G-BOMBS
SUPERFOODS FOR WEIGHT LOSS AND LONGEVITY

G-BOMBS is an acronym for a nutrient-dense healthy eating style. **Greens • Beans • Onions • Mushrooms • Berries • Seeds**

**Greens** are the most nutrient-dense food on the planet! Containing the most powerful anti-cancer and anti-fat storage effects. Also promotes healthy vision, reduces the risk of diabetes, and increases stamina.

**Beans** reduce starch calorie absorption, promote fat burning, and reduce cholesterol level. Very high in Fiber and a low Glycemic Index. Also reduces the risk of colon and breast cancer.

**Onions** beneficial effects on the cardiovascular and immune systems. Also, known to be anti-diabetic, anti-cancer effective and an anti-inflammatory. Low in calories, low Glycemic load and inhibit fat storage.

**Mushrooms** contain powerful Angiogenesis inhibitors that reduce and fight many types of cancers. They also prevent fat storage and promote weightloss. Extremely low in calories!

**Berries** have a surprisingly low sugar level! They promote weight loss with high nutrient-per-calorie density, a low Glycemic index and load. Containing Angiogenesis inhibitors preventing many cancer types.

**Seeds** are the best source of healthy and essential fat. Beneficial to our cardiovascular system, fighting against breast cancer and helping reduce cholesterol. High in anti-oxidants and Omega-3s.

According to Dr. Fuhrman, you will simultaneously flood your body with protective substances and naturally guide your body to its ideal weight, with no hunger or feeling of deprivation. Nutrient-dense foods are very rich in vitamins, minerals, phytochemicals, antioxidants - and are low in calories! Foods that can virtually be consumed in unlimited quantities, help fight harmful diseases and exceptionally nutritious.