

Nutritional Guide

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 our products at least one hour prior taking your medication so that the minerals offered can be fully assimilated.

The State of New York Supreme Court classified our products as "natural vegetation cell food" in 1988. As a result, when you take them you have fed your cells and will not have much of an appetite.

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Dr. Sebi's Office, LLC
Home of... "Natural Vegetation Cell Food"
As designated by Lancaster Labs, 1988

About Our Therapeutic Compounds

Our African Bio-Mineral Therapy Program examines and identifies the causes, not merely the symptoms, of disease. Further, we find that the cause of disease is mucus. Disease will manifest in the body where mucus has accumulated. Although the natural vegetation cell food compounds were designed to extract mucus from a given area of the body, it is also necessary for the body to be cleansed as a whole. What makes our compounds unique is the manner in which they work to cleanse and nourish the entire body.

Through this approach, we have been successful in reversing pathologies. Since the herbs used have a natural origin, the compounds are still releasing their cleansing properties 14 days after they are initially taken.

An equally important aspect of our African Bio-Mineral Therapy Program is adhering to the nutritional guidelines provided in the following pages. Our herbal compounds working in conjunction with nutritional changes will give the body the proper environment to achieve optimal health. Also, please note, if a food is not listed in these pages, it is *strongly recommended that you do not eat it.*

Additionally, we find that **drinking a gallon of water** daily helps to produce the most beneficial results of our African Bio-Mineral Therapy Program.

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RECOMMENDED FOODS

VEGETABLES - Dr. Sebi says, "Avoid using a microwave, it will kill your food".

Amaranth greens - same as Callaloo, a variety of Spinach

Avocado

Asparagus

Bell Peppers

Chayote (Mexican Squash)

Corn Chips, corn Tortillas or air-popped corn

Cucumber

Dandelion greens

Garbanzo beans (chick peas)

Green banana

Izote - cactus flower/ cactus leaf- grows naturally in California

Jicama

Kale

Lettuce (all, except Iceberg)

Mushrooms (all, except Shitake)

Mustard greens

Nopales - Mexican Cactus

Okra

Olives

Onions

Poke salad -greens

Sea Vegetables (wakame/dulse/aramé/hijiki/nori)

Squash

Spinach (use sparingly)

String beans

Tomato - cherry and plum only

Tomatillo

Turnip greens

Zucchini

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RECOMMENDED FOODS

FRUITS - Dr. Sebi says, " no canned 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

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

Prunes

Raisins -seeded

Soft Jelly Coconuts

Soursops -Latin or West Indian markets)

Sugar apples (chermoya)

ALL NATURAL HERBAL TEAS

Allspice

Anise

Chamomile

Cloves

Fennel

Ginger

Lemon grass

Raspberry

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RECOMMENDED FOODS

SPICES & SEASONINGS

Mild Flavors

Basil
Bay leaf
Cilantro
Dill
Marjoram
Oregano
Savory
Sweet Basil
Tarragon
Thyme

Pungent & Spicy Flavors

Achiote
Cayenne
Cumin
Coriander
Onion Powder
Sage

Salty Flavors

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

Sweet Flavors

100% Pure Maple Syrup - Grade B recommended
Maple "Sugar" (from dried maple syrup)
Date "Sugar" (from dried dates)
100% Pure Agave Syrup - (from cactus)

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RECOMMENDED FOODS

NUTS & SEEDS -(includes Nut & Seed Butters)

Raw Almonds and Almond butter
Raw Sesame Seeds
Raw Sesame "Tahini" Butter
Walnuts

Additional Resources

Purityfoods.com
Wholefoods.com

Dr. Sebi has recommended the foods that are listed here for the reversal of disease for over 30 years. If your favorite food is missing from the list, our research and results have proven that it has no nutritional value and may be detrimental to your health.

GETTING STARTED

ALMOND MILK

Ingredients:

Almonds
Spring Water
Real Vanilla Extract

PUTTING IT ALL TOGETHER:

Blend $\frac{1}{4}$ lb almonds (unsalted)
Add 2 $\frac{1}{2}$ cups spring water
Blend for 5 minutes
Strain - this your milk replacement

*Tip: Add maple syrup if you need to "dress up" the taste.

JOYFUL DRESSING

Ingredients:

Limes
Cayenne pepper
Sea salt
Maple syrup
Dill weed
Olive oil

PUTTING IT ALL TOGETHER:

Add 2 tablespoons of olive oil to a bowl
Squeeze two limes into bowl
Add $\frac{1}{2}$ tablespoon of maple syrup to bowl
Add a dash of dill weed, cayenne, and sea salt to bowl
Mix and add to your favorite salad greens. Enjoy!

It is no surprise that many people have “wheat-allergies”, because wheat is not a natural grain; it is a hybrid product created by science and *it is acid-based*. Natural Growing Grains are alkaline-based; it is recommended that you consume the following instead of Wheat:

Amaranth
Black Rice
Kamut
Quinoa
Rye
Spelt
Tef
Wild Rice

These grains can be found at Whole Foods Market (or any health food store) in the form of breads, flours, pastas and cereals.