

Eat '**GBOMBS**' daily to help protect you and your family from Cancer, Heart Disease, Strokes, Diabetes, Arthritis, Alzheimer's, etc.

**G**

**Greens:**

**Kale**  
**Collards**  
**Broccoli**  
**Cabbage, Etc.**  
 (Raw or lightly cooked)

**Essential Oils:**  
**Frankincense**  
**Myrrh**

**B**

**Beans**

**Cooked Beans**  
**Cooked Lentils**  
**Peas**

**Spices:**  
**Tumeric/ Curcumin**  
**Black Pepper**  
**Cayenne Pepper**

**O**

**Onions**

**Raw Onions**

**Supplement:**  
 Vitamin D (Sunshine)  
 Vitamin B12  
 DHA

**M**

**Mushrooms**

**Cooked Mushrooms**

**B**

**Berries**

**Blueberries**  
**Strawberries**  
**Black Berries**  
**Avocado**  
**Etc.**

**Juicing:**  
 Juice fresh green  
 Vegetables/fruits

**S**

**Seeds & Nuts**

**Ground Flaxseed**  
**Walnuts**  
**Chia**  
**Ground Apricot seeds**  
**Sesame seeds**

**Organic:**  
 Buy Organic and non-GMO

**Avoid: GMO foods, High Fructose Corn Syrup, Cooking with Oils, Processed Meats, Aspartame and other artificial sweeteners**

Items in Red are shown to be very strong Cancer cell killers. Cancer cells LOVE sugar and animal protein, that includes cheese and meat ... For more info contact: [jbfavoredone@gmail.com](mailto:jbfavoredone@gmail.com)

# LAWS OF HEALTH

1. **Nutrition** – restrict amount of caloric intake of calorie dense food with too many calories and little nutrition and little fiber such as fast food; EAT MORE WHOLE FOODS –RAW OR SIMPLY PREPARED. ( Try to eat the above listed **GBOMBS** daily.)
2. **Exercise** – Walk 2 miles a day and add strength training/ Lifting (good for your heart)
3. **Water** – drink half your weight daily
4. Get adequate **SLEEP**- Early to bed, Early to rise; rest allows the body time to repair itself. Try to get to bed at least around 10:00pm.
5. **Sunlight** – Best source of Vitamin D – very important in maintaining a healthy immune system. Body needs vitamin D to help it eradicate free radicals or toxins from our environment which causes cancer and other chronic and autoimmune diseases
6. Fresh **Air** is important for health- take deep breaths of fresh air preferably outside
7. **Temperance**- choose good things in moderation and avoid things that have a negative affect on the quality of life, such as smoking, overeating, alcohol, drugs, etc. Balance and Good sense are key in all things.