

# MAKE IT AT HOME WITH DR. SEBI

SIMPLE AND EASY DIRECTIONS



WRITTEN BY SAM DAVIS

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WRITTEN BY SAMANTHA DAVIS

150 PAGES



YOU CAN LISTEN TO MY INTRODUCTION ON  
[FACEBOOK HERE](#)

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# INTRODUCTION

## WELCOME TO MY WORLD!!

On January 24<sup>th</sup>, 2002 my dear husband Mo died. I was left in a country alone and without family or friends. I was thrown on the street and my cats were killed. It was pouring down rain that day and I did not know what I would do or where I would go.

Thanks to ALLAH, our Creator he opened doors for me. But not without many struggles. I was taken advantage of greatly. But with the help of many people I survived. I eventually would need to have a job and so I wrote. I wrote on the things I knew -- Real Estate and health.

Through much luck and destiny I would end up at many top health websites where I met a lot of people who would lead me on the right tract. Those openings for me would eventually lead me to Facebook and then on to Youtube.

So in September, 2017 I took a bold step and opened up a channel called The Mucusless Diet Center. I just knew no one would follow me, but if I could get around 100 subscribers I would be happy.

Within 1 month, I had 1000 subscribers, WOW!!

I was writing on how to make Dr. Sebi products at home. I started this process due to not being able to afford the products myself and the customs were so high in Jordan.

Well thousands followed wanting to know also. After a few years we had more than 33,000 followers.

As time went on, I began to see that there was a slow down in interest in the Sebi program and so I took the bold step and that was to put all my knowledge in an ebook. Yes, the one you are reading right now.

Google was doing many algos and Youtube was causing us to have more and more trouble teaching about healing and so in order to survive in a world where HEALERS were not loved as much, we began to see that we must go offline more.

I still ran my consultation service offline and had written more than 10 other ebooks too, but I feared in a very short time that Youtube would take our videos down or even block my videos.

Zee Malachi had written in 2017 that they noticed more than 12 of their Youtube videos missing. I too noticed I had a few missing. So we had to make some changes. We would take the product videos down, and require passwords on my site.

But when you purchased this ebook you got the key. Keep in mind you cannot share the code with anyone. Yes, sadly we will have to watch who uses the code.

I fear that in a very short time I will not be on Youtube and you will once again have to follow me on the many free sites I have created.

MY MAIN SITE – [MUCUSLESS DIET CENTER](#)

MY HEALING CENTER – [THE SEBIAN HEALING CENTER](#)

MY FASTING BLOG – [DR SEBI FASTING BLOG](#)

So feel lucky you have a copy of this ebook. It is so thorough and includes much more than products. The Table of Contents will

give you some ideals. I wanted this book to be chuck full of wonderful information and I so hope you will enjoy reading this and brag to everyone what a great deal you got.

As for Mo, I can only hope he is proud of what I have accomplished in the many years since he left me. It is a hard life without Mo you know.

Sam Davis

I MISS YOU MO. HOW COULD YOU LEAVE ME?



OUR LOVELY TRIP TO CYPRUS. MO OF COURSE SPOKE GREEK AND COULD TALK TO EVERYONE. HE SPOKE 5 LANGUAGES.

# Interesting Testimony on Mold and COVID

**THIS WILL OPEN UP YOUR EYES. WOMAN GIVES LIFE SAVING ADVICE.**

Before Covid, I sincerely felt I had it in June of 2019; others say as early as January 2019! I was hospitalized late June early July 2019 and nearly lost my life! I thank The Most High that it hadn't been widespread. Diagnoses? MOLD on the lungs! Yes, that's right - MOLD!

Learned of Dr. Sebi back in 2015, but did nothing. Horrible bout with mucus, blowing every second of the day for years. Well, I was forced to do something! I prayed and was soooooo afraid. I asked my hubby to bring my computer and ordered products.

I remember telling him that I always felt tingling in my upper back left side, crawling bugs. It was the mold spores LIVE and in living color! Ordered some products on my dying bed - bromide plus powder - eww wee, bio ferro, elderberry tea, iron plus, and I ate all organic.

In a week, I was walking off leaving the hubby :- ) His OWN eyes saw an amazing recovery of severe joint pain in my fingers/feet that disappeared in days! Only took the products until I ran out. Well, this year, caught pneumonia not Covid. Again, I fell deathly ill because I didn't consume long enough, first time. Now, no cough, sneeze, congestion or "crawly" feeling in my back...AMAZING!!!

I will definitely continue taking everything then do maintenance doses. People, we had better wake up because all the doctors care about is padding their pockets and living the life while we

suffer needlessly! The herbs are for the healing of the nations. So, eat well, take herbs, and stay healthy!

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## **DR. SEBI'S LEGACY**

**DR. SEBI'S LEGACY CAN ONLY  
LIVE ON THROUGH YOU.  
PRACTICE WHAT HE LOVED  
AND HATE WHAT HE HATED.**

**MUCUSLESS-DIET.COM**

## **DR. SEBI HEALTH AND NUTRITION 101 – EBOOK IN ITS OWN RIGHT**

This is a bonus section for my clients to understand the difference in the many healing modalities and why the Sebi Diet is the best. Dr. Sebi takes you step by step in his knowledge. You will be shocked from the information he gives and how he knows so much more than you can imagine. 16 pages of info like you have never seen before

**BELOW YOU WILL FIND A FEW PARAGRAPHS  
OF THIS VERY LONG EDUCATIONAL 16 PAGE  
TUTORIAL FROM DR. SEBI HIMSELF. BUY THE  
BOOK TO READ THE ENTIRE READ OUT.**

My name is Sebi. Many know me as Dr. Sebi. Today, I am asked to afford you this lecture that you're about to hear Naturally, when we say, afford you a lecture, we should always walk away from that lecture with something that we could incorporate into our lives to make it a little bit stress-less...

Whether we want to or not, Africa holds the key. In the year of 1987, your brother and servant, Dr. Sebi was arrested, because he claimed to cure AIDS, sickle cell, lupus, herpes, blindness, diabetes and many other diseases.



**DR. SEBI SPEAKS ABOUT WINNING HIS COURT CASE. 72 PEOPLE SHOWED UP TO TESTIFY IN HIS BEHALF WHEN THE COURT ASKED FOR 9.**

But Dr. Sebi understood that for them to embrace what I said, their understanding had to transcend that which prevails because we are a product of the quantum theory. We believe in philosophy, we do not believe in reality, we don't even know what that is. Because when someone places a glass of celery juice in their mouth they need to be questioned...

# MAKE PRODUCTS AT HOME WITH DR. SEBI



Dr. Sebi stated he was not a healer, only women could be healers and that he was your brother and nothing more. He was not sure why he was given this information but he was glad. He did not like school or books too. Dr. Sebi lived and died helping others know the real truth and created protocols of health to help the sick, the poor and those who just wanted to live longer.

He was big on fasting and found that it returned to him the things he cherished the most. The products have changed and the ingredients have changed also but the one true thing is the same. They help you reap the benefits of this simple man who called himself your brother.

Dr. Sebi RIP - Died on August 6, 2016 - He was 82 years old. Reports came that he died of pneumonia but that has never been verified. Dr. Sebi was in police custody and their abuse and filthy conditions of the jail led to his demise. The family has asked for your support and THAT YOU continue his legacy.

## HOW TO MAKE THE PRODUCTS

When making capsules always use size 00 and halal or vegetarian - [Buy Here](#)

Second when making the products use equal amounts of each herb. Do not mix 4 ounces to 4 ounces, use 3 cups to 3 cups or 1 cup to 1 cup. Herbs will weigh different. Such as bladderwrack is heavier than Sea Moss.

When making a tea add in 1 tablespoon of each herb to 1 liter of water. Bring to a boil and then reduce to a simmer. Continue to cook for enough time to reduce the liquid by 2 inches. Normally takes 10 minutes or so.

If you have powders and herbs and want to make a tea then use 1/3 of the powder compared to the herbs. So if using 1 tablespoon of herbs (ie dandelion root, elderberry, feverfew, etc) then use 1 tsp of fine ground powder. When making capsules fine grind all herbs.

## MAKE IT AT HOME AND SAVE MONEY

“IT WAS NEVER AN ALKALINE LIST OF FOODS. DR SEBI'S NUTRITIONAL GUIDE IS A LIST OF LEAST DETRIMENTAL FOODS FOR BETTER ASSIMILATION AND DIGESTION

THEREBY ALLOWING THE BODY TO REPAIR AMIDST LESS HARMFUL SUBSTANCES. REDUCE THE HARM BEING DONE THROUGH DIET...AND HEALING BECOMES POSSIBLE.” CRUSH FOSTER

[FREE COPY OF THE DR. SEBI NUTRITIONAL GUIDE HERE](#)



## SHOPPING LIST

### WELCOME!!

I want to welcome you to my website and to Dr. Sebi's protocol which can be daunting at first. These articles are meant to make it easier for you to navigate to a healthy lifestyle.

### What exactly do I do first?

You have heard the groups talk about dandelion, bladderwrack and sea moss but what in the blazes are they talking about? This article will guide you to learn more and be healthier with the cheapest prices on your budget.

### Diet - Diet - Diet

Most of the things you need are right at your local grocery store or health store and so let's start with the basics.

Go to my "[Diet Page](#)" and get all the products you can eat. From there we can now see what is allow

So first we go to the grocer. Here we buy mushrooms, lettuce (not iceberg), cherry or roma tomatoes, onions, yellow squash, coriander, parslane, zucchini, prickly pear, etc.

We also want to buy some fruits and so we choose small bananas , mangoes, peaches. and oranges and of course limes. If in season we will buy some seeded watermelons and grapes.

Now we need to buy some chickpeas and flours. We settle on spelt and kamut flours and buy some kamut pasta too.

We need some walnuts. hemp or Brazil nuts for milk to make our smoothies with. So although we did not buy everything, we have enough to begin our protocol. So for less than \$100 we are stocked and ready to go. So we are well within our budget.

## **Extras because we have a few dollars more**

Now we find that we have a few dollars more and so we buy some Raw Blue Agave, grape seed oil, olive oil and avocados. While recipes can be made without these things, many recipes will call for some oils. To sweeten recipes we will use either agave or date sugar.

## **Herbs - what are required**

If we are on a budget then ordering from Dr. Sebi's store may not be possible. If we do order, it will not be the therapeutic packages which cost \$750 to \$1500. We want to order enough herbs to get by on. So what are the main herbs.

Sea Moss or Sea Moss powder. Raw is best and try to buy



wildcrafted. Bladderwrack root and powder

If you have the bladderwrack powder and the seamoss powder you can make the bromine plus mixture sold at Dr. Sebi's store. You need 50% of each and 4 capsules a day. You will see links below for each.

## **We need some herbal teas. Some of my favorite are**

- Burdock
- Dandelion
- Red Raspberry
- Elderberry

If you are on a budget this would be enough to get you in good shape. The elderberry and burdock will help to move the mucus out of your body.

For colon cleansing we will need some cascara sagrada and rhubarb root. You will want to take two capsules of each and no more than 7 days in a row.

If you want to make some of the remedies that the Sebians order then go to the Products page and see the ingredients in each protocol. Remember to use 50% of each.

**See Below for Recommended Herbs - Read More Below**

## **BELOW ARE HERBS THAT CAN BE SHIPPED INTERNATIONAL AND TO THE US AND CANADA**

Best Botanicals on Amazon Carries These Herbs

- Burdock Root powder
- Bladderwrack Herb Powder
- Organic Ginkgo
- Black Walnut Leaf
- Organic Nettle Leaf
- Blue Vervain Powder
- Yellow Dock Root
- Cascara Sagrada Bark Powder
- Sarsaparilla Root Powder

Iherb carries these herbs

- Nutiva Organic Hemp Seeds
- Elderberries
- Kamut Pasta
- Wild Rice
- Raspberry Leaf
- Madhava Raw Blue Agave
- Cascara Sagrada in Capsules
- Burdock Root Cut and sifted
- Dandelion Root
- PH Strips - a must
- Date Sugar
- Organic Cayenne Powder
- Stinging Nettles

## PRODUCT LINKS FROM BELOW PRODUCTS

- BEST BLACK SEEDS <https://shrsi.com/3e4m4>
- BLACK WALNUT LEAF = <https://amzn.to/3nYgkTy>
- BLADDERACK <https://amzn.to/2LpA67V>
- BLUE VERVAIN <https://amzn.to/3AK9aJR>
- BUGGLEWEED <https://amzn.to/3O70X5v>
- BUGLEWEED POWDER <https://amzn.to/3cbRYD6>
- BURDOCK ROOT <http://amzn.to/2CNAY02>
- CASCARA SAGRADA <https://amzn.to/3Rub5br>
- CHAPARRAL <https://amzn.to/3lyMP42>
- COCOLMECCA <https://amzn.to/3z92vXB>
- ELDERBERRY <https://amzn.to/2Qhud19>
- GINGKO LEAF POWDER <https://amzn.to/3ICEbSe>
- IRISH SEA MOSS <https://amzn.to/31q7kMv>
- LILY OF THE VALLEY - <https://amzn.to/3J80vlj>
- MUICLE - HONEYSUCKLE <https://amzn.to/3lwN2oe>
- NETTLES <https://amzn.to/3Pj3w6h>
- NOPAL POWDER <https://amzn.to/3yUB30K>
- NOPAL CACTUS <https://amzn.to/3P9sZPu>
- PRODIJIOSA <https://amzn.to/3iGf4Cy>
- RHUBARB ROOT <https://amzn.to/3m2Akoc>
- SAGE <https://amzn.to/3o1t5wx>
- VALERIAN ROOT <https://amzn.to/3o0ogUd>
- YELLOW DOCK <https://amzn.to/3axpi73>
- ZATIK BLACK SEED OIL - <https://shrsi.com/3hmjn>

**IF THERE IS AN HERB YOU NEED AND NOT ON  
THE LIST ABOVE GO HERE:**

**BEST SHOPPING SERVICES -  
HERBS PRO - IHERB - STARWEST  
BOTANICALS -  
BULK SUPPLEMENTS**

# LET US BEGIN WITH THE PRODUCTS I HAVE CHOSEN TO BE EXTREMELY IMPORTANT FOR YOU.

YOU CAN PURCHASE AT THE [DR. SEBI CELLFOOD STORE](#) IF YOU DO NOT WANT TO MAKE IT AT HOME.

## BANJU

Banju was created using a unique combination of powerful ingredients. Banju has proven to effectively treat nervous system conditions such as: pain, irritability, stress and insomnia. This tonic was made to stimulate the brain and central nerve system. Banju has shown to be extremely effective for children diagnosed with Attention Deficit Hyperactivity Disorder (A.D.H.D.)

Sold as a syrup - 8 oz bottle on site. Dosage is 2 tablespoons in AM and PM. Cost of Bottle on [Cellfood Site](#) is \$50. You would need multiple bottles to last one month. 8 ounces is equal to one cup. Each cup contains 16 tablespoons and so you would go thru one bottle in 4 days. So for one month you would need 8 bottles of a cost of \$400. Make it homemade for a fraction of the cost. See links below to purchase.

### Main Ingredients

- Santa Maria (feverfew) - reduces anxiety and relaxes nerves and muscles - [Powder](#) - [Herb](#) - [Capsule](#)
- [Blue Vervain](#) - Treats nerve damage
- [Burdock Root](#) - Diuretic, blood cleanser
- [Elderberry](#) - Combats mucus buildup and prevents flus and colds.

The updated version on the site includes **Bugleweed Powder**. It is up to you to change or not. You can buy it as an herb [here](#):

The new version has removed feverfew and made Elderberry the number 1 ingredient, followed by blue vervain, then burdock root and then **valerian root** and then bugleweed.

Keep in mind when making any product that the first ingredients are the strongest ingredients. Many times we suggest you go heavier on the first 2 ingredients and lighter on the remainder.

I AM GIVING RECIPE BASED ON THE LATEST INGREDIENT LIST ON SEBISTORE

MY PERSONAL RECIPE LISTED BELOW.

**[PURCHASE MY EBOOK HERE FOR 150 PAGES OF DETAILED INFORMATION THAT YOU MUST HAVE AND ENJOY.](#)**



# CONSULTATION WITH SAMANTHA DAVIS



My Consultation Services - UNIQUE SERVICE - FINDING A QUALITY CONSULTATION ON HEALTH IS ALMOST IMPOSSIBLE THESE DAYS. SIGN UP AND FEEL SAFE.

SERVICES ARE GOOD FOR 1 MONTH ONLY

I WILL CALL YOU DIRECT, ANY PLACE IN THE WORLD.

NOTE: I AM NEITHER A DOCTOR NOR A NURSE. I AM AN INTUITIVE HEALER.

RATES BEGIN AT \$25

[\*\*SIGN UP HERE\*\*](#)



## HOW TO LOCATE SAMANTHA DAVIS

SUBSCRIBE TO MY CHANNEL:

<http://www.youtube.com/c/BSEIMPORTSEXPORTS>

NIGELLA SATIVA WEBSITE:

<https://www.nigellasativacenter.com>

To see proper dosage check out

<http://www.nigellasativacenter.com>

My highly recommended black seeds are Kevala seeds:

<http://amzn.to/2xsqHly>

Krupp's Coffee Grinder: <http://amzn.to/2gm2NTI>

My You Tube Video on Dosage:

<https://youtu.be/qoHLOeX86PE>

Follow me on Twitter - <https://twitter.com/blackcuminpower>.

Follow me on Facebook -

<https://www.facebook.com/groups/NIGELLASATIVA1/>



**Do you need consultation Help?**

**<https://www.nigellasativacenter.com/consultation-services.html>**

**Black Seed Oils I Suggest - Visit my store for black seed oil :**

**<https://www.nigellasativacenter.com/store.html>**

**IHERB KEVALA BLACK SEEDS -**

**<https://www.iherb.com/pr/Kevala-Organic-Black-Cumin-Seeds-Raw-16-oz-454-g/59944/?rcode=PKC078>**

**SUBSCRIBE TO MY CHANNEL:**

**<http://www.youtube.com/c/BSEIMPORTSEXPORTS>**

**NIGELLA SATIVA WEBSITE:**

**<https://www.nigellasativacenter.com>**

**DONATIONS - HELP OUR HOMELESS SHELTER -**

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