

# *Sunshine Energy & Cell Foods Inc.*

*Website: [drsunshinecellfoods.com](http://drsunshinecellfoods.com)*

*Email: [drduplechaincellfood@mail.com](mailto:drduplechaincellfood@mail.com) Phone: 832-380-5437*

## SECF Alkalinity Nourishment Guide

### Vegetables

- Amaranth Greens (Same as Callaloo, a Variety of Greens)
- Avocado
- Bell Peppers (All Are Excepted)
  - Red Bell Peppers
  - Orange Bell Peppers
  - Yellow Bell Peppers
  - Green Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Garbanzo beans (chick peas)
- Izote – cactus flower/ cactus leaf- grows naturally in California
- Lettuce (All, Except Iceberg)
  - Arugula aka Wild Arugula
  - Batavia Lettuce
  - Belgain Endive
  - Butter Lettuce
  - Bok Choy
  - Chard
  - Chrysanthemum Greens
  - Collard Greens
  - Dandelion Greens
  - Endive “Pancalieri”
  - Frisee (Curly Endive)
  - Kale

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- Little Gem Lettuce
  - Mach (aka Lamb's Lettuce)
  - Mesclun (Spring Mix)
  - Mizuna
  - Mustard Greens
  - Oak Leaf Lettuce
  - Purslane (Verdolaga)
  - Radicchio
  - "Red Rib" Chicory
  - Red-Veined Sorrel
  - Romaine
  - Speckled Radicchio
  - Turnip Greens
  - Watercress (Land Cress)
- 
- Mushrooms (All, Except Shitake)
    - Brown ~ Cremini (Large Amount of Vitamin D When Grown Outside.)
    - Button Mushrooms
    - Chaga Mushrooms
    - Chanterelle Mushrooms
    - Golden Enoki Mushrooms
    - Lion's Mane Mushrooms
    - Maitake Mushrooms (Large Amount of Vitamin D When Grown Outside.)
    - Morel Mushrooms
    - Oyster Mushrooms
    - Porcini Mushrooms

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- Portobello Mushrooms (Large Amount of Vitamin D When Grown Outside.)
- White Mushrooms (Large Amount of Vitamin D When Grown Outside.)
  
- Nopales – Mexican Cactus
- Okra
- Olives (and Olive Oil)
  - Agrinion Olives
  - Alfonso Olives
  - Amfissa Olives,
  - Arauco Olives,
  - Arbequina Olives
  - Beldi Olives
  - Castelvetrano Olives
  - Cerignola Olives
  - Cobrancosa Olives
  - Cordovil Olives
  - Gaeta Olives
  - Galega Olives,
  - Gemlik Olives
  - Gordal Olives
  - Kalamata Olives
  - Leccino Olives
  - Ligurian Olives
  - Lugano Olives
  - Lucques Olives
  - Manzanilla Olives
  - Mission Olives
  - Nicoise Olives
  - Nyon Olives
  - Picholine Olives
  - Picual Olives
  - Verdial Olives
  
- Onions (All, Except Garlic)
  - Brown Onions
  - Chives Onions
  - Green Onions

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- Leek Onions
- Pearl Onions
- Red Onions
- Sweet Onions
- Shallots
- Spring Onions
- Welsh Onion
- White Onions
- Yellow Onions
- Sea Vegetable
  - Agar
  - Alaria aka (Nori or Wakame)
  - Arame
  - Bladderwhack
  - Dulse
  - Hijiki
  - Kelp
  - Kombu
  - Ogonori
  - Nori
  - Sea Lettuce
  - Wakame
- Squash (All Except Pumpkin)
  - Acorn Squash
  - Ambercup Squash

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- Banana Squash
- Black Futsu
- Butternut Squash
- Calabaza Squash
- Carnival Squash
- Crookneck Squash
- Delicata Squash
- Hubbard Squash
- Kabocha Squash
- Kuri Squash
- Spaghetti Squash
- Sweet Dumpling Squash
- Sweet Potato Squash
- Turban Squash
- Tomato – Cherry and Plum Only
- Tomatillo
- Zucchini

## Fruits

(No canned fruits or Seedless fruits)

- Apples (All Organic Apples)
- Bananas – the smallest one or the Burro/mid-size (original banana)
- Berries – All Varieties- Elderberries In Any Form – No Cranberries
  - Acai Berry
  - Blackberry

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- Black Raspberry
  - Blueberry
  - Bilberry
  - Boysenberry
  - Chokeberry (Aronia Berries)
  - Cloudberry
  - Currants
  - Elderberries (In Any Form No Cranberries)
  - Goji Berry (Wolfberry)
  - Gooseberry
  - Huckleberry
  - Lingonberry
  - Loganberry
  - Raspberry
  - Red Mulberry
  - Salmonberries
  - Strawberries
  - Tayberry
  - White Mulberry
  - Watermelon
- 
- Cherries
  - Chirimoyas/Cherimoyas (Sugar Apples)
  - Dates
  - Figs
  - All Grapes -Seeded

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- Limes (key limes preferred with seeds)
- Mango
- Melons –All Melons Seeded
  - Apollo Melon
  - Autumn Sweet Melon
  - Bailan Melon
  - Bitter Melon
  - Canary Melon
  - Cantaloupe Melon
  - Charentais Melon
  - Claus Melon
  - Crenshaw Melon
  - Gac Melon
  - Golden Langkawi Melon
  - Golden Prize Melon
  - Hami Melon
  - Honeydew Melon
  - Honey Globe Melon
  - Horned Melon
  - New Century Melon
  - Jade Dew Melon
  - Koren Melon
  - Ten Me Melon
  - Sprit Melon
  - Sky Rocket Melon
- Orange (Seville or sour preferred, difficult to find )

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- Papayas
- Peaches
- Pears
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins -Seeded
- Soft Jelly Coconuts (and Coconut Oil)
- Soursops – (Latin or West Indian markets)
- Tamarind

## Nuts & Seeds

(Includes Nut & Seed Butters)

- Brazilian Nuts
- Hemp Seed
- Raw Sesame Seeds
- Raw Sesame “Tahini” Butter
- Walnuts

## Nut Milk

- Brazilian Nut Milk
- Hemp Milk
- Sesame Seed Milk
- Walnut Milk



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- Coconut Milk

### Oils

- Olive Oil (Do not cook)
- Coconut Oil (Do not cook)
- Grapeseed Oil
- Sesame Oil
- Hempseed Oil
- Avocado Oil

### Spices – Seasonings (Mild Flavors)

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

### Spices – Seasonings (Salty Favors)

- Achiote
- Cayenne (African Bird Peppers)

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- Corriander (Cilantro)
- Kelp/Dulse/Nori (has sea taste)
- Onion Powder
- Pure Sea Salt
- Powdered Granulated
- Habanero
- Sage

## Spices – Seasonings (Salty Favors)

- Pure Sea Salt
- Powered Granulated Seaweed (Kelp)
- Dulse/Nori ( “Sea Taste”)

## Sweet Flavors

- 100% Pure Agave Syrup – (from cactus)
- Date “Sugar – (from dried dates)

## Alkaline Grains

- Amaranth
- Amaranth Flour
- Fonio
- Fonio Flour
- Kamut
- Kamut Flour

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- Quinoa
- Quinoa Flour
- Rye
- Rye Flour
- Spelt
- Spelt Flour
- Teff
- Teff Flour
- Wild Rice

## All Natural Herbal Teas

- Burdock
- Chaga Mushrooms
- Chamomile
- Elderberry
- Fennel
- Ginger
- Red Raspberry
- Tila
- Soursop
- Many, Many More Listed On Our Website!

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### Important things to remember!!

- ✓ If the food is NOT listed on the Sunshine Energy & Cell Food Nourishment Guide it is NOT recommend.
- ✓ Drink 1 gallon of natural spring water daily.
- ✓ Take Sunshine Energy & Cell Foods products 1 hour prior to pharmaceuticals.
- ✓ All of Sunshine Energy & Cell Foods products can be taken together with no interaction.
- ✓ Following the Sunshine Energy & Cell Foods Nourishment Guide strictly and taking products regularly, produces the best results with reversing disease.
- ✓ No animal products, No dairy, No fish, No hybrid foods and No alcohol.
- ✓ Natural growing grains are alkaline-based; it is recommended that you consume the grains listed in the Nourishment Guide instead of Wheat
- ✓ Many of the grains listed have been made into pasta, breads, flour and cereal. (The products can be found in most health food stores).
- ✓ Sunshine Energy & Cell Foods products are still releasing their therapeutic properties 14 days after being taken.
- ✓ Avoid using a microwave, it will kill your food.
- ✓ No canned or seedless fruits".
- ✓ We are not medical doctors: therefore, we do not diagnose illness or prescribe pharmaceuticals. We are nutritional consultants and make suggestions relating to nutrition. None of the information offered here is intended to replace any program that your medical doctor has prescribed for you, nor does it conflict with any

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pharmaceutical medication you are taking. It is recommended that you take your products at least one hour prior to taking your medication so that the minerals offered can be fully assimilated.