

ELECTRIC FOODS LIST

Dr Sebi's list

FRUITS Tree/vine ripened best	SEEDS Always Sprouted is best	VEGETABLES Fresh picked best	HERBS Dehydrated at Low Temp	MINERALS Plant/Earth Extract
<p>Sweet 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, Melons – seeded, Orange (Seville or sour preferred, difficult to find) Papayas, Peaches, Pears, Plums Prunes, Raisins – seeded (Monukka) Soft Jelly Coconuts, Sour sops Sugar Apples (cherimoya)</p> <p>Non-Sweet Avocado, Asparagus Bell Peppers, Cucumber, Okra Olives, String beans, Tomato – cherry and plum only Tomatillo Squash, Zucchini, Chayote (Mexican Squash)</p>	<p>Nuts Nut butters also Raw Almonds and Almond butter Raw Sesame Seeds Raw Sesame “Tahini” Butter Walnuts Hazelnut</p> <p>Grains Amaranth, KaMut, Quinoa, Rye, Spelt, Tef, Wild Rice (black)</p> <p>Legumes Garbanzo beans (chick peas) optional</p>	<p>Greens Amaranth greens (same as Callaloo, a variety of Spinach) Izote (cactus flower/ cactus leaf - grows naturally in California) Kale, Turnip, Dandelion Mustard greens Lettuce(all, except Iceberg) Nopales (Mexican Cactus) Poke salad - greens Spinach (use Sparingly)</p> <p>Root Jicama Onions (green tops are best like scallions not the bulb)</p> <p>Plant like Animal Mushrooms (all, except Shitake)</p>	<p>Teas Alvaca, Anise, Chamomile, Cloves, Fennel, Ginger, Lemon grass, Red Raspberry, Sea Moss Tea</p> <p>Mild Flavors Eat fresh as greens also Basil Bay leaf (Cooking Only), Cilantro, Dill, Marjoram, Oregano, Sweet Basil, Tarragon, Thyme</p> <p>Pungent & Spicy Flavors Achiote, Cayenne Cumin, Coriander Onion Powder, Sage</p> <p>Salty Powdered Granulated Seaweed (Kelp/Dulce/Nori) Brown Seaweed Extract Sea Vegetables (wakame, dulse, arame, hijiki, nori)</p>	<p>Salty Flavors Pure Sea Salt</p> <p>Sweet Flavors 100% Pure Maple Syrup (Grade B Only) Maple “Sugar” (from dried maple syrup) Date “Sugar” (from dried dates) 100% Pure Agave Syrup (from cactus)</p>

ELECTRIC FOODS

<p>Electric foods are alkaline foods which help the body to heal and nourish itself. Electric foods are found in nature. non-hybrid, not genetically modified, non-irradiated Electric food help to increase the copper within the nervous system thus a greater use of one's brain and senses.</p>		
<p>Live foods "Life from life"</p>	<p>Raw Foods "Life is a process"</p>	<p>Dead foods "Death from Death"</p>
<ul style="list-style-type: none"> • are foods which can still live when not eaten • are non-toxic when fermented • are perishable when removed from its habitat • contain all elements need in the digestive process • are balanced with a pH close to seven like water • are meant to be eaten one type at a time(mono diet) 	<ul style="list-style-type: none"> • are preserved and processed live foods • Raw foods are under cooked, dehydrated or sun - dried. • Raw foods contain most of the elements needed in the digestive process • Decompose very quickly if not dehydrated or fermented 	<ul style="list-style-type: none"> • Dead foods have living material extracted, no life • Dead foods are toxic when fermented • Dead foods have a long shelf life • Dead foods have no elements needed for digestion • Dead foods are overcooked, over - processed living waste matter • Acid forming
<p>Fresh picked herbs, greens Tree-ripened fruit, vine-ripened fruit sprouted seeds, grains, nuts, legumes...</p>	<p>Dehydrated fruits or vegetables Roasted/baked fruit and vegetables Stir - fried lively colored fruit and vegetables Lightly steamed lively colored fruit and vegetables Raw Unfiltered vinegar. juice Naturally Fermented foods as sauerkraut, stout beer. Unleavened bread, flat bread, crackers</p>	<p>Fried anything especially deep fried – chips, chicken, vegetables .. Over baked, over-roasted (nuts), pasteurized Chemically extractions such as alcohol, sugars, salts, vinegar acids especially distilled Synthetic foods Leavened bread any yeast product/by-product</p>
<p>Hybrid Foods</p>	<p>Genetically Modified</p>	<p>Drugs</p>
<ul style="list-style-type: none"> • Are man-made cross pollinated foods which do not naturally occur. • Cannot grow in the wild or reproduce (many are seedless) • Are grafted by people and can only be grown by people • are extremely imbalance in mineral and vitamin ratios • imbalances cause mineral deficiency (bone loss) • sugars are not recognized by the digestive system (pancreas and liver) 	<ul style="list-style-type: none"> • Are man-made foods modified on the genetic level with plant and animals genes. • Cause genetic defects within the human body • Destroys the immune system thus causing addiction • Do not assimilate to the body thus having a toxic effect like eating plastic. • Create unnatural behaviors in people and animals 	<ul style="list-style-type: none"> • Are toxic material to the body. • Are concentrated dose of a single substance matter (sugar from beets or cocaine from cacao) • Are extracted or synthetic matter • Cause extreme deficiency and addiction. • acidic
<p>Pink lady, gala, Fuji, braeburn apples, Mineola, tangelo oranges, yellow corn Seedless fruits: grapes, cucumbers, squash, melon Cross-bred animals: Cows, pigs, chickens Carrots, beets, garlic...</p>	<p>Weather resistant foods Insect resistant foods Fast growing foods, Corn, wheat, soy, yeast, brown rice, tomatoes, canola oil, coffee, chocolate</p>	<p>Synthetic or extracted vitamins, nutrients. Cocaine, heroin, purple pill, sugar, white flour, white rice, white corn All prescription drugs, USP certified products, Vaseline/Petroleum jelly, MSG, long chemical compound name</p>

Source: <http://www.drsebisfood.com/pages/nutritional-guide>