

# ALKALINE HABITAT

Dr. Sebi Nutritional Guide and recommended foods list researched and created by renowned herbalist healer Dr. Sebi and his team of chemists.

## **Vegetables:**

Amaranth greens – same as Callaloo  
Wild Arugula  
Avocado  
Bell Peppers  
Chayote (Mexican Squash)  
Cucumber  
Dandelion Greens  
Garbanzo beans (chick peas)  
Izote – cactus flower/ cactus leaf- grows naturally in California  
Kale  
Lettuce (all, except Iceberg or spinach)  
Mushrooms (all, except Shitake)  
Nopales – Prickly Pear - Mexican Cactus  
Okra  
Olives (and olive oil)  
Onions  
Purslane (Verdolaga)  
Sea Vegetables (wakame/dulse/aramé/hijiki/nori)  
Squash  
Tomato – cherry and roma/plum only  
Tomatillo  
Turnip greens  
Watercress  
Zucchini

## **Nuts & Seeds:**

Brazil Nuts  
Hemp Seed  
Raw Sesame Seeds  
Raw Sesame “Tahini” Butter  
Walnuts

## **Oils:**

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

## **Natural Alkaline Sugars:**

100% Pure Agave Syrup (from Cactus)  
Date Sugar

## **Fruits: Seeded fruits only**

Apples  
Bananas – the smallest one, Baby 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  
Prickly Pear (Cactus Fruit)  
Prunes  
Raisins -seeded  
Soft Jelly Coconuts (and coconut oil)  
Soursops – (Latin or West Indian markets)  
Tamarind

## **Alkaline Grains & Flours:**

Amaranth  
Fonio  
Kamut  
Quinoa  
Rye  
Spelt  
Teff  
Wild Rice

## **THINGS TO AVOID**

\*Avoid the microwave, it will kill your food.  
\*Avoid any food or drink not listed in the guide.  
\*Avoid canned and seedless fruit.  
\*Avoid animal products, dairy, fish, and honey.  
\*Avoid GMO's, white/brown sugar/sugar cane, artificial sweeteners and avoid alcohol.

## **Spices:**

### **Mild Flavors-**

Basil  
Bay leaf  
Cloves  
Dill  
Habanero  
Onion Powder  
Oregano  
Savory  
Sweet Basil  
Tarragon  
Thyme

### **Pungent & Spicy Flavors-**

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

### **Salty Flavors-**

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

### **Savory-**

Sweet Basil  
Tarragon  
Thyme

## **IMPORTANT REMINDERS**

\*If a food is not listed on the Nutritional Guide, It has been found to have detrimental properties and not recommended.

\*Drink one gallon of natural spring water daily

\*Take recommended alkaline herbs one hour before pharmaceuticals.

\*Alkaline Herbs may be taken together with no interaction.

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

\*The Natural grains listed are available as pastas, bread, flour or cereal and can be purchased at health food stores or online.