 cups spring water

SOURSURP SMOOTHIE

2 medjool dates
1 fig
1TB seamoss
2TB hempseeds
1 cup blueberries
1 cup soursop (or 3TB soursop powder)
2-3 TB tahini butter
1 burro banana
1 cup coconut milk (fresh from coconut)
1-2 cups spring water

GREEN JUICE

4 cups chopped amaranth
2 cups chopped dandelion greens
4 cups chopped callaloo
3 cucumbers with peel
2 green bell peppers
1TB soursop powder
2-3TB keylime juice
*Juice greens, cucumbers, and bell peppers.
Stir in soursop powder and keylime juice.*

SALADS

Salads are an easy way to satiate your pallet with beautiful, nutritious meals. Keep in mind you can make traditional salads using the fruits or vegetables from the list. Lettuce comes in so many varieties. Play around with the taste and texture of them. Get creative making dressings from the citrus, herbs, and spices.

Simple Fruit Salad

4 cups grapes with seeds
2 cups cherries
3 cups blueberries
¼ cup date syrup
3TB keylime juice

Chronicles of an Electric Girl's Tropical Fruit Salad

2 cups chopped mango
1 cup chopped papaya
1 cup pitted cherries
1 cup diced dragonfruit
¼ cup currants

RAWsta Salad

2 to 3 large zucchini
1 cup diced red onions
½ cup yellow bell pepper (diced)
½ cup red bell pepper (diced)
2TB dried scallions
1-2 cups shredded sundried tomatoes
1 cup sprouted watermelon seeds
1-2 avocados
2TB keylime juice

Spiralize zucchini using spiralizer. Once finished break apart using hands. Massage the avocado through the noodles. Sprinkle onions, bell peppers, watermelon seeds and scallions. Add *Italian Dressing* (Page11)



Chronicles of an Electric Girl's Tomato Basil Salad

6 ripe roma tomatoes or 2 cups of cherry tomatoes
1 cup basil, sliced long ways (remove the stalk part)
3TB olive oil
Sea salt
Cayenne

Slice roma tomatoes or cut cherry tomatoes into fourths. Cut the basil into strips. Add these into a medium bowl. Toss with the olive oil, sea salt, and cayenne pepper.

Power Greens Salad

4 cups chopped amaranth greens
4 cups chopped callaloo
1 cup chopped dandelion
1 cup chopped watercress
1 cup chopped lettuce of choice
1 cup diced red onion
½ cup diced yellow pepper
½ cup diced red or orange pepper
2 cups diced cucumber
1 cup seed(s) of your choice or blend

Toss all ingredients. Drizzle with dressing of choice.



Simple Arugula Salad

2 cups arugula greens or baby arugula
½ cup sliced red onions

Toss with dressing of choice.

Chronicles of an Electric Girl's Jerusalem Salad

1 large cucumber, diced
3 plum tomatoes or handful of cherry tomatoes
1 red bell pepper, diced
1 medium purple or yellow onion, diced
1 cup of minced parsley
6 key limes (juice)
6 TB tahini (ground sesame seeds)
Sea salt

1. Peel and dice the cucumber.
2. Dice the tomatoes, bell pepper, and onion.
3. Mince the parsley.
4. Toss all of the vegetables in a large bowl.
5. Squeeze the juice of the key limes into the bowl.
6. Add the tahini.
7. Mix until the veggies have a creamy coating. Add sea salt to taste.
8. If it's not creamy enough, you need more lime juice.

Chronicles of an Electric Girl's Pico de Gallo

6 plum tomatoes or 2 cups cherry tomatoes
1 medium purple or yellow onion
1 bell pepper (any color)
½ cup finely chopped cilantro
½ habanero very finely minced
4 key limes (juice)
Sea salt to taste
Cayenne pepper to taste

Dice tomatoes, onion, and bell pepper. Put them into a medium sized bowl. Add the finely chopped cilantro, habanero, and key lime juice. Mix thoroughly. Add sea salt and cayenne pepper.

Gazpacho Option: Add all of these ingredients, one peeled cucumber, and 1TB date syrup into a blender to make Raw Gazpacho Soup.

DRESSINGS & SAUCES

Italian

2TB *Alkaline Gourmet's Italian Seasoning*

¼ cup keylime juice

2TB spring water

½ cup olive oil

Shake well or quickly blend.

Peach, Coconut, & Thyme

2 cups of fresh peaches

1 TB coconut flakes

1 tsp fresh or dried thyme

1 tsp date syrup (optional)

2/3 cup coconut water (fresh from coconut)

Blend then enjoy.



Chronicles of an Electric Girl's Keylime Herb

1 cup fresh keylime juice

1 cup extra virgin olive oil

3 TB dried herbs (basil, cilantro, parsley, oregano or any mix of these)

1 TB date syrup

½ tsp sea salt

¼ tsp cayenne (optional)

Blend then enjoy! Refrigerate up to one week!

DEHYDRATED PATTIES & SNACKS

You will need a food dehydrator for the items in this section. To make dehydrated patties or snacks, you may need to adjust our dehydration times based on your dehydrator. You do not need a super fancy one to get the job done. Let's keep it simple! The patties can be used in salads or cucumber "boats". Additionally, they can be used in wraps made of lettuce, coconut wraps or seaweed wraps. Dehydrated patties and snacks can be made in advance and last up to a week. Store dehydrated items in a glass container with a tight lid.

Salad Option: Serve your patty over salad of choice and drizzle with dressing of choice.

Stuffed Cucumber Option: Peel then slice a cucumber long ways. Spoon out the seeds from both sides. Stuff patty of choice to make a cucumber "boat". Smother with dressing of choice.

No Crabby Patty

- 1 cup diced tomatoes
- 1 cup diced green pepper
- 1 cup diced yellow onion
- 1 cup of greens (arugula, romaine, kale, etc.)
- 1 to 1½ cups shredded zucchini
- 2 cups sesame seed meal
- 1 packet **Alkaline Gourmet's No Crabby Patty Seasoning**

In a bowl mix tomatoes, green peppers, yellow onion and zucchini. Stir in **Alkaline Gourmet's No Crabby Patty Seasoning**. Add the sesame seed meal and stir in well. Form into small patties and place in dehydrator for 4-6 hours (depending on size and dehydrator. Check for firmness.)

Run 4 Da Border Patty

- 1 cup diced tomatoes
- 1 cup diced green pepper
- 1 cup diced yellow onion
- 1 cup of approved greens (arugula, romaine, kale, etc.)
- 1 to 1½ cups shredded zucchini
- 2 cups sesame seed meal
- 1 packet **Alkaline Gourmet's Run 4 Da Border Seasoning**

In a bowl mix tomatoes, green peppers, yellow onion and zucchini. Stir in **Alkaline Gourmet's Run 4 Da Border Patty**. Add the sesame seed meal and stir in well. Form into small patties and place in dehydrator for 4-6 hours (depending on size and dehydrator. Check for firmness.)



Green Chips

- Clean greens of your choice
- Pat dry or set aside to dry
- Place in a bowl
- Massage with tahini butter until the greens are covered
- Season with ***Alkaline Gourmet's Italian Seasoning***
- Place onto the dehydrator for approximately 2 hours or until crunchy

Burro Banana Chips

- Peel burro bananas
- Slice long ways into strips.
- Soak in spring water with a little sea salt for about 5 minutes.
- Remove and pat dry.
- Season with ***Alkaline Gourmet's All-Purpose Seasoning***
- Place onto the dehydrator for 2 to 4 hours or until crunchy

Coconut Cocktail

- Cut raw coconut meat into strips
- Season with ***Alkaline Gourmet's All-Purpose Seasoning***
- Place onto the dehydrator for 2 to 4 hours*

**Less time makes more of a chewy texture; longer creates chips*



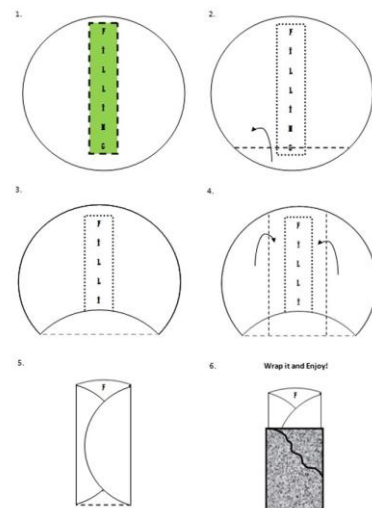
WRAP IT UP!

You can make wraps from big leaf lettuce like romaine, coconut wraps or seaweed (nori) sheets. The key is to find RAW, ORGANIC coconut wraps and nori sheets. They are available in health food stores or online from places like VitaCost or Amazon. If you don't want to order additional products, lettuce works just fine.



GENERAL WRAP INSTRUCTIONS

- Choose your base (lettuce, coconut or seaweed).
- Line with your salad layer of choice.
- Add your patty of choice (or not).
- Drizzle with your dressing of choice.
- Add seeds if you want.
- Fold that thang up and enjoy!



WRAP CONFIGURATION CHART

We suggest playing around with combinations for super tasty all raw wraps. Use this chart as a base for creating your own configurations. Choose a base, a salad layer, a patty layer, a dressing, and add seeds!

BASE	SALAD LAYER	PATTY LAYER	DRESSING	SEEDS
Lettuce Coconut Wrap Nori Wrap	RAWsta Salad Simple Arugula Jerusalem Salad Pico De Gallo Power Greens Tomato Basil	No Crabby Breakfast Patty Run 4 Da Border	Italian Ranch	Hemp Linaza Watermelon* <i>*Sprouted is best</i>



“THE ALL IN” DESSERT WRAP

- Lay coconut wrap on flat surface.
- Place 2-3 chopped small bananas or burro inside the wrap.
- Add 2 chopped figs inside the wrap.
- Drizzle with tahini butter.
- Top with date syrup.
- Fold as you desire and ENJOY!!!

GENERAL FOOD INFORMATION

The following pages provide a list of foods inspired by Dr. Sebi's approach to healing. You will note some instances of difference as his list changed numerous times over the years. I have some general suggestions that aim to provide you with the cleanest version of ancient foods as possible.

Labels. In the produce section, fruits and vegetables are all labeled with a code that starts with 3, 4, 8, or 9. Please NEVER choose items that start with a 3 (extremely high pesticide crops) or 8 (genetically modified). The number 4 indicates conventionally grown with pesticides and 9 indicates organic (organic foods just have less pesticides).

Organic vs. Conventional. The main difference between organic and conventional food products is the chemicals involved during production and processing. Conventional food production practices involve the use of a number of chemicals which have a devastating effect on the environment, while the residues of these chemicals in food products have tremendous effects on human health. All food products on the market including those that contain residues of pesticides, antibiotics, growth hormones and other types of chemicals that are used during production and processing are said to be safe. There are no reports about people getting ill from eating conventionally grown foods. However, it is important to be aware that the effects of these chemicals in the long term remain unknown. Some national health organizations recommend parents to choose organic food products for their children because children are more vulnerable to the effects of pesticides than the adults. This should make you wonder whether the residues of these chemicals in food products are really as harmless as they are claimed to be. We know that the chemicals themselves are toxic.

Organic food eliminates the risk of high levels of chemical residue, but this is not its main advantage over conventional products. Strict avoidance of all chemicals in all stages of production makes organic food much more environmentally friendly. The use of all natural production methods eliminates the risk of soil and underwater contamination and helps preserve biodiversity and wildlife— both of which have been seriously affected by the human actions, primarily urbanization and intensive agriculture. In the end, organic food helps reduce the carbon dioxide emissions and fight the global climate change, especially if they are sold locally.

Note: even with organic food, there are some traces of pesticide, herbicides, etc. I would rather have a few molecules of those substances instead of it being saturated with the poisons.

Soaking & Washing. All fruits and veggies need to be soaked and washed to remove pesticides and other debris. Even if you buy organic, you still need to soak and wash. You can use an organic "Veggie Wash" from the market or use sparkling spring water, sea salt and key limes.

How to Remove Pesticides from Fruits and Vegetable:

1. Fill a large bowl with 4 parts sparkling spring water, sea salt and key limes or fruit n veggie wash.
2. Soak the fruit or vegetables you'd like to clean in the mixture for 20 minutes.
3. Rinse the fruit or vegetables well with water. Studies have shown that washing your produce can reduce the pesticide residue but won't eliminate all pesticides.

Seeds vs. Seedless. We choose seeded fruits over seedless because they are viable. If the fruit itself can't produce a seed to reproduce, then how will it continue? In turn, if we eat foods that are not viable, how do we expect to effectively reproduce? When you take foods out of their whole form, then you change the molecular structure of what it was supposed to be. Our bodies will have to overwork to process the seedless foods, which robs the body of energy that it needs to digest the food. The body does not have affinity for foods that have been altered to be seedless.

FRUITS

Only fresh or frozen (not canned). If in nature the fruit has seeds, then the ones you choose should have seeds as well. For instance, select watermelon, grapes, oranges, limes, raisins, etc. all WITH seeds.

Apple

Baobab

Banana – baby, manzano, or burro varieties NOT conventional bananas.

Berry – all varieties except cranberry

Cantaloupe

Cherry

Currant

Custard Apple

Date

Fig

Grape –seeded

Jamaican Apple

Lime (key limes preferred; they have seeds)

Longon

Lucas Fruit

Mango

Mangosteen

Melon (Eat melon varieties by themselves. Do not mix with other fruits or with other melons.)

Orange (Seville or Sour orange preferred; typically in international or Caribbean markets)

Papaya (Check the label and make sure the code does not start with a 3.)

Peach

Pear

Plum

Prune

Raisin (Only select raisins if they have seeds. Currants are an alternative to seedless raisins.)

Rambutan

Sea Grapes

Soft Jelly Coconut

Soursop (Typically found in international or Caribbean markets)

Sugar Apple (Cherimoya)

VEGETABLES & GREENS

Avocado (use sparingly)
Bell Pepper
Chayote
Cucumber
Izote (cactus flower or leaf)
Mushrooms
Nopales (Mexican cactus)
Olives (NOT with preservatives other than sea salt)
Onions
Tomato (cherry or plum/roma)
Yellow Squash
Zucchini

GREENS:

Amaranth Greens
Callaloo
Dandelion
Kale
Lettuce (all except iceberg)*
Mustard Greens
Purslane (Verdolaga)
Turnip Greens
Watercress

**There are numerous varieties of lettuce. Try them all!*

HERBS & SPICES SEEDS

Achiote
Basil
Cayenne
Cilantro
Dill
Habanero
Onion Powder
Oregano
Parsley
Savory
Sage
Sea Salt
Sweet Basil
Thyme
Ginger

SEEDS

Hemp
Linaza
Sesame
Watermelon*
**Sprouted is best*

OILS

Avocado
Coconut
Hemp
Olive
Sesame

POWDERS

Cacao (powder, wafer, or nibs)
Camu Camu
Lucuma
Maca
Sea Moss/Irish Moss
Soursop

OTHER

Kelp, Dulse, or Nori Granules
Coconut Milk*
Coconut Water
Coconut Wraps
Raw Tahini
Sea Weed Nori Sheets
Unsweetened Coconut Cream*

**Aroy-D Brand is preferred*

ALKALINE GOURMET

Italian Seasoning

All-Purpose Seasoning

No Crabby Seasoning

Run 4 Da Border Seasoning

New Kitchen

Purchase Spice Blends:

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