

SEASONINGS AND SPICES

MILD FLAVORS:

Basil
Bay Leaf
Cloves
Dill
Oregano
Savory
Sweet Basil
Tarragon
Thyme

PUNGENT AND SPICY FLAVORS:

Achiote
Cayenne - (African Bird Pepper)
Coriander - (Cilantro)
Habanero
Onion Powder
Sage

SALTY FLAVORS:

Pure Sea Salt
Powdered and Granulated Seaweed

SWEET FLAVORS:

Pure Agave Syrup - (from Cactus)
Carob
Date Sugar

We are not doctors and we cannot give you any medical advice about specific conditions or treatment. We never recommend that anyone stop taking medication, or replace prescribed medication with our herbs—please consult a doctor before doing so.

Our herbs are not intended to treat any illness, but to support an overall healthy lifestyle. Herbs take a while to work and work best when following the correct diet. Diet is especially key, and the herbs are unlikely to have any effect absent proper nutrition.

Remember To Avoid:

- Fast foods, processed foods
- Processed sugar
- Alcohol
- Canned foods
- All animal products (meat, fish, dairy and honey)
- Seedless fruit and GMO foods
- Tobacco and tobacco products
- Coffee

*These will all negate the effects of the herbs.

Reminders:

- Do not use the microwave
- Drink 1 gallon of spring water per day
- Get at least 8 hours of sleep a night
- Take the herbs 1 hour apart from pharmaceuticals
- If taking the Happy Colon or Happy Gut take with food
- All of our blends compliment each other and may be taken together, just space them 5 to 15 minutes apart

Contact Us

info@alkalineherbshop.com

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ALKALINE DIET FOOD GUIDE



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FRUITS

Apples
Bananas - (Manzano or Burro Bananas)
Berries - (all varieties except Cranberries)
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes - (seeded)
Limes - (Key Limes preferred with seeds)
Mango
Melons - (seeded)
Oranges
Papayas
Peaches
Pears
Plums
Prickly Pear - (Cactus Fruit)
Prunes
Raisins - (seeded)
Soft Jelly Coconuts
Soursops
Tamarind

VEGETABLES

Amaranth Greens - (same as Callaloo, a variety of greens)
Wild Arugula
Avocado
Bell Peppers
Chayote - (Mexican Squash)
Cucumber
Dandelion Greens
Garbanzo Beans
Ginger
Izote - (Cactus Flower/Cactus Leaf)
Kale
Lettuce - (all, except Iceberg)
Mushrooms - (all, except Shitake)
Nopales - (Mexican Cactus)
Okra
Olives
Onions
Purslane - (Verdolaga)
Sea Vegetables - (Arame/Dulse/Hijiki/Kelp/Nori/Wakame)
Squash
Tomato - (Cherry and Plum)
Tomatillo
Turnip Greens
Zucchini
Watercress

GRAINS

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Teff
Wild Rice

NUTS AND SEEDS

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

OILS

Avocado Oil
Coconut Oil - (Do not cook)
Grape Seed Oil
Hemp Seed Oil
Olive Oil - (Do not cook)
Sesame Oil
continued on next page

