

# ELECTRIC FOODS LIST

Dr Sebi's list

<u>FRUITS</u> Tree/vine ripened best	<u>SEEDS</u> Always Sprouted is best	<u>VEGETABLES</u> Fresh picked best	<u>HERBS</u> Dehydrated at Low Temp	<u>MINERALS</u> Plant/Earth Extract
<p><u>Sweet</u> no canned or seedless fruits Apples Bananas (the smallest one or the <u>Burro/mid-size original banana</u>) 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><u>Non-Sweet</u> Avocado, Asparagus Bell Peppers, Cucumber, Okra Olives, String beans, Tomato - cherry and plum only Tomatillo Squash, Zucchini, Chayote (Mexican Squash)</p>	<p><u>Nuts</u> Nut butters also Raw Almonds and Almond butter Raw Sesame Seeds Raw Sesame "Tahini" Butter Walnuts Hazelnut</p> <p><u>Grains</u> Amaranth, KaMut, Quinoa, Rye, Spelt, Tef, Wild Rice(black)</p> <p><u>Legumes</u> Garbanzo beans (chick peas) optional</p>	<p><u>Greens</u> 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><u>Root</u> Jicama Onions (green tops are best like scallions not the bulb)</p> <p><u>Plant like Animal</u> Mushrooms (all, except Shitake)</p>	<p><u>Teas</u> Alvaca, Anise, Chamomile Cloves, Fennel, Ginger Lemon grass, Red Raspberry, Sea Moss Tea</p> <p><u>Mild Flavors</u> Eat fresh as greens also Basil Bay leaf(Cooking Only), Cilantro, Dill, Marjoram, Oregano, Sweet Basil, Tarragon, Thyme</p> <p><u>Pungent &amp; Spicy Flavors</u> Achiote, Cayenne Cumin, Coriander Onion Powder, Sage</p> <p><u>Salty</u> Powdered Granulated Seaweed (Kelp/Dulce/Nori) Sea Vegetables (wakame, dulse, arame, hijiki, nori)</p>	<p><u>Salty Flavors</u> Pure Sea Salt</p> <p><u>Sweet Flavors</u> 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>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.</p>		
<p><b>Live foods</b>  <b>“Life from life”</b></p>	<p><b>Raw Foods</b>  <b>“Life is a process”</b></p>	<p><b>Dead foods</b>  <b>“Death from Death”</b></p>
<ul style="list-style-type: none"> <li>are foods which can still live when not eaten</li> <li>are non-toxic when fermented</li> <li>are perishable when removed from its habitat</li> <li>contain all elements need in the digestive process</li> <li>are balanced with a pH close to seven like water</li> <li>are meant to be eaten one type at a time( mono diet)</li> </ul>	<ul style="list-style-type: none"> <li>are preserved and processed live foods</li> <li>Raw foods are under cooked, dehydrated or sun-dried.</li> <li>Raw foods contain most of the elements needed in the digestive process</li> <li>Decompose very quickly if not dehydrated or fermented</li> </ul>	<ul style="list-style-type: none"> <li>Dead foods have living material extracted, no life</li> <li>Dead foods are toxic when fermented</li> <li>Dead foods have a long shelf life</li> <li>Dead foods have no elements needed for digestion</li> <li>Dead foods are overcooked, over-processed living waste matter</li> <li>Acid forming</li> </ul>
<p><i>Fresh picked herbs, greens</i>  <i>tree-ripened fruit,</i>  <i>vine-ripened fruit</i>  <i>sprouted seeds, grains, nuts, legumes...</i></p>	<p><i>Dehydrated fruits or vegetables</i>  <i>Roasted/baked fruit and vegetables</i>  <i>Stir-fried lively colored fruit and vegetables</i>  <i>Lightly steamed lively colored fruit and vegetables</i>  <i>Raw Unfiltered vinegar, juice</i>  <i>Naturally Fermented foods as sauerkraut, stout beer.</i>  <i>Unleavened bread, flat bread, crackers</i></p>	<p><b><i>Fried</i></b> anything especially deep fried – chips, chicken, vegetables ..  <i>Overbaked, over-roasted(nuts), <b>pasteurized</b></i>  <i>Chemically extractions such as <b>alcohol, sugars, salts, vinegar</b></i>  <i>acids especially distilled</i>  <i>Synthetic foods</i>  <i>Leavened bread any <b>yeast</b> product/by-product</i></p>
<p><b>Hybrid Foods</b></p>	<p><b>Genetically Modified</b></p>	<p><b>Drugs</b></p>
<ul style="list-style-type: none"> <li>Are man-made cross pollenated foods which do not naturally occur.</li> <li>Cannot grow in the wild or reproduce (many are seedless)</li> <li>Are grafted by people and can only be grown by people</li> <li>are extremely imbalance in mineral and vitamin ratios</li> <li>imbalances cause mineral deficiency(bone loss)</li> <li>sugars are not recognized by the digestive system( pancreas and liver)</li> </ul>	<ul style="list-style-type: none"> <li>Are man-made foods modified on the genetic level with plant and animals genes.</li> <li>Cause genetic defects with in the human body</li> <li>Destroys the immune system thus causing addiction</li> <li>Do not assimilate to the body thus having a toxic effect like eating plastic.</li> <li>Create unnatural behaviors in people and animals</li> </ul>	<ul style="list-style-type: none"> <li>Are toxic material to the body.</li> <li>Are concentrated dose of a single substance matter( sugar from beets or cocaine from cacao)</li> <li>Are extracted or synthetic matter</li> <li>Cause extreme deficiency and addiction.</li> <li>acidic</li> </ul>
<p><i>Pink lady, gala, Fuji, brachburn apples,</i>  <i>Mineola, tangelo oranges, yellow corn</i>  <b><i>Seedless fruits:</i></b> <i>grapes, cucumbers, squash, melon</i>  <i>Cross-bred animals: Cows, pigs, chickens</i>  <i>Carrots, beets, garlic...</i></p>	<p><i>Weather resistant foods</i>  <i>Insect resistant foods</i>  <i>Fast growing foods,</i>  <b><i>Corn, wheat, soy, yeast, brown rice tomatoes, canola oil, coffee, chocolate</i></b></p>	<p><i>Synthetic or extracted vitamins, nutrients.</i>  <i>Cocaine, heroin, purple pill, sugar, white flour, white rice, white corn</i>  <i>All prescription drugs, USP certified products,</i>  <i>Vaseline/Petroleum jelly, MSG, long chemical compound name</i></p>

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.

Tweendenis 's wholistic healing began over twenty years ago. He began his study of health and nutrion 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).