

FOOD ALERT: Yeast – Yeast destroys the lymph nodes and the lymphatic system. Dr. Sebi refers to Candida as yeast infection.

FOOD ALERT: Salt – Will harden your arteries and eventually kill you. Dr. Sebi recommends the use of sea salt.

FOOD ALERT: GMO/Hybrid apples– Green apples are hybrid. Gala and crab apples are safe.

FOOD ALERT: Beets – it’s a hybrid plant. Made in Holland Oxford; it’s a laboratory product. It has inorganic lead.

FOOD ALERT: Chlorella– is not natural. It is a hybrid.

FOOD ALERT: Parsley – Not recommended; also a hybrid plant. Use Cilantro instead.

FOOD ALERT: Almond nut – It has cyanide.

FOOD ALERT: Lemongrass – It will raise your blood pressure high very quickly. It’s a hybrid. Asian people use a lot of it in their soups. Thai people use a lot of it as well.

FOOD ALERT: String Beans – Avoid it. It acid enough to be considered detrimental.

FOOD ALERT: Maca – It’s a hybrid plant.

FOOD ALERT: Maple Syrup – Formaldehyde is known to be used to make maple syrup. It is used to keep the hole open in the maple tree. It’s a chemical that really does damage to the body.

FOOD ALERT: Black Rice – Chinese made the black rice. It is not a natural rice, it is a starch.

FOOD ALERT: Broccoli – Being that broccoli is 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 okra and spinach.

FOOD ALERT: Cauliflower – It is worse than broccoli. It will rob you of your minerals. It has no carbon.

FOOD ALERT: 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 and destroys cells plus weakens the mucus membrane. While garlic does lower blood pressure, it has a tendency to destroy the membrane.

FOOD ALERT: Celery – Celery has the highest concentration of inorganic salt. Dr. Sebi recommends not using it under any circumstances.

FOOD ALERT: Carrot – 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. ?

FOOD ALERT: Rice – Contains cyanide and high levels of starch. Rice will compromise the mucous membrane. It is also high on the Glycemic index. Dr. Sebi recommends Wild Rice, it is actually a type of grass and very nutritious.

FOOD ALERT: Acid/Hybrid food & herbs – Tumeric, Foxgloves, Comfrey, Rose hips, Echinacea, Golden seal, St. John’s Wort, Paprika, Licorice stick (has 50 times more sugar than sugar itself, and has glycyrrhizic acid) Pepper mint, Spear mint (mint seizes the brain), Aloe vera, Vitamin A and E.

FOOD ALERT: Nutmeg – Deadly!!! Boil two nutmegs and drink the water; you’ll be dead in two minutes. Nutmeg has arsenic and was made by man.

FOOD ALERT: Cinnamon– Is very much a poison. It is so poisonous that when you give it to a dog, it can die in ten minutes. It does not have the same affect on the human body, but it is a hybrid and has cyanide.

FOOD ALERT: Vanilla – It’s also a hybrid. But it doesn’t have the cyanide like nutmeg and cinnamon. It’s passable; you can use small increments, portions of it like drops

FOOD ALERT: Farm animal Milk/dairy – It is 6.0 on the ph level chart. Acid.

FOOD ALERT: Starch – Spaghetti, Rice, Beans, Potatoes, Cane juice (highest concentration of starch) Starch is a binder. According to chemistry, It is a chemical. To combine two unequal chemicals you have to use a starch.

FOOD ALERT: Corn and soybeans are two types of crops that have undergone genetic engineering.

FOOD ALERT: Soy products – soy is a complex starch that creates sulphide in the body, it in turn eats up the iron and oxygen. It’s inorganic silica.

FOOD ALERT: Cassava – the popular African dish. Not natural and has cyanide

FOOD ALERT: Moringa – It’s benefits are compared to hybrid and acid based foods such as spinach, milk and carrots and is recommended by the Ayurvedic Indian system who also recommends cow milk.

FOOD ALERT: 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. Spinach contains oxalates which can be hard on the kidneys and increase the risk of kidney stones.

FOOD ALERT: Cumin – Made in a laboratory; it’s an artificial chromosome. It’s extremely bad for the liver.

FOOD ALERT: Shiitake and Kombucha mushrooms – Dr. Sebi does not recommend the consumption of shiitake or kombucha mushrooms. It is a hybrid mushroom and because it’s artificial you have to feed it glucose. Kombucha was made in Japan.