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The Kemetic Diet dictates that an individual's staple foods -- the ones they eat on a daily basis -- should be

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vegetables and starches. The ideal
starches are grains such as millet, corn,
wheat or rice; beans or legumes such as
lentils; and root vegetables like potatoes
or yams.

The Kemetic Diet | Livestrong.com

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Product Description: Author: Muata
Ashby. Number Of Pages: 196. Publisher:
Sema Institute. Release Date:

20-10-2005. Details: FASTING Health
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Staple foods are starches and
vegetables. Starches can be grains,
starchy root vegetables (such as
potatoes) or legumes/beans. In Ancient
times the Kemetic diet was an in depth
science of attaining Immortality through
feeding the body whole foods from the
Earthfoods for (quite literally) the soul.

The Kemetic Diet - Weight Management | NoahStrength.com

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The Kemetic Diet According to the Kemetic diet, foods that a person will eat fall into one of two categories: Staple foods and occasional foods. Staple foods are starches and vegetables. Starches can be grains, starchy root vegetables (such as potatoes) or legumes/beans.

The Kemetic Diet - The Sunnyside Magazine Online

the right of the Ankh is the Eye of Heru, known as the "Divine Food Offering" or Kemetic Eucharist. This is food for the soul because it requires spiritual enlightenment. All together, these symbolize that life (Ankh) and health result when these three aspects of the constitution of a human being are fed

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the proper nourishment. They constitute a full meal for every human being, food for the body, food for the mind and food for the soul. The Kemetic Diet. 3/524

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Health issues have always been important to human beings since the beginning of time. The earliest records of history show that the art of healing was held in high esteem since the time of Ancient Egypt.

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Vegetables were eaten as a complement to the ubiquitous beer and bread; the

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most common were long-shooted green scallions and garlic but both also had medical uses. There was also lettuce, celery (eaten raw or used to flavor stews), certain types of cucumber and, perhaps, some types of Old World gourds and even melons.

Ancient Egyptian cuisine - Wikipedia

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