

We are not doctors and therefore we do not diagnose illness nor do we prescribe medicines. As Nutritional Consultants trained by Dr. Sebi,

We are not medical doctors

we only make suggestions relating to nutrition. None of the information here is intended to replace treatments or therapies prescribed by a physician nor will any of it conflict with 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)
- Lettuce (All, except Iceberg)
- Kale
- Mushrooms (All, except Shitake)
- Nopales (Mexican cactus)

- Okra Olives •
- Onions •
- Sea Vegetables (Wakame/dulse/arame/hijiki/nori)
 - Squash •
 - Tomato (Cherry and plum only)
 - Tomatillo Turnip greens •
 - Zucchini •
 - Watercress •

Wild arugula •

- Purslane (Verdolaga)

Melons (Seeded) •

Fruits

- Apples Bananas (The smallest one or the
- Burro/midsize/original banana) Berries (All varieties, no cranberries)
- Elderberries (In any form)
- Cantaloupe
- Cherries
- Currants
- Dates Figs
- Grapes (Seeded)
- Limes (Key limes, with seeds)
- Mango

- 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 •

Natural Herbal Teas

- Burdock
- Chamomile
- Elderberry
- Fennel
- Ginger Raspberry
- Tila

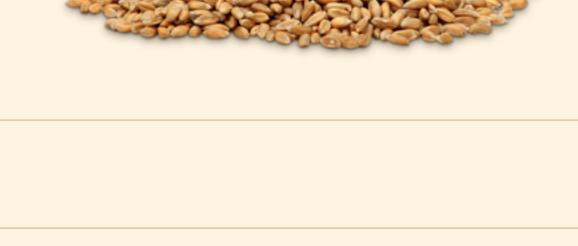


Kamut

Fonio

Amaranth

- Quinoa Rye
- Spelt Tef
- Wild Rice



Hemp Seeds

Nuts & Seeds

(Including Nut & Seed Butters)

 Raw Sesame Seeds • Raw Sesame "Tahini" Butter Walnuts

- Brazil Nuts



Olive Oil (Do not cook) Coconut Oil (Do not cook) Grapeseed Oil

Oils

- Hempseed Oil Avocado Oil

Sesame Oil

Mild Flavors Pungent & Spicy Flavors

Achiote

Oregano Savory

 Sweet Basil Tarragon

Thyme

Basil

Bay leaf

Cloves

- Powdered Granulated Seaweed

Cayenne/ African Bird Pepper Coriander (Cilantro) Onion Powder

Salty Flavors

(Kelp/Dulse/Nori – has "sea taste")

• Pure Sea Salt

Habanero Sage

Pure Agave Syrup (From cactus) Date Sugar

- Important Things to Remember
- Drink one gallon of natural spring water daily. Take Dr. Sebi's products one hour prior to pharmaceuticals. All of Dr. Sebi's products may be taken together with no interaction.
- Following the Nutritional Guide strictly and taking the 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 only the grains

• If a food is not listed in this Nutritional Guide, it is NOT recommend.

- Many of the grains listed in the Nutritional Guide are available as pastas, bread, flour or cereal and can be purchased at better health food stores.
- Dr. Sebi's products are still releasing therapeutic properties 14 days after being taken. Dr. Sebi says, "Avoid using a microwave, it will kill your food."
- listed in the Nutritional Guide instead of wheat.
- Dr. Sebi says, "No canned or seedless fruits."

Sweet Flavors