



## DR. SEBI'S NUTRITIONAL GUIDE

### Extended Food Guide with List of Approved Herbs

{Updated March 2018}

This list contains foods that are derived from the origin of this planet. All natural, non-hybrid, indigenous plants.

This vital information has been made public thanks to Dr. Sebi's lectures and publications which are easy to access via youtube videos, blogs, facebook groups, and his own website at: <https://drsebiscellfood.com>.

Here is a link to the official Nutritional Guide from Dr. Sebi's website: [https://drsebiscellfood.com/wp-content/uploads/2016/12/Nutritional\\_Guide.pdf](https://drsebiscellfood.com/wp-content/uploads/2016/12/Nutritional_Guide.pdf)

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**Sea Vegetables** - *Seaweed plant-like microorganisms that are loaded with minerals, antioxidants...*

Arame

Bladderwrack

Dulse

Hijiki

Kelp

Nori

Irish Seamoss - *This type is grown on rocks and provides 92 of the 102 minerals of which the body is made.*

## **Vegetables**

Amaranth Greens - *also Callaloo, Pigweed, Sanchoy*

Avocado - *Look for smooth green skin.*

Bell Peppers - *Ripened red peppers*

Chayote - *Mexican Squash, also called Cho Cho*

Chipilín - *A leguminous plant. These are leafy greens used in soups and tamales.*

Cucumbers

Dandelion Greens

Garbanzos Beans

Fennel - *Fresh as well as the spice and tea.*

Izote - *Cactus flower, cactus leaf, yucca flower.*

Lettuce - *All varieties except Iceberg*

Mushroom - *All varieties, except Shiitake*

Nopales - *Cactus plant*

Olives - *Ripened black olives*

Okra

Onions - *Especially red onions*

Leeks - *Very similar to taste of onions*

Purslane or Verdolaga

Red Rose Potato - *The only approved potato*

Squash

Teocintle - *The ancestor of corn. Used to make tamales.*

Tomato - *Cherry or Plum/Roma only!*

Tomatillo

Watercress

Wild Arugula

Zucchini

**Fruits** - *Dr Sebi says, "No canned or seedless fruits."*

Apples - *FYI: Most if not all apples are hybrids but still listed on Dr. Sebi's original guide.*

*Don't eat the seeds. Choose Heirloom varieties.*

Bananas - *Smallest one {Baby Bananas} or the Burro/midsized/original banana*

Berries - *All varieties, no Cranberries*

Cantaloupe

Cherries

Currants

Dates -*Black*

Elderberries - *In any form*

Figs - *Black mission figs have been known to help eliminate fibroids tumors.*

Grapes - *Seeded*

Key Limes - *Seeded*

Mango

Melons - *Seeded only!*

Oranges - *Seville or sour preferred, difficult to find*

Papayas

Peaches

Pears

Plums - *June plums included {green exterior/yellow inside}*

Prickly Pear - *Fruit of the nopal cactus plant*

Prunes

Raisins - *Seeded*

Soft Jelly Coconuts - *Fresh, green, raw, young {can also be used in making coconut milk*

Soursop - *Found in Latin or West Indian Markets*

Tamarind - *You can make a delicious drink from the fruit inside the pods.*

### **Spices & Seasonings**

Basil

Bay Leaf

Cloves

Dill

Onion Powder

Oregano

Savory

Sweet Basil

Tarragon

Thyme

### **Pungent & Spicy Flavors**

Achiote/Annatto Seed\_

Cayenne/African Bird Pepper

Coriander/Cilantro

Culantro/Spirit Weed - *similar to Cilantro*

Onion Powder

Habanero

Sage

### **Salty Flavors**

Pure Sea Salt

Powdered Granulated Seaweed - *Kelp, Dulse, Nori all have sea taste.*

### **Sweet - Flavors**

Pure Agave Nectar - *Natural sweetener from the cactus plant*

Date Sugar - *Made from the fruit of dates*

**Grains** - *These grains are also available to buy as pastas, bread, flour or cereal.*

Amaranth

Fonio

Kamut - *Egyptian Khorasan wheat*

Kañiwa - *Similar to Quinoa*

Quinoa - *Also red and black varieties*

Rye

Tef - *Smallest grain in the world used to make injera, Ethiopian flatbread. Naturally high in minerals and protein.*

Wild Rice

**Nuts & Seeds** - *Includes Nut & Seed Butters*

Brazil Nuts - *Can also be used to make Brazil nut Milk*

Hemp Seeds - *Can also be used to make Hemp Milk*

Raw Sesame Seeds

Raw Sesame Tahini Butter - *Buy in jar not can*

Walnuts - *Can also be used to make walnut milk. Buy nuts in shell!*

**Oils** - *Try to minimize the use of all oils.*

Avocado Oil

Coconut Oil - *Do not cook!*

Grape Seed Oil

Hemp Seed Oil

Olive Oil - *Do not cook!*

Sesame Seed Oil

Avocado Oil

**Herbal Teas** - *Many approved herbs & spices can also be made into teas.*

Burdock

Chamomile

Elderberry

Fennel

Ginger

Red Raspberry

Tila/Linden

Seamoss Tea *{highly recommended to drink daily}*

**Beverages** - *You can make hot and cold drinks from many of the herbs, fruits & vegetables. But here are few drink options you can buy in store that have been approved {This info is not Dr. Sebi's original guide}.*

Spring Water - *Dr. Sebi's favorite brand of water was Glacier Mountain Spring Water.*

Crystal Geyser Natural Alpine Water is an economical approved choice.

Sparkling Perrier Water - *Used in baking and alkaline drinks.*

100% Pure Fruit Juices - *No added sugar or preservatives and nothing from concentrate.*

*Making your own is the best of course.*

**Herbs** - *Dr. Sebi says, "These are electric plants. They will heal."*

*Herbs can be made into teas, bitter tonics, tinctures, capsules, syrup, poultice, creams, ointments, even into essential oils for aromatherapy and for steam inhalation {like the Eucalyptus plant used in Dr. Sebi's hot saunas at Usha Village}.*

Abuta/Cissampelos Pareira

Anamu/Guinea Hen Weed

Arnica Flowers

Bardana

Basil/Tulsi  
Batana  
Bilberry  
Bitter Melon/Cerasee  
Black Walnut Hull/Leaf  
Bladderwrack/Fucus Vesiculosus - *Seaweed*  
Blessed Thistle/Cardo Santo  
Blue Vervain  
Boldo Leaf - *Evergreen shrub {good for liver issues}*  
Bugleweed  
Bulgaris  
Burdock Root/Bardana/Gobo - *Iron fluorine*  
Cablote/Caulote/Guazuma ulmifolia/West Indian Elm - *Bark, fruit, leaf, seed*  
Cana Fistula - *Bitter tonic given at Dr. Sebi's Usha Village as a bitter tonic for cleansing the blood & digestive system.*  
Cannabis/Hemp/Marijuana - *Flower, leaf, seed, stem*  
Capadula  
Cardo Santo/Blessed Thistle/Holy Thistle  
Cascara Sagrada/Sacred Bark/Pushiana  
Catnip  
Chaga Mushroom  
Chanca Piedra/Phyllanthus Niruri  
Chaparral  
Chaparro Amargo  
Chamomile  
Chaney Root  
Chickweed  
Ciprés/Curettes

Cleavers Herb/Clivers/Galium Aparine

Cocolmeca

Condurango - *Vine bark*

Contribo/Birthwort – *Caution: This herb can be dangerous if not used properly.*

Cordoncillo Negro

Damiana Leaf/Turnera

Dandelion - *Leaf and Root*

Drago/Dracaena Draco/Dragon Tree - *Bark and leaf*

Elderberry - *Berry and flower*

El Estafiate

Encino

Eucalyptus

Eyebright/Euphrasia Officinalis/Euphrasia Rostkoviana

Fennel

Fenugreek

Feverfew/Santa Maria

Flor de Pato/The Duck - *A duck shaped herb - Iron rich purple orchid for powerful and immediate cleansing and removing inflammation*

Fucus/Bladderwrack

Ginger Root

Governadora/Chaparral

Guaco Root

Guinea Hen Weed/Anamu

Hawthorn Berry

Hierba Del Sapo

Hoodia Gordonii/Kalahari Cactus - *Green prickly plant {Dr. Sebi said, "Use hoodia and you will not be hungry for 4 days."}*

Holy Thistle

Hops/Lupulo  
Hombre Grande/Amargo  
Horsetail  
Hortensia/Hydrangea  
Huereque - *Cactus plant - known for lowering blood sugar levels.*  
Iboga Plant - *Rich in iron fluorine/iron phosphate and calcium*  
Iron root/Minnieroot/Feverroot/Snapdragon  
Irish Moss - *Wildcrafted*  
Jamaican Hibiscus/Roselle/Guinea Sorrel  
Kalawalla - *Known to help with memory loss and inflammation*  
Kelp - *Seaweed*  
Kola Nut/Bissy - *African fruit*  
Lams Quarters  
Lavender  
Lemon Verbena  
Lily of the Valley  
Lirio/Lily/Lirio Del Valle  
Llanten  
Locust Bark  
Lupulo/Hops  
Lycopus Virginicus/Sweet Bugleweed  
Mango Leaf  
Manzo  
Marula - *Bark, Fruit, Leaf, Kernel, Nut*  
Maya Nut {powder form} - *A seed from the Ramon Tree. Native to Mexico and Central America. Commonly used as a caffeine free coffee substitute like roasted dandelion root.*  
Milk Thistle  
Muicle

Mullein  
Myrrh  
Nettle Leaf  
Nopal/Prickly Pear - *Cactus Plant {Vegetative part is Nopal, the fruit is the Prickly Pear}*  
Oak Bark  
Ortiga/Stinging Nettle Leaf  
Palo Guaco  
Palo Mulato - *Bark*  
Pao Periera  
Pau D'Arco  
Pavana/Croton Seed  
Peony  
Pereira  
Pinquicula  
Pogon/Salsify/Goatsbeard/Oyster Plant  
Prodijiosa  
Purslane  
Pushiana/Cascara Sagrada  
Pygeum Bark  
Quassia Hombre Grande  
Red Clover Flower  
Red Raspberry Leaf  
Red Willow Bark/Cancansa/Cansasa/Conconsa  
Reishi Mushroom  
Rhubarb Root  
Roobios  
San Pedro Cactus - *Mescaline content effects the brain*  
Santa Maria/Feverfew  
Sarsaparilla Root/Smilax {Jamaican/Mexican variety not Indian} - *Highest concentration of iron of any plant.*  
Sarsil Berry - *Berry from the plant of the Sarsaparilla plant.*  
Sapo

Saw Palmetto

Seamoss/Irish Moss - Seaweed

Seh Haw - *"I had gone to Africa to Namibia, and I came back with a group of herbs. One of them was named Seh Haw. It's white like milk, but it's fluffy. I put some in a bag and I told Mikey to inhale it. He inhaled it and he sneezed 52 times by the time he got to the door, he passed a tumor out of his nose."* -Dr. Sebi

Sempervivum

Seneco

Sensitiva/Dormilona/Mimosa Pudica/- *Fascinating plant that opens and closes when you touch it. Given at Usha Village as a bitter tonic to help with inflammation in the prostate, also cleanses kidneys.*

Shea

Shepards Purse - *Purse shaped like pods*

Shining Bush Plant/Peperomia Pellucida {heart-shaped plant} - *Dr. Sebi says, " It grows between a rock, Pretty, smells good, you can eat that. That stuff gives you energy."*

Soursop Leaf

Tamarind - *Leaf, fruit pods*

Tila/Linden Leaf

Trago

Tronadora

Turnera/Damiana

Urtica

Uva Ursi

Valerian Root

Wild Cherry Bark

Wormwood

Yarrow

Yellow Dock Root

Yerba Mate - *Root and stem*

Yohimbi Bark

**\*Important Things to Remember:**

If the food is not listed on the Nutritional Guide it is NOT recommended.

Drink one gallon of natural spring water daily.

Take Dr. Sebi's products one hour prior to pharmaceuticals.

All of Dr. Sebi's products can be taken together with no interaction.

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 all the grains listed in the Nutritional Guide instead of wheat.

Many of the grains listed in the Nutritional Guide are available as pastas, bread, flour or cereal and can be purchased at better 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."

Following the Nutritional Guide strictly and taking products regularly, produces the best results with reversing disease.

\*Please do share this nutritional guide with family and friends!

Peace & Blessings!

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