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# Dr. Sebi Tried To Warn Us



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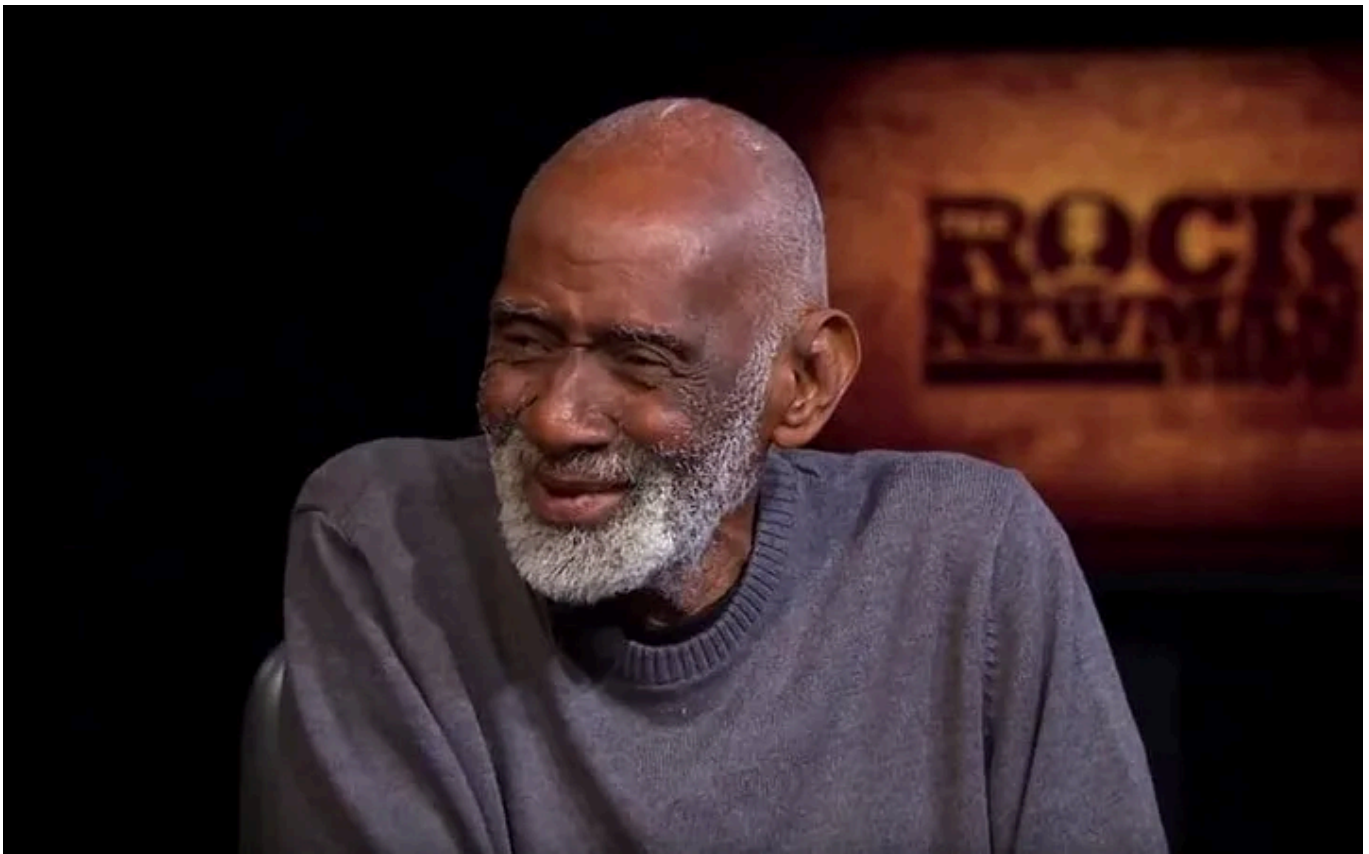


The healthcare system wants you trapped in a cycle of dependency on their drugs, making them rich while you suffer from chronic diseases that they say cannot be cured. But what if there was a way out?

Dr. Sebi found cures for multiple diseases, even HIV and AIDS, by using the power of Mother Nature. But when word got out about his miracles, he was taken into custody and ultimately died in prison. His name was even trademarked shortly after his death, leaving us to wonder .. what really happened to him? Was he killed for having the cure for diseases?

In this article, we are going to take a deep dive into the life and work of Doctor Sebi, a herbalist who dared to challenge the system and paid the ultimate price for it. Today, it's not uncommon for people to search for a Dr. Sebi nutritional guide — but where did his journey start?

## Who Is Dr. Sebi?



Alfredo Bowman, more commonly known as Dr. Sebi, was born on the 26th of November 1933, in Ilanga, Honduras.

He first learned of herbal healing and related traditional practices from his grandmother; his grandfather was originally from Haiti. He generally identified himself as an “African in Honduras”, not as an Afro-Honduran.

Even though his grandmother taught him about herbal remedies, Dr. Sebi didn't take an interest in this at the time. Doctor Sebi worked on a cargo ship as a machinist during the earlier years of his life. While on the cargo ship, he had the opportunity to travel to other countries.

## **How Was Dr. Sebi Like In His Early Life?**



During his time as a machinist, Dr. Sebi lived an unhealthy life. He consumed too much food, and this led to obesity.

Later, he developed other health problems. These included:

- Impotency
- Diabetes
- Asthma

At the age of 35, Dr. Sebi suffered from visual impairment, along with other conditions that he had developed.

When Dr. Sebi realized that his life was in danger because of these diseases, he decided to head to the United States. It was here that he decided to take advantage of Western medicine as a way of treating his condition.

Dr. Sebi received medicine. Drugs designed to keep his conditions stable. Drugs that many Americans are using daily. Unfortunately, Doctor Sebi didn't get the desired effect, and this proved to be the main issue in enjoying a healthier life.

What happened was the complete opposite. His symptoms got worse. The doctors told him that his conditions can't be cured. At that point, Dr. Sebi decided that he had to look for other ways in which he could heal himself. A way that was not available through mainstream practices.

This is where Dr. Sebi met a man coincidentally also named Alfredo, while he was traveling on the cargo ships. This Alfredo Cortez specialized in herbal medicines and was supposedly well-equipped to deal with diseases. He decided to pay Alfredo Cortez a visit, who resided in Mexico at the time.

Fortunately, due to the traveling element of his work, he was able to head over to Mexico. It is here that Dr. Sebi's life took a turn for the better, after hearing that he was dying from the herbalist in Mexico.

## **The Fast That Changed His Life**



The treatment started with a fast — which lasted for 90 days. Fasting is a therapeutic technique that has been used for thousands of years. In fact, some experts suggest that it dates back to as early as the 5th century, BCE. At the time, the Dr. Sebi diet didn't exist — something that many people are looking for in the modern day. Doctor Sebi first wanted to take advantage of what a fast could give him.

Hippocrates, a famous Greek physician, was one of the first to describe abstinence from liquids and food as a treatment for certain diseases.

*Modern research shows that a fasting diet that lasts about 12 weeks can help to reduce cholesterol by as much as 12%, body weight by 7%, and even help to lower triglyceride levels by 14% to 42%.*



To his surprise, during this fast, Doctor Sebi was able to start feeling better — and the conditions he had started to disappear. Instead of telling Alfredo that he cannot be cured, the Mexican herbalist rather attempts to help. The herbalist continuously provided Dr. Sebi with herbal mixtures during the fasting period, as well as juice on certain occasions. Water formed an important part of his life during these 90 days.

This was where Alfredo's journey to becoming Dr. Sebi started.

*Dr. Sebi experienced the wonders of natural remedies and was able to cure himself of diseases otherwise thought of as incurable.*

He became more interested in using natural cures and started to experiment on himself at this point. He would create natural compounds and mixtures, then consume them to see how they affected him. This slowly started the creation of the Dr. Sebi diet that many people sought out today.

Later on, Doctor Sebi decided to start helping other people with his natural remedies. This is when Dr. Sebi's name started to get out there. He started his first healing practice soon after he was cured by Alfredo Cortez in Mexico.

The first practice was created in Honduras, his home village. The initial treatment that Dr. Sebi developed was known as African Bio-Electric Cell Food Therapy. Even though self-taught, this therapeutic technique quickly gained traction — and he later even promoted the herbal products he created to people in the United States.

*Dr. Sebi later went to the United States, where he continued his journey to use nature as a healing tool for people.*

## How Dr. Sebi Sparked Controversy?



Pharmaceutical companies and even the FDA started to take note of Dr. Sebi. The FDA filed an official lawsuit against Dr. Sebi in 1988 after he promoted his cures for chronic diseases that were not considered curable. They were worried about the fact that a Dr. Sebi diet could help people overcome diseases that they relied on to profit through their pharmaceutical treatments.

The FDA claimed that Dr. Sebi promoted false advertising. They also claimed that Dr. Sebi did not have any licenses or a degree to back the work he did. The case went to court, where the judge then requested Dr. Sebi provide evidence for the claims he made on these advertisements.

The judge asked Dr. Sebi to offer one witness who can form evidence for each disease he claims to be able to cure. When Dr. Sebi arrived, he brought

along with him 77 witnesses — all of whom were cured by the herbal compounds and mixtures that Alfredo used to treat these individuals.

The case was thrown out, but companies continued to attack Dr. Sebi, often even sending in people who work undercover, acting like patients in need of healing from his practice.

On the 28th of May, 2016, the police arrested Dr. Sebi at an airport. He was charged with money laundering due to the amount of money he carried with him. By this point, his business was a huge success, and he even helped to cure celebrities.

Unfortunately, friends and family who reached out to the business Doctor Sebi created were unable to get ahold of anyone — and that meant they couldn't get access to the documentation required to prove Dr. Sebi's innocence. There was no court date set for Dr. Sebi, and no bail was granted to him — which was not normal considering the allegations against him.

## **How Did Dr. Sebi's Healing Journey End?**

Later that year, in August, it was announced that Dr. Sebi died while he was in prison. The official statements from the authorities mentioned that the reason for his death was pneumonia. Still, Dr. Sebi told his daughter previously that the prison was trying to poison him through the food that they were serving.



## Why The US Government Murdered Dr. Sebi



Pneumonia outbreaks are relatively common in prisons, with some cases affecting as much as 5% of the inmates — giving reason why pneumonia would be used as a possible “excuse” regarding Dr. Sebi’s death.

Many people would argue that the death of Dr. Sebi was no accident. He was in perfect health while in prison, even at the age of 82.

**This is where things get interesting** — as just a short while after Dr. Sebi’s death, his name was trademarked by the company that he had created.

At this time, it was clear that Dr. Sebi’s legacy was stolen — by the people he trusted and worked with at his healing practice. Dr. Sebi’s products became their property.

It was also discovered that the formula of Dr. Sebi’s products he created was altered. This was confirmed by both Dr. Sebi’s daughter and one of his wives.

The people who used his formulas also noted sudden reactions to the supplements, which did not happen before.

This is just one example of how multibillion-dollar industries take action to hide truths that can be costly to them. The pharmaceutical industry is huge and heavily relies on sick people who constantly require treatment with conventional medication. When people know about Dr. Sebi's methods and can gain easy access to them, they would turn to these natural remedies instead of continuously moving back to the pharmaceutical and healthcare industry to help with the "management" of an "incurable" disease.

## **What Can We Learn from Dr. Sebi?**

Although Dr. Sebi is no longer with us, there are some extremely important lessons we can learn from him.

Dr. Sebi was dying at the age of 35, of obesity and several other health problems. Yet, his health turned around completely. This is the first lesson that we should learn from Dr. Sebi. Even if your health is in bad shape, it's not too late to make positive changes. Take your health seriously and do the necessary steps to better yourself.

He also taught us that no matter who we are or where we're from, there's always a way to make a success out of yourself. Dr. Sebi went from working on a ship to running his own business and creating his own natural products.

Among the many lessons that we can learn from him, we also need to remember how natural remedies were able to provide Dr. Sebi with restorative effects — and that was after pharmaceuticals failed to do

anything for him. What's the lesson here? We shouldn't forget that Mother Nature has many ways to help our bodies heal, from natural plants to extracts that take away the pain, lower inflammation, and rejuvenate the body. He taught us that filling our bodies with pharmaceutical drugs only causes us to expose ourselves to chemicals — that can be harmful in the long run. When there's a natural remedy, it's a good idea to turn to it.

Apart from these lessons, there is another thing that we should remember. After being possibly poisoned in prison, what happened shortly after? The people who worked for Dr. Sebi or the government trademarked his name, took over his business, and even adjusted the formula of the natural products that Dr. Sebi created. This shows that once you become successful and challenge the system, you have to watch everyone around you. You never know who's plotting your downfall.

## **What Can We Do to Change Our Lives?**

Now, with Dr. Sebi's legacy being altered — where do we turn to when we need natural healing? Here are a couple of options.

Dr. Sebit was a huge fan of sea moss. He discovered sea moss, also known as Irish moss, while researching the plants of the Caribbean islands. He believed that sea moss had powerful healing properties and was effective in treating a range of health issues, including respiratory problems, thyroid issues, and digestive disorders.

Sea moss is a type of algae that is high in nutrients such as vitamins, minerals, and amino acids. It is also believed to have anti-inflammatory and antimicrobial properties, making it a popular ingredient in natural remedies and supplements. Sea moss is often consumed in the form of a gel or added to smoothies and other recipes for its potential health benefits.

The ancient Greeks believed that honey was a go-to remedy for wound healing, and the Vedic civilizations swore by honey for digestive problems. Since ancient times, Egyptians, Mexicans, Indians, and several other civilizations have turned to aloe vera to treat constipation and soothe the skin. Some civilizations have used aloe vera in the treatment of asthma, burns, psoriasis, diabetes, and more.

In ancient times, these discoveries were made, and we continue to rely on them today. One of the biggest differences is that we now have access to technology and medical equipment that makes it easier to study the actual effects of these natural remedies.

Willow bark, for example, is an ancient remedy for pain and inflammation. In old times, people used to chew on the bark. Scientists have now discovered that willow bark contains salicin, which has properties similar to that of aspirin.

Even though just 24% of salicin is in a willow bark extract, studies still show it may work more effectively than aspirin and produce fewer adverse effects. Studies show that honey contains bee defensin-1, as well as methylglyoxal, both of which provide antibacterial properties.

## Final Thoughts

We must carry on Dr. Sebi's legacy and start to heal ourselves. We don't need them, they need us. Dr. Sebi's products were stolen from him after his death. Even Dr. Sebi's daughter was denied access to anything. Yet, we can still look at factors like the Dr. Sebi diet to learn how we can take advantage of nature to start healing.

Have you heard of Dr. Sebi before? What's your take on the story? Do you think he really *died* of pneumonia? Or was there something darker behind his death? Be sure to leave a response with your opinion and don't forget to give a clap if you enjoyed the content!

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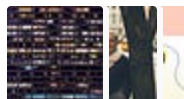
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