

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/Dulse/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
our competitors.**

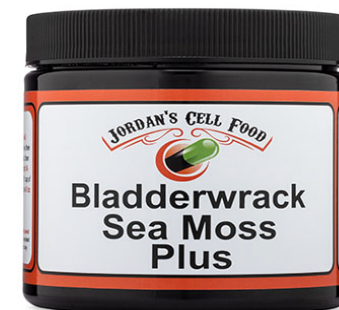
All Prices Are Subject To Change
At Any Time.

If you purchased items from my
Amazon or Ebay Store Fronts
I want to Thank You.
But you can also go directly to my
Main Website and order the
same products for an additional
savings and Free Shipping Only
at: **www.jordanscellfood.com**



We Now Accept All Major
Credit Cards And PayPal.

PayPal



**Bladderwrack Sea Moss
Plus Powder**
Similar to Dr. Sebi's
Bromide.

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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www.jordanscellfood.com



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
www.jordanscellfood.com

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 Shiltake)
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

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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