# ELECTRIC FOODS LIST

Dr Sebi’s list

## FRUITS
Tree/vine ripened best

- 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(Hasanaka)
  - Soft Jelly Coconuts, Sour sops
  - Sugar Apples (cherimoya)

- Non-Sweet
  - Avocado, Asparagus
  - Bell Peppers, Cucumber, Okra
  - Olives, String beans,
  - Tomato - cherry and plum only
  - Tomatillo
  - Squash, Zucchini, Chayote
    - (Mexican Squash)

## SEEDS
Always Sprouted is best

- Nuts
  - Nut butters also
  - Raw Almonds and Almond butter
  - Raw Sesame Seeds
  - Raw Sesame "Tahini" Butter
  - Walnuts
  - Hazelnut

- Grains
  - Amaranth, KaMut, Quinoa, Rye,
  - Spelt, Tef,
  - Wild Rice(black)

- Legumes
  - Garbanzo beans (chick peas) optional

## VEGETABLES
Fresh picked best

- 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)

- Root
  - Jicama
  - Onions
    - (green tops are best like scallions not the bulb)

- Plant like Animal
  - Mushrooms (all, except Shiitake)

## HERBS
Dehydrated at Low Temp

- Teas
  - Alvaca, Anise, Chamomile
  - Cloves, Fennel, Ginger
  - Lemon grass,
  - Red Raspberry,
  - Sea Moss Tea

- Mild Flavors
  - Eat fresh as greens also
  - Basil
  - Bay leaf(Cooking Only),
  - Cilantro, Dill, Marjoram,
  - Oregano, Sweet Basil,
  - Tarragon, Thyme

- Pungent & Spicy Flavors
  - Achiote, Cayenne
  - Cumin, Coriander
  - Onion Powder, Sage

- Salty
  - Powdered Granulated Seaweed
    - (Kelp/Dulce/Nori)
  - Sea Vegetables
    - (wakame, dulse, arame, hijiki, nori)

## MINERALS
Plant/Earth Extract

- Salty Flavors
  - Pure Sea Salt

- 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)
## ELECTRIC FOODS

Electrics foods are alkaline foods which help the body to heal and nourish itself.

Electrics 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.

<table>
<thead>
<tr>
<th>Live foods “Life from life”</th>
<th>Raw Foods “Life is a process”</th>
<th>Dead foods “Death from Death”</th>
</tr>
</thead>
<tbody>
<tr>
<td>• are foods which can still live when not eaten</td>
<td>• are preserved and processed live foods</td>
<td>• Dead foods have living material extracted, no life</td>
</tr>
<tr>
<td>• are non-toxic when fermented</td>
<td>• Raw foods are under cooked, dehydrated or sun-dried.</td>
<td>• Dead foods are toxic when fermented</td>
</tr>
<tr>
<td>• are perishable when removed from its habitat</td>
<td>• Raw foods contain most of the elements needed in the digestive process</td>
<td>• Dead foods have a long shelf life</td>
</tr>
<tr>
<td>• contain all elements need in the digestive process</td>
<td>• Decompose very quickly if not dehydrated or fermented</td>
<td>• Dead foods have no elements needed for digestion</td>
</tr>
<tr>
<td>• are balanced with a pH close to seven like water</td>
<td>• are meant to be eaten one type at a time (mono diet)</td>
<td>• Dead foods are overcooked, over-processed living waste matter</td>
</tr>
<tr>
<td>• are meant to be eaten one type at a time</td>
<td></td>
<td>• Acid forming</td>
</tr>
</tbody>
</table>

### Fresh picked herbs, greens
- tree-ripened fruit
- vine-ripened fruit
- sprouted seeds, grains, nuts, legumes...

### 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

### Hybrid Foods

- 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)

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<tr>
<th>Hybrid Foods</th>
<th>Genetically Modified</th>
<th>Drugs</th>
</tr>
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<tbody>
<tr>
<td>• Pink lady, gala, Fuji, braeburn apples, Mineola, tangelo oranges, yellow corn</td>
<td>• Are man-made foods modified on the genetic level with plant and animals genes.</td>
<td>• Are toxic material to the body.</td>
</tr>
<tr>
<td>Seedless fruits: grapes, cucumbers, squash, melon Cross-bred animals: Cows, pigs, chickens</td>
<td>• Cause genetic defects with in the human body</td>
<td>• Are concentrated dose of a single substance matter (sugar from beets or cocaine from cacao)</td>
</tr>
<tr>
<td>Carrots, beets, garlic...</td>
<td>• Destroys the immune system thus causing addiction</td>
<td>• Are extracted or synthetic matter</td>
</tr>
<tr>
<td></td>
<td>• Do not assimilate to the body thus having a toxic effect like eating plastic.</td>
<td>• Cause extreme deficiency and addiction.</td>
</tr>
<tr>
<td></td>
<td>• Create unnatural behaviors in people and animals</td>
<td>• acidic</td>
</tr>
</tbody>
</table>

### 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
Yaneesha ‘s wholistic healing began for herself sixteen years ago. She was guided by her husband to give up meat and enjoy an healthier lifestyle. Through her perseverance in her studies Yaneesha graduate from the Ann Wigmore Institute in Puerto Rico where she learned the importance of a living/raw food lifestyle to become a certified raw and vegan food consultant. Her joy and passion, with her husband, is to facilitate healing, love, light, knowledge and education to all people in the form of the P(e)r-Ankh-Ntr unincorporated association.

Tweedenis ‘s wholistic healing began over twenty years ago. He began his study of health and nutrition science with books by Dr Afrika, Queen Afua, Ra Un Nefer Amen ... and has promoted a natural diet of fruit and herbs for well over 15 years with emphasis on cosmological natural healing using breathing, meditation with I Ching and mdw ntr(hieroglyphs). Along with his wife, Tweendeni’s, passion is to facilitate self healing, self-love, self-knowledge and self-education to all people in the form of the P(e)r-Ankh-Ntr( an unincorporated association not for profit).