

Thank you and congratulations on purchasing Dr.Sebi's Cell Food. We look forward to guiding you on your healing journey.

WE ARE NOT MEDICAL DOCTORS. Therefore, we do not diagnose illness or prescribe pharmaceuticals. We are nutritional consultants trained by Dr. Sebi 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.

#### About Dr. Sebi

Dr. Sebi is a world renowned herbalist that has cured many pathologies with his holistic approach to nutrition and herbs over the last 50 years.

Dr. Sebi has formulated African Bio-Mineral Herbal products that cleanse and nourish the body on a cellular level. His products, in conjunction with this nutritional guide support the body's natural ability to regenerate and heal. Dr. Sebi has proven his protocols can reverse disease. In 1988, through the State of New York Supreme Court, Dr. Sebi's products were classified as "natural vegetation cell food" by Lancaster Labs.

Dr. Sebi believes the root cause of all disease is mucus. Thus, disease manifest in the body where mucus has accumulated. Disease only lives in an acidic environment. Dr. Sebi has created protocols that include African Bio-Mineral products and nutritional changes. His products help cleanse the body by extracting mucus. They nourish the body by providing minerals and nutrients on a cellular level. The nutritional guide promotes an alkaline environment in the body to support the healing process and achieve optimum health.

#### **VEGETABLES**

Amaranth greens – same as Callaloo, a variety of greens

Avocado

**Bell Peppers** 

Chayote (Mexican Squash)

Cucumber

Dandelion greens

Garbanzo beans

Green banana

Izote - cactus flower/ cactus leaf

Kale

Lettuce (all, except Iceberg)

Mushrooms (all, except Shitake)

Nopales - Mexican Cactus

Okra

Olives

Onions

Poke salad - greens

Sea Vegetables (wakame/dulse/arame/hijiki/

nori)

Squash

Tomato - cherry and plum only

Tomatillo

Turnip greens

Zucchini

Watercress

Purslane (Verdolaga)

#### **FRUITS**

**Apples** 

Bananas – the smallest one or the Burro/midsize (original banana)

Berries – all varieties- Elderberries in any form

no cranberries

Cantaloupe

Cherries

Chirimoya (Sugar Apples)

Currants

Dates

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

Soursops – (Latin or West Indian markets)

Tamarind

#### **ALL NATURAL HERBAL TEAS**

**Allspice** 

Anise

Burdock

Chamomile

Elderberry

Fennel

Ginger

Raspberry

Tila

#### Grains

Amaranth

Fonio

Kamut

Quinoa

Rye

Spelt

Tef

Wild Rice

### **NUTS & SEEDS** (Includes Nut & Seed Butters)

Hempseed

Raw Sesame Seeds

Raw Sesame "Tahini" Butter

Walnuts

**Brazilian Nuts** 

#### **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

Parsley

Savory

**Sweet Basil** 

Tarragon

Thyme

## **Pungent & Spicy Flavors**

Achiote

Cayenne/ African Bird Pepper

Coriander (Cilantro)

Onion Powder

Habanero

Sage

### **Salty Flavors**

Pure Sea Salt Powdered Granulated Seaweed (Kelp/Dulce/Nori – has "sea taste")

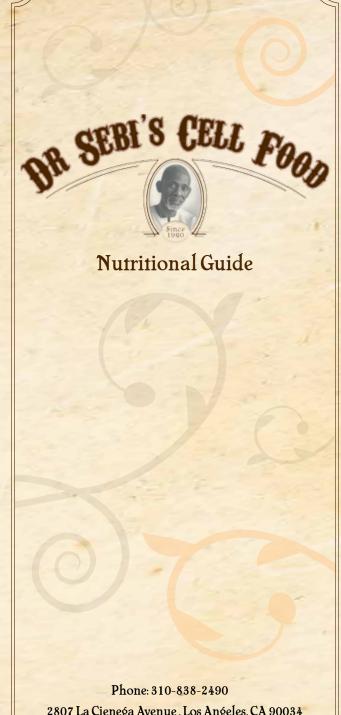
#### **Sweet Flavors**

Pure Agave Syrup – (from cactus) Date Sugar

# Important things to remember

- If the food is not listed on the Nutritional Guide it. is NOT recommend.
- Drink 1 gallon of natural spring water daily.
- Take Dr. Sebi's products 1 hour prior to pharmaceuticals.
- All of Dr. Sebi's products can be taken together with no interaction.
- Following the Nutritional 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 Nutritional 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).
- Dr. Sebi's products are still releasing their therapeutic properties 14 days after being taken.
- Dr. Sebi says, "Avoid using a microwave, it will kill your food".
- Dr. Sebi says, "No canned or seedless fruits".





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