

Health Matters NW
Newsletter 1
March 15, 2013

I Love My GBOMBS

One of my Heroes is Dr. Joel Fuhrman, a physician with a practice in New Jersey. He has a web site, drfuhrman.com, with a wealth of information, recipes, health tools, and products. One of the guidelines for good health invented by Dr. Fuhrman, that I use everyday, is to eat my GBOMBS. The letters represent the foods that provide a foundation for excellent health. Here is what they stand for in a nutshell (no pun intended).

G=Greens. Eat as many as you want! Some of the best ones are kale, broccoli, romaine lettuce (skip the iceberg), spinach, cabbage, chard, and Brussels sprouts. I try to have a salad every day, add greens to my smoothies and soups and juice them too!

B=Beans. There are so many varieties. They supply a great source of protein and fiber. They are filling and help with weight control. I am planning a future newsletter all about beans. You'll be surprised when you learn what a Super Food they are!

O=Onions. The onion family includes garlic (great cancer prevention food), scallions, leeks, and shallots in addition to all of the varieties of onions. They power your immune system among other good things.

M=Mushrooms. Yum! Give me a grilled portobello over a steak any day. Studies have shown lower cancer rates in people who eat

as little as one mushroom a day. There was also shown to be a lower rate of recurrence of cancer in those in remission who ate mushrooms an average of one mushroom per day. Imagine if we all ate two or three per day. Mushrooms could change the world!

B=Berries. It's their color that makes them so good for us. Colorful foods are loaded with antioxidants, which protect our cells from free radicals, small unattached molecules that can do lots of damage in our bodies.

S=Seeds. Seeds and nuts contain the good fats (omega 3s) along with fiber and other vitamins and nutrients. They need to be limited, especially if weight is an issue. One ounce is enough to fit in the palm of your hand, and about the right daily serving for most women. Most men or very active and slender women can enjoy two ounces. Walnuts top the list as one of the best omega 3 options.

Health Matters NW is open for business. Everyone is welcome to a Free Health History consultation. This can be done online, by phone, or in person. I hope you have enjoyed these little health tidbits. Please forward to friends you think will enjoy the newsletter.

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