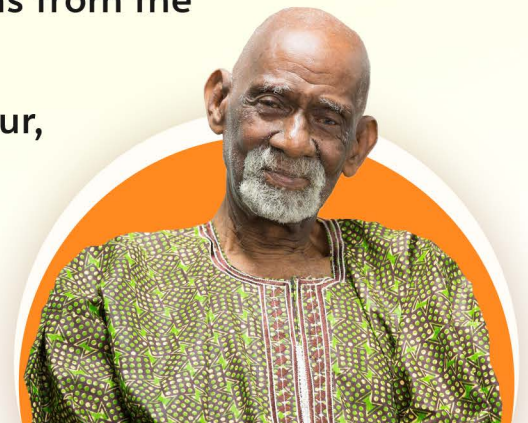




## KEY GUIDELINES FOR OPTIMAL HEALTH

- ✓ Follow the provided guide strictly. If a food is not listed in this Nutritional Guide, it is NOT recommended.
- ✓ Drink one gallon of natural spring water daily.
- ✓ Strict adherence to the Nutritional Guide and regular product consumption yield the best disease-reversing outcomes.
- ✓ Avoid animal products, dairy, fish, hybrid foods, and alcohol.
- ✓ Alkaline Grains: Consume recommended grains from the Nutritional Guide instead of wheat.
- ✓ Find recommended grains as pasta, bread, flour, or cereal in health food stores.
- ✓ Dr. Sebi advises against microwave usage, as it may diminish food quality.
- ✓ Choose fresh, whole fruits over canned or seedless varieties.
- ✓ Follow these guidelines for optimal health.



**DR. SEBI**

## 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 (Mexican cactus)
- ✓ Okra
- ✓ Olives
- ✓ Onions
- ✓ Sea Vegetables (Wakame/dulse/aramé/hijiki/nori)
- ✓ Squash
- ✓ Tomato (Cherry and plum only)
- ✓ Tomatillo
- ✓ Turnip greens
- ✓ Zucchini
- ✓ Watercress
- ✓ Purslane (Verdolaga)
- ✓ Wild arugula

## NATURAL HERBAL TEAS

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

## NUTS & SEEDS [INCLUDING NUT & SEED BUTTERS]

- ✓ Hemp Seeds
- ✓ Raw Sesame Seeds
- ✓ Raw Sesame "Tahini" Butter
- ✓ Walnuts
- ✓ Brazil Nuts

## 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
- ✓ 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

## GRAINS

- ✓ Amaranth
- ✓ Fonio
- ✓ Kamut
- ✓ Quinoa
- ✓ Rye
- ✓ Spelt
- ✓ Tef
- ✓ Wild Rice

## OILS

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



## HERBS

- ✓ Allspice
- ✓ Anise
- ✓ Burdock
- ✓ Chamomile
- ✓ Elderberry
- ✓ Fennel
- ✓ Ginger
- ✓ Raspberry
- ✓ Tila

## SALTY FLAVORS

- ✓ Pure Sea Salt
- ✓ Powdered Granulated Seaweed
- ✓ Kelp / Dulce / Nori (Has Sea Taste)

## SWEET FLAVORS

- ✓ Pure Agave Syrup (from Cactus)
- ✓ Date Sugar
- ✓ Grade B Maple Syrup

## SPICES & SEASONINGS

- ✓ Achiote
- ✓ Basil
- ✓ Bay Leaf
- ✓ Cameroonian Pepper
- ✓ Cayenne / African Bird Pepper
- ✓ Clove
- ✓ Coriander (Cilantro)
- ✓ Dill
- ✓ Habanero
- ✓ Onion Powder
- ✓ Oregano
- ✓ Parsley
- ✓ Sage
- ✓ Savory
- ✓ Sweet Basil
- ✓ Tarragon
- ✓ Thyme

