



Dr. Sebi's UNAPPROVED items list

by admin_maurice | Jun 25, 2019 | Dr. Sebi | 3 comments

- Activated Charcoal
- Alvaca
- Alcohol/Malt Liquor
- Alkalized Bottled Water/Alkaline Water
- Machines – Bottled alkaline water is usually made alkaline with added minerals or chemicals.
- Allspice
- Aloe Vera
- Almonds – It has cyanide.
- Apple Cider Vinegar
- Apricots
- Ashwagandha
- Asparagus
- Baking Powder
- Baking Soda
- Banana {regular/red bananas}
- Beans
- Beets – Beets are a hybrid plant. Made in Holland Oxford; it's a

laboratory product. It has an inorganic lead.

- Bentonite Clay
- Black Pepper
- Black Rice
- Black Seed Oil
- Black tea
- Broccoli – Being that broccoli is a hybrid, unnatural, incomplete molecular structure, it should not be consumed by humans. It's an acid-based vegetable. It has no nutritional value and is worse than spinach.
- Buckwheat
- Cabbage (green, bok choy, Chinese)
- Cacao
- Canned Foods
- Canola Oil
- Carrots – The carrot should not be eaten. It is man-made from combining the "Yarrow" which is the Queen Anne's Lace and wild yam. It is starch.
- Cashew Nuts
- Cassava – {yucca} the popular African dish. Not natural and has cyanide.
- Cauliflower – It is worse than broccoli. It will rob you of your minerals. It has no carbon.
- Celery – Celery has the highest concentration of inorganic salt. Dr. Sebi recommends not using it under any circumstances.
- Chia Seeds
- Chicory Root
- Chili Powder
- Chlorella – Not natural. It is a hybrid.
- Cinnamon (cassia)
- Chocolate
- Coconut Flour

- Coffee
- Collard Greens
- Colloidal Silver
- Comfrey
- Corn – A type of crop that has undergone genetic engineering. The original corn is Teosinte.
- Cumin – {Not to be confused with Black cumin} Made in a laboratory; it's an artificial chromosome. It's extremely bad for the liver.
- Curry
- Dairy
- Dijon Mustard
- Distilled Water
- Echinacea
- Flaxseeds
- Foxgloves – Acid/hybrid herb
- Garlic – is an oxide of allyl. It's dangerous and doesn't allow wounds to heal. It is 3.3 on the pH level chart. It burns cells and destroys cells and weakens the membrane. While garlic does lower blood pressure, it has a tendency to destroy the membrane.
- Ginseng
- GMO fruits & vegetables – Genetically Modified foods are never recommended.
- Grapefruit
- Green Bananas
- Green Tea
- Golden Seal
- Hazel Nuts
- Honey
- Iceberg Lettuce – Has no nutritional value.
- Jackfruit

- Jicama
- Kombucha – Fermented foods are not recommended.
- Lemongrass – It will raise your blood pressure high very quickly. It's a hybrid.
- Lemon
- Licorice – It will raise your blood pressure high very quickly. It's a hybrid
- Maca – It's a hybrid plant.
- Meat – animal flesh
- Milk Thistle
- Milk – It is 6.0 on the ph level chart. Acidic!
- Mint – No peppermint or spearmint. Mint seizes the brain.
- Moringa
- Muesli
- Nutmeg – Deadly!!! Boil two nutmegs and drink the water; you'll be dead in two minutes. "Words of Dr. Sebi himself". Nutmeg has arsenic and was made by man.
- Mustard Greens
- Oats
- Oranges – {except Seville otherwise known as sour oranges, which are hard to find}
- Paprika
- Parsley – Not recommended; also a hybrid plant. Use cilantro instead.
- Peanuts
- Pecans
- Peppermint – Very acid. Seizes the brain.
- Pineapple – the only known carriers of bromelain, an enzyme that break down proteins(complex amino acids). Since your body is compromised of "proteins" or complex amino acids, the pineapples are also trying to ingest you. This is why a fresh pineapple can turn your tongue into a sore piece of sandpaper.

- Pine Nuts
- Plantains
- Poke Salad
- Porcini mushrooms
- Potatoes
- Processed Foods
- Pumpkin – {Pumpkin Squash}
- Purified Water
- Rambutan – A grape like sweet/sour fruit.
- Rice – Contains cyanide and high levels of starch. Rice will compromise the mucous membrane. It is also high on the Glycemic index {Only wild rice is approved}.
- Rose Hips
- Salt – Will harden your arteries and eventually kill you. Pure sea salt or Celtic sea salt is recommended.
- Seedless Fruit
- Shiitake Mushrooms – Dr. Sebi does not recommend the consumption of shiitake mushrooms. It is a hybrid mushroom.
- Sorrel
- Soy – is a complex starch that creates sulfides in the body, it in turn eats up the iron and oxygen. It's inorganic silica.
- Soybeans – a type of crop that has undergone genetic engineering.
- Spinach – Acid, has a Ph level below 7.0, it is not alkaline although it may have beneficial substances just like the carrot and milk has beneficial substances. Spinach has a starch base and has no iron.
- Spirulina
- Starch – Spaghetti, Rice, Bean, Potatoes, Cane juice (highest concentration of starch) Starch is a binder. It is a chemical. To tie two unequal chemicals you have to use starch. Starch will have you thinking illogically, why you should kill yourself – Dr.

SEBI

- St. John's Wart
- String Beans – Avoid it. It acid enough to be considered detrimental.
- Sugar/Sugar Cane
- Tofu
- Tomatoes {except plum, Roma & cherry tomatoes}
- Turmeric
- Vitamins
- Wheatgrass

3 Comments



Janet on July 25, 2019 at 6:09 am

So what i going to eat now 🤔

Reply



Anita on September 11, 2019 at 2:31 pm

Trying to make a list of what to eat. I know lots of ppl are confused because I've seen them post meals of unapproved items.

Reply



Judi online on February 13, 2020 at 6:04 am

Hi all, here every person is sharing these kinds of experience, so it's nice to read this weblog, and I used to go to see this website every day.

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