

# DR SEBI'S CELL FOOD



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/aramé/hijiki/nori)  
Squash  
Tomato – cherry and plum only  
Tomatillo  
Turnip greens  
Zucchini  
Watercress  
Purslane (Verdolaga)

## FRUITS

Apples  
Bananas – the smallest one or the Burro/mid-size (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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## Nutritional Guide

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