



Nutritional Guide

This is the most comprehensive guide on foods that will best support you in following the diet recommended by YerbaSantas.

Introduccion

Living an alkaline lifestyle was the only option our ancestors had for millions of years. They obeyed natural law and stayed in alignment with the cosmic order, allowing them to live to ages that would seem impossible by today's standards. In a completely natural and alkaline environment, our ancestors coexisted in total harmony with all other natural species. The early humans belonging to the ORGANIC FAMILY lived in the jungle, where they had the miracle of God, which is Nature, at their disposal. They always walked naked because they knew that the body also breathes through the skin, and they understood that they should walk barefoot to maintain electrical conductivity between the earth and the body. They bathed three times a day in the most refreshing and crystalline waters on the planet and primarily consumed exotic fruits and sap. These simple practices kept them always healthy and in harmony. Although it might be difficult to walk around naked and barefoot nowadays, we can start by consuming natural and alkaline foods as the first step toward healing the body and soul. Adopting this natural lifestyle can pave the way for deep well-being and balance in our lives.



Alkaline = Electric Hydrogen = Oxygen = Life

Escala de PH

Acido Neutro Alcalino



Any substance with a pH lower than 7 is acidic and, consequently, has a very low number of electrons per atom in its molecular structure.

The sentence you provided is already in Spanish. It translates to: "Any substance with a pH greater than 7 is alkaline and has a very low number of electrons per atom in its molecular structure."

Understanding this essential connection between alkalinity, electricity, and life is crucial to keeping our body in optimal condition and promoting holistic health. By incorporating these alkaline and electric foods into our diet, we are not only strengthening our body but also allowing our mind and soul to thrive in harmony with the natural forces that surround us. This ancient wisdom provides us with the key to a full and vibrant life.

Common Fruits

- Guava
- Mango
- Date
- Fig
- Watermelon (with seeds)
- Grapes (with seeds)
- Cucumber
- Pumpkins
- Pears
- Papaya (with seeds)
- Coconut
- Raspberries
- Blackberries
- Blueberries
- Strawberries
- Guava
- Plantain (with seed)
- Tamarind
- Grapefruit
- Lemon (with seed)
- Elderberry
- Jicama
- Gala Apple
- Cherries
- Avocado (Slimy)
- Plums Green
- Oranges
- Peaches
- Melons
- Cherimoya
- Soursop

Exotic Fruits

- Guamuchiles
- Tejocote
- Arazá
- Aguaje
- Huaya
- Rambutan
- Chicozapote
- Black Sapote
- White Sapote
- Yellow Sapote
- Nance
- Tecojohte
- Coyol
- Camu Camu
- Marula



Common Vegetables

- Mushrooms (All except Shitake)
- Okra
- Olives
- Onions
- Sea vegetables (Wakame/dulse/aramé/hijiki/nori)
- Pumpkin
- Tomato (Only cherry and plum)
- Turnip greens
- Zucchini
- Watercress
- Purslane
- Wild arugula



- Olives
- Mushrooms (Lion's Mane)
- Amaranth (Callaloo, a variety of greens)
- Avocado
- Bell peppers
- Cucumber
- Dandelion greens
- Chickpeas
- Izote (Cactus flower / cactus leaf)
- Kale
- Lettuce (All types except Iceberg)

- Tree Chili
- Bell Pepper
- Habanero
- Chiltepin
- Shallots
- Chayote
- Nopales (Edible Cactus Pads)
- Zucchini
- Tomatillo
- Sea Moss
- Seaweed

Green Leaves

- Watercress
- Wild Arugula
- Archicorla
- Jaramago
- Dandelion
- Mustard Greens
- Purslane
- Sorrel
- Amaranth Leaves



Grains

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Wild Rice
- Teosinte



Seeds

- Hemp Seeds Raw
- Sesame Seeds Raw
- Sesame "Tahini" Butter
- Walnuts
- Brazil Nuts
- Calabaza Seeds
- Pinon Seeds



Oils

- Grapeseed oil
- Avocado oil
- Olive oil (Not for cooking)
- Coconut oil (Not for cooking)
- Grapeseed oil
- Sesame oil
- Hempseed oil
- Avocado oil



Smooth Flavors

- Basil
- Bay leaf
- Cloves
- Dill
- Oregano
- Savory
- Sweet basil
- Tarragon
- Thyme



Spicy Flavors

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



Salty Flavors

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



Sweet Flavors

- Pure Agave Syrup
- Date Sugar
- Mayan Honey



Important Points to Remember:

- **Prioritize Your Health:** Stick to the foods outlined in this Nutritional Guide for your well-being.
- **Integrate Yerbasantas Products:** Take Yerbasantas products one hour before any pharmaceutical medications for effective results.
- **Mindful Eating:** Avoid animal products, dairy, fish, hybrid foods, and alcohol. Opt for grains mentioned in the Nutritional Guide, as they are naturally alkaline-based alternatives to wheat. Flexible Consumption: You can take Yerbasantas products concurrently without worrying about interactions.
- **Consistent Approach for Results:** For optimal disease-reversal, faithfully follow the Nutritional Guide and maintain a regular intake of the recommended products.
- **Stay Hydrated:** Aim to drink a gallon of natural spring water daily to keep your body properly hydrated.
- You can find many of the grains mentioned in the Nutritional Guide in the form of pastas, bread, flour, or cereal, available at high-quality health food stores.
- The therapeutic properties of yerbasantas products continue to be released for up to 14 days after consumption.
- Yerbasantas advises against using microwaves, as they can destroy the nutrients in your food.
- To maintain an optimal diet, yerbasantas recommends avoiding canned fruits and seedless varieties.