

4. Strives to be free of toxins, chemicals and infectious agents

High glycemic load foods, contribute to not just obesity and diabetes, but also to cancer.

Dairy products and higher intake of animal protein drive IGF-1 into unfavorable levels and the link between IGF-1 and cancer is well-established. High protein diets and increased risk of cancer and mortality.

G-BOMBS → Greens, Beans, Onions, Mushrooms, Berries, Seeds (and tomatoes) and their powerful anti-cancer effects.

Clinical cases and research data evaluating the benefits of a Nutritarian diet for cholesterol lowering, CAD reversal, diabetes, blood pressure and permanent weight loss.

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