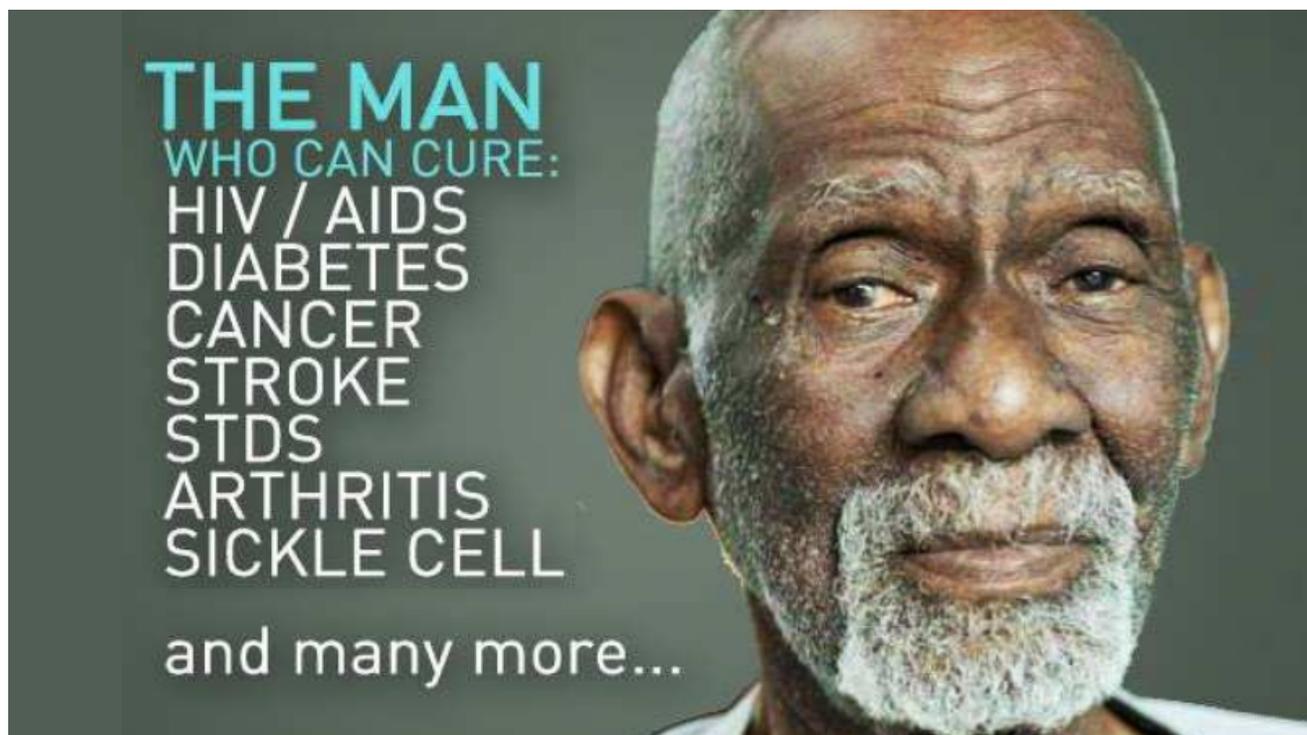


Dr. Sebi: The Man Who Cures AIDS, Cancer, Diabetes and More

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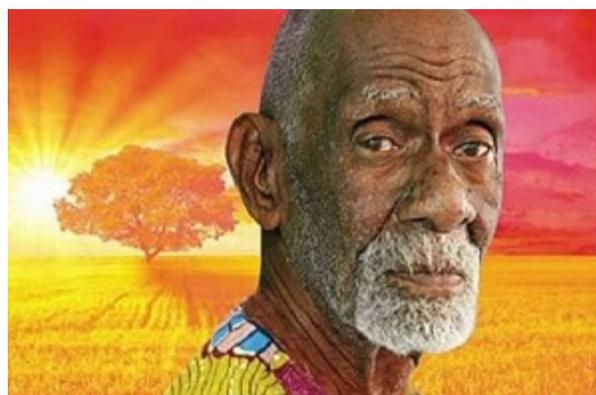
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By [Carolanne Wright](#)

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Editor's note, 7th of August 2016: We are sad to report that Dr. Sebi died yesterday while imprisoned in Honduras. He was 82 years old. To read about the circumstances surrounding his death, as well as tributes to his life and work, please read the article [Dr. Sebi, Renowned Holistic Doctor, Dies in Police Custody in Honduras.](#)



Meet Dr. Sebi, a pathologist, biochemist and herbalist. He came to the U.S. from Honduras and is on a mission to heal humanity. As it happens, he has been curing some of the most deadly diseases on the planet for almost 30 years. AIDS, cancer, diabetes, lupus and epilepsy are just a few of the ailments he has completely reversed. In fact, he is so committed to his work that he took on the Attorney General of New York in a Supreme Court trial — and won.

Standing Up to the Food and Drug Administration

Back in the 1980's, Dr. Sebi ran a variety of ads in newspapers like the *New York Post*, stating: *"AIDS has been cured by the Usha Research Institute, and we specialize in cures for Sickle Cell, Lupus, Blindness, Herpes, Cancer and others."* The ad caught the eye of the Food and Drug Administration (FDA) and the agency subsequently sued Dr. Sebi for false advertisement and practicing without a license.

The judge presiding over the case requested that Dr. Sebi provide one witness for each disease he claimed to have cured. When he instead furnished 70 witnesses to support his argument — showing without a doubt that he did in truth heal all the diseases listed in the ad — the judge declared the doctor not guilty on all counts.

Even with his outstanding victory in court, along with testimonials from celebrities and a multitude of people cured by his method, Dr. Sebi's protocol is still suppressed to this day.

Healing with Electric Foods and Botanicals

The basis behind Dr. Sebi's approach is clearing the body of excessive mucous, which is believed to be the root of all disease. He explains:

"Our research reveals that all manifestation of disease finds its genesis when and where the mucous membrane has been compromised. For example, if there is excess mucous in the bronchial tubes, the disease is bronchitis; if it is in the lungs, the disease is pneumonia; in the pancreatic duct, it is diabetes; in the joints, arthritis."

Moreover, mucous in the retina of the eye will cause blindness; if it is found around the thyroid gland, cancer of the thyroid is the result. Basically, disease will arise in the body wherever there's an accumulation of this stagnant toxin.

According to Dr. Sebi, blood and starch in the diet are the main reasons we can be overrun with clogging plaque. He believes starch is a chemical that wreaks havoc on health, mainly because it causes acidity within the body. The same with animal products. On the whole, an acid body will create toxic mucous and congest the system — leading to inflammation, whereas an alkaline pH will do just the opposite and support vitality.

You may have guessed by this point that consuming an alkaline diet is key. But Dr. Sebi takes his protocol a step further by recommending fasting, along with taking botanical remedies which detox each cell and replace depleted minerals.

The remedies are classified as natural vegetation cell food and nourish cells at a very deep level. Because of this, many find their appetite disappears when they begin using the botanicals. Dr. Sebi notes:

“Although the natural vegetation cell food compounds were designed to extract mucus from a given area of the body, it is also necessary for the body to be cleansed as a whole. What makes our compounds unique is the manner in which they work to cleanse and nourish the entire body.”

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
- Izote – 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/arame/hijiki/nori)
- Squash
- Tomato – cherry and plum only
- Tomatillo
- Turnip greens
- Watercress
- Zucchini



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
- 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
- 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



Grains

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

Nuts and Seeds – (includes Nut and Seed Butters)

- Hemp Seed
- Raw Sesame Seeds
- Raw Sesame Tahini Butter
- Walnuts

- Brazil Nuts
- Pine Nuts

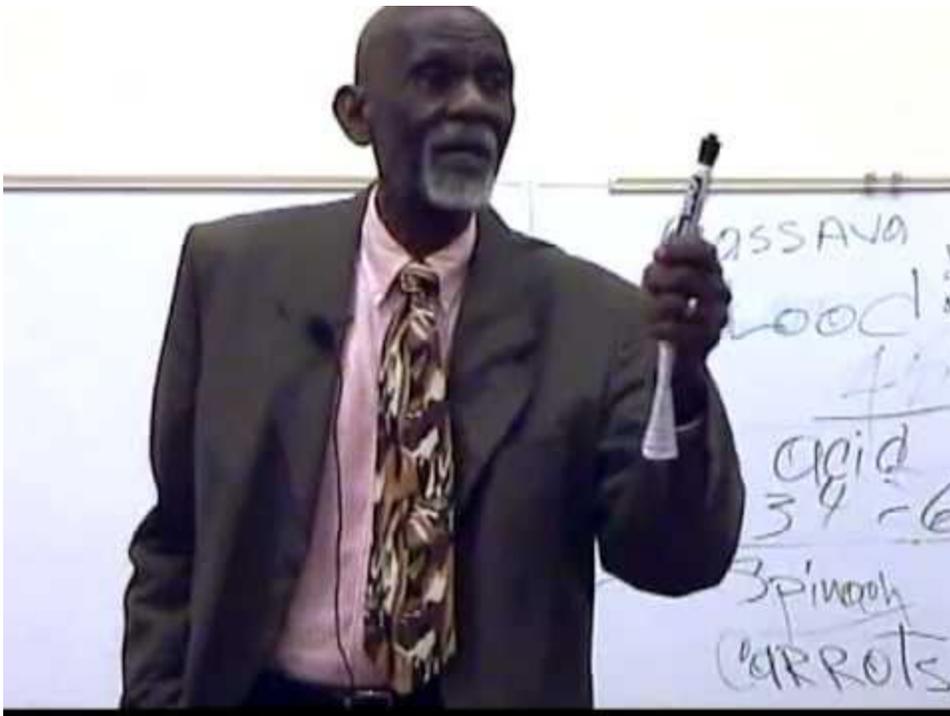
Oils

- 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](#).

Dr. Sebi: Eat 2 Live or Eat 2 Die



Watch Video At: <https://youtu.be/skjFFV1caHE>

Article sources:

Please note: this article is not intended to provide medical advice, diagnosis or treatment.

Previous articles by Carolanne Wright:

About the author:

I'm Carolanne — a writer, chef, traveler and enthusiastic advocate for sustainability, organics and joyful living. It's good to have you here. If you would like to learn more, connect with me at Thrive-Living.net or visit [Twitter.com/Thrive_Living](https://twitter.com/Thrive_Living).

