

## 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

Pure Agavé Syrup- (from cactus)  
Date Sugar



### Important Reminder !!!

#### Remember

Drink 1 gallon of Spring Water daily.  
Take your *Jordan's Cell Food* 1 hour  
before *Pharmaceutical Medications*.  
Sleep during healing hrs (10 p.m. - 2 a.m).  
Be faithful to this *Nutritional Guide*.

#### FORGET

#### THE MICROWAVE

Any unlisted foods, drinks, canned fruits and seedless fruits. Animal products, meats, fish dairy, honey. Alcohol, brown and white sugar and all GMO's

*The Online Service Created Just For You.  
Where You Can Create Your Own Cleansing Packages.*

## Product Comparison Info: Do You Know That Our Small Cleansing Package



**Bladderwrack Sea Moss  
Plus Powder**  
Similar to Dr. Sebi's Bromide.  
**Is On Sale For Only \$39.95**  
**Our Regular Price Is \$59.99**  
**Compared to \$69.00 from  
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But you can also go directly to my  
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## Nutritional Guide

Here at *Jordans Cell Food* we have adopted Dr. Sebi's food list. As a former customer of the Late Great Herbalist Dr. Sebi. I have found his food list to be more than helpful in aiding me in my quest for good and better health.

Even though you can find his food list printed and re-printed in many forms by lots of people online for free. Here's my version.

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Thank you and congratulations on purchasing your **Jordan's Cell Food** products. We look forward to being your newly found source for good 100% natural and non-hybrid products.

### **We Are Not Medical Doctors.**

Therefore, we do not diagnose illness or prescribe any pharmaceuticals. None of the information that is being offered here is intended to replace any advice and/or program that your medical doctor has prescribed for you, nor does it conflict with any pharmaceutical medication you are taking.

### **About Michael Jordan**

I am a former customer of Dr. Sebi's, who like many of you enjoyed the benefits and security of purchasing good and safe products from Dr. Sebi up until his un-timely death ( R.I.P Dr. Sebi. ).

I also agree with Dr. Sebi that there is only one disease and that disease is Mucus.

I also agree with Dr. Sebi 100% that you can not mix Natural Herbs ( Made By Nature ) with Hybrid Herbs ( Made By Man ). Because they will only cancel each other out. Thereby rendering them of no use to the body.

I use Dr. Sebi approved herbs. And just like him I find that many others are using hybrid plants along with natural plants and are calling it safe.

I created **Jordan's Cell Food** and have made available products that are similar to Dr. Sebi's for those of you who just do not have the time to capsule up your own herbs at a lower cost. I use herbs from the tropical regions around the world.

Thank You,  
Michael Jordan

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### **Vegetables**

Amaranth greens - same as Callabo, a variety of greens.  
Wild Arugula  
Avocado  
Chayote (Mexican Squash)  
Cucumber  
Dandelion Greens  
Garbanzo beans  
Izote - cactus flower/ cactus leaf  
Kale  
Lettuce (all, except Iceberg)  
Mushrooms (all, except Shiitake)  
Nopales - Mexican Cactus  
Okra  
Olives  
Onions  
Purslane (Verdolaga)  
Sea Vegetables ( wakame/ dulse/ arame/ hijki/ nori )  
Squash  
Tomato - cherry and plum only  
Tomatillo  
Turnip greens  
Watercress  
Zucchini



### **Fruit**

**(No canned or seedless fruit)**

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 )

Free Shipping Only At :  
[www.jordanscellfood.com](http://www.jordanscellfood.com)

Papayas  
Peaches  
Pears  
Plums  
Prickly Pear ( Cactus Fruit )  
Prunes  
Raisins - ( Seeded )  
Soft Jelly Coconuts  
Soursops - ( Latin or West Indian Markets )  
Tamarind

### **Natural Herbal Teas**

Burdock  
Chamomile  
Elderberry  
Fennel  
Ginger  
Raspberry  
Tila

### **Grains**

Amaranth  
Fonio  
Kamut  
Quinoa  
Rye  
Spelt  
Teff  
Wild Rice

### **Nuts and Seeds**

**( Includes Nuts and Seed Butters )**

Brazil Nuts  
Hemp Seed  
Raw Sesame Seeds  
Raw Sesame Tahimi Butter  
Walnuts

### **Oils**

Avocado Oil  
Coconut Oil ( Do not cook )  
Grape seed Oil  
Hemp seed Oil  
Olive Oil ( Do not cook )

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