NUTRITIONAL GUIDE

THANK YOU AND CONGRATULATIONS ON PURCHASING DR.SEBI'S CELL FOOD.
WE LOOK FORWARD TO GUIDING YOU THROUGH YOUR HEALING JOURNEY

WE ARE NOT MEDICAL DOCTORS.

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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.

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

NATURAL HERBAL TEAS

- ALLSPICE
- ANISE
- BURDOCK
- CHAMOMILE
- ELDERBERRY
- FENNEL
- GINGER
- RASPBERRY
- TILA

GRAINS

- AMARANTH
- FONIO
- KAMUT
- QUINOA
- RYE
- SPELT
- TEFF
- WILD RICE

NUTS & SEEDS (INCLUDES NUT & SEED BUTTERS)

- HEMP SEEDS
- 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

SPICES & SEASONINGS

SALTY FLAVORS

- PURE SEA SALT
- POWDERED GRANULATED SEAWEED (KELP/ DULSE/NORI HAS "SEA TASTE")

SWEET FLAVORS

- PURE AGAVE SYRUP (FROM CACTUS)
- DATE SUGAR

IMPORTANT THINGS TO REMEMBER

- IF THE FOOD IS NOT LISTED IN 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".