

# *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
- Chayote (Mexican Squash)
- Cucumber
- Dandelion Greens
- Garbanzo beans (chick peas)
- Izote – cactus flower/ cactus leaf- grows naturally in California
- Kale
- Lettuce (all, except Iceberg)
- Mushrooms (all, except Shitake)
- Nopales – Mexican Cactus
- Okra
- Olives (and olive oil)
- Onions
- Purslane (Verdolaga)
- Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
- Squash
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Watercress
- Wild Arugula
- Zucchini

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### Fruits

(No canned fruits or Seedless fruits)

- Apples
- Bananas – the smallest one or the Burro/mid-size (original banana)
- Berries – all varieties- Elderberries in any form – no cranberries
- Cantaloupe
- Cherries
- Chirimoyas/Cherimoyas (Sugar Apples)
- Currants
- Dates
- Elderberries (any form no cranberries)
- Figs
- Grapes -seeded
- Limes (key limes preferred with seeds)
- Mango
- Melons -seeded
- Orange (Seville or sour preferred, difficult to find )
- Papayas
- Peaches
- Pears
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins -seeded
- Soft Jelly Coconuts (and coconut oil)

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- 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

### 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

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## SECF Alkalinity Nourishment Guide

- Savory
- Sweet Basil
- Tarragon
- Thyme

### Spices – Seasonings (Salty Favors)

- Achiote
- Cayenne (African Bird Peppers)
- 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)

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## SECF Alkalinity Nourishment Guide

### Alkaline Grains

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

### All Natural Herbal Teas

- Burdock
- Chaga
- Chamomile
- Elderberry
- Fennel
- Ginger
- Red Raspberry
- Tila
- Soursop

### 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.

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## SECF Alkalinity Nourishment Guide

- ✓ 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 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.