

Nutritional Guide of Dr. Sebi

The healing diet is found below. It's important to keep in mind that "Dr. Sebi has recommended the foods that are listed here for the reversal of disease for over 30 years. If your favorite food is missing from the list, our research and results have proven that it has no nutritional value and may be detrimental to your health." [\[source\]](#)

Vegetables

- Amaranth greens – same as Callaloo, a variety of Spinach
- Avocado
- Bell Peppers
- Chayote (Mexican Squash)
- Cucumber
- Dandelion greens
- Garbanzo beans
- Green banana
- I zote – cactus flower/ cactus leaf – grows naturally in California
- Kale
- Lettuce (all, except Iceberg)
- Mushrooms (all, except Shiitake)
- Nopales – Mexican Cactus
- Okra
- Olives
- Onions
- Poke salad – greens
- Purslane (Verdolaga)
- Sea Vegetables (wakame/dulse/aramé/hijiki/nori)
- Squash
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Watercress
- Zucchini

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Fruits

(No canned or seedless fruits)

- Apples
- Bananas – the smallest one or the Burro/mid-size (original banana)
- Berries – all varieties- Elderberries in any form – no cranberries
- Cantaloupe
- Cherries
- Currants
- Dates
- Figs
- Grapes- seeded
- Limes (key limes preferred with seeds)
- Mango

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- Melons- seeded
- Orange (Seville or sour preferred, difficult to find)
- Papayas
- Peaches
- Pear
- Plums
- Prickly Pear (Cactus Fruit)
- Prunes
- Raisins –seeded
- Soft Jelly Coconuts
- Soursops – (Latin or West Indian markets)
- Tamarind

Herbal Teas

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

Spices and Seasonings

Mild flavors

- Basil
- Bay leaf
- Cloves
- Dill
- Oregano

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- Parsley
- Savory
- Sweet Basil

Pungent and Spicy Flavors

- Achiote
- Cayenne/ African Bird Pepper
- Coriander (Cilantro)
- Habanero
- Onion Powder
- Sage

Salty Flavors

- Pure Sea Salt
- Powdered Granulated Seaweed (Kelp/Dulce/Nori – has “sea taste”)

Sweet Flavors

- 100% Pure Agave Syrup – (from cactus)
- Date Sugar

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Grains

- Amaranth
- Fonio
- Kamut
- Quinoa
- Rye
- Spelt
- Teff
- Wild Rice

Nuts and Seeds – (includes Nut and Seed Butters)

- Hemp Seed
- Raw Sesame Seeds

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- Raw Sesame Tahini Butter
- Walnuts
- Brazil Nuts
- Pine Nuts

Oils

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

Also, drinking plenty of fluids to flush out toxins is crucial. Dr. Sebi recommends consuming a full gallon of purified water a day. He also advises against using the microwave.

Learn more about Dr. Sebi's healing method [here](#).

Web Source: <http://wakeup-world.com/2015/08/28/dr-sebi-the-man-who-cures-aids-cancer-diabetes-and-more/>