

# Nutrition – Eat one GBOMBS salad per day!



## Greens

- \* Are **alkaline**, nutrient rich, and aid in healing and restoring nearly every aspect of your body.
- \* Contains nutrients that support the body to **inhibit** angiogenesis thereby **starving** cancer
- \* Contains phytonutrients that the body uses to fight cardiovascular disease
- \* Aids the body to **strengthen** the immune system to fight all diseases including autoimmune diseases
- \* Includes the **nutrients** your body needs to achieve and maintain a healthy weight
- \* Activates NRF2 mechanisms that **prevents** plaque from binding to blood vessels



## Beans

- \* Contain **protein**
- \* Contain resistant starch
- \* Contain healthy **fiber**
- \* Contain phytochemicals and polyphenols that restore healthy fat **metabolism** instead of fat **storage**



## Onions

- \* Contain angiogenesis **inhibitors** that starve cancer and tumor growth
- \* People who eat onions regularly show a **60%-70%** reduction in all major cancers



## Mushrooms

- \* Contain aromatase inhibitors that lower levels of **hormones** that promote cancer growth
- \* Contain angiogenesis inhibitors that starve and cancer and tumor growth
- \* Mushrooms regularly consumed mushrooms were **64%** less likely to develop breast and prostate cancer.
- \* Women who ate 10g of mushrooms (approx. 1 mushroom) per day plus green tea or greens were **89%** less likely to develop breast cancer.
- \* Induce weight loss



## Berries

- \* Full of vitamins and phytonutrients
- \* Add flavor and are lower in sugar than most fruit.



## Seeds

- \* Contain fats that when eaten in a salad aids in absorbing up to **10 times** the nutrients contained in the salad
- \* Contain **protein**
- \* Fewer calories than refined oil
- \* **Satiate** hunger
- \* **Stabilize** blood glucose reducing fat storage hormones
- \* Contain **nutrients** that promote a healthy cardiovascular system
- \* Supports **brain** health