

Courtesy of drsebicellfood.com



NUTRITIONAL GUIDE

This is the most complete guide to the foods that will best support you in following Dr. Sebi's recommended diet. However, if you are healing from complex dis-ease, we have a stricter nutritional guide that may assist you further on your journey. Contact us for more details.

We are not medical doctors

We are not medical doctors and therefore we do not diagnose illness, nor do we prescribe medicines.

Our team is made up of Nutritional Consultants and we only make suggestions relating to nutrition under Dr. Sebi's Methodology.

None of the information here is intended to replace treatments or therapies prescribed by a physician nor will any of it conflict with the treatments or medicines prescribed by your physician.



VEGETABLES

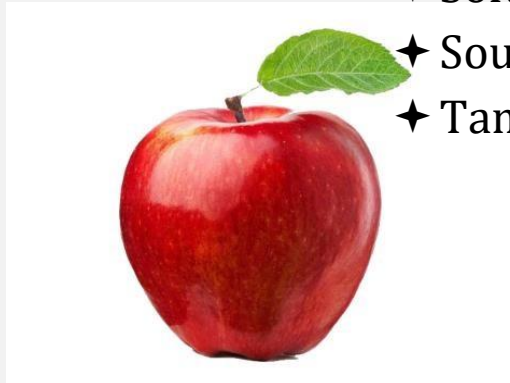
- ✦ Amaranth greens
(Callaloo, a variety of greens)
- ✦ Avocado
- ✦ Bell Peppers
- ✦ Chayote (Mexican squash)
- ✦ Cucumber
- ✦ Dandelion greens
- ✦ Garbanzo beans
- ✦ Izote (Cactus flower/cactus leaf)
- ✦ Kale
- ✦ Lettuce (All, except Iceberg)
- ✦ Mushrooms (All, except Shitake)
- ✦ Nopales
- ✦ Okra
- ✦ Olives
- ✦ Onions
- ✦ Sea Vegetables
(Wakame/dulse/arame/hijiki/nori)
- ✦ Squash
- ✦ Tomato (Cherry and plum only)
- ✦ Tomatillo
- ✦ Turnip greens
- ✦ Zucchini
- ✦ Watercress
- ✦ Purslane (Verdolaga)
- ✦ Wild arugula





FRUITS

- ✦ Apples
- ✦ Bananas (Small - Burro/Midsize)
- ✦ Berries (All, except Cranberries)
- ✦ Elderberries (in any form)
- ✦ Cantaloupe
- ✦ Cherries
- ✦ Currants
- ✦ Dates
- ✦ Figs
- ✦ Grapes (Seeded only)
- ✦ Key limes
- ✦ Mango
- ✦ Melons (Seeded only)
- ✦ Orange (Seville or Sour preferred)
- ✦ Papayas
- ✦ Peaches
- ✦ Pears
- ✦ Plums
- ✦ Prickly Pear (Cactus Fruit)
- ✦ Prunes
- ✦ Raisins (Seeded only)
- ✦ Soft Jelly Coconuts
- ✦ Soursops
- ✦ Tamarind





Nuts & Seeds

- ✦ Hemp Seeds
- ✦ Raw Sesame Seeds
- ✦ Raw Sesame
“Tahini” Butter
- ✦ Walnuts
- ✦ Brazil Nuts



Oils

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



Spices & Seasonings

- ✦ Basil
- ✦ Bay leaf
- ✦ Basil
- ✦ Bay Leaf
- ✦ Cloves
- ✦ Dill
- ✦ Oregano
- ✦ 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/Dulse/Nori – has “sea taste”)



Sweet Flavors

- Pure Agave Syrup (From cactus)
- Date Sugar



Natural Herbal Teas

- ✦ Burdock
- ✦ Chamomile
- ✦ Elderberry
- ✦ Fennel
- ✦ Ginger
- ✦ Raspberry
- ✦ Tila/Linden Flower



Grains

- ✦ Amaranth
- ✦ Fonio
- ✦ Kamut
- ✦ Quinoa
- ✦ Fennel
- ✦ Spelt
- ✦ Tef
- ✦ Wild Rice
- ✦ Rye

Important Things to Remember

- ✦ If a food is not listed in this Nutritional Guide, it is NOT recommended.
- ✦ Drink one gallon of natural spring water daily (if eating cooked foods).
- ✦ Take herbal products one hour prior to pharmaceuticals.
- ✦ All of the herbal products may be taken with pharmaceuticals with no interaction.
- ✦ Following the Nutritional Guide strictly and taking the products regularly, produces the best results with reversing disease. However, if you are healing from complex dis-ease, we have a stricter nutritional guide that may assist you further on your journey. Contact us for more details.
- ✦ 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 only the grains listed in the Nutritional Guide. Raw/sprouted nuts and seeds are suggested for most. Please see our “Food” aisle/tab.
- ✦ Many of the grains listed in the Nutritional Guide are available as pastas, bread, flour, or cereal and can be purchased here in our “Food” aisle/tab.
- ✦ Our herbal products are still releasing 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.”*

