



1. THEY DONT CALL IT BRAIN FOOD FOR NOTHING:

SUSHI IS LOADED WITH OMEGA 3 FATTY ACIDS. THESE FATS PROTECT THE NERVOUS SYSTEM AND PROVIDES VITAMIN D AND PROTEINS THAT YOUR BODY NEEDS

2. SUSHI KEEPS YOU THINKING AND FEELING YOUNG:

SUSHI HAS BEEN PROVEN TO PREVENT MENTAL ILLNESS AND HELPS WITH DEPRESSION

3. IT KEEPS YOU COMING BACK:

THE OMEGA 3 FATTY ACIDS HELP BOOST YOUR IMMUNE SYSTEM

4. IT HELPS TO HAVE A HEART:

SUSHI IS KNOWN TO IMPROVE YOUR OVERALL WELL BEING AND KEEP YOUR HEART HEALTHY

5. WASABI !!!!:

HAS MANY HEALTH BENEFITS TOO, SUCH AS: ANTI-CANCER, ANTI-OXIDANTS, PREVENT TOOTH DECAY, ANTI-COAGULANT AND ANTI-ASTHMATIC

6. WATCH YOUR WEIGHT:

THE VINEGAR THAT IS FOUND IN MANY ITEMS SERVED AT BEN GUI'S SUSHI BAR IS PROVEN TO HELP LOWER YOUR PERCENTAGE OF BODY FAT

7. SEAWEED WALK, SEAWEED RUN:

SEAWEED IS LOADED WITH VITAMINS AND ANTIOXIDANTS LIKE BETA-CAROTENE, B1, B2 AND B12

8. HOLD ME GINGER:

GARI (GINGER) IS A VERY EFFECTIVE NATURAL ANTISEPTIC AND IMMUNE SYSTEM BOOSTER. IT ALSO AIDS IN DIGESTION AND FIGHTS HARMFUL BACTERIA

9. I RECOMMEND THE FISH!:

SUSHI IS A GREAT WAY OF EATING THE RECOMMENDED TWO SERVINGS OF FISH A WEEK

10. IT'S ALL ABOUT ATMOSPHERE:

BEN GUI SUSHI IS THE NICEST SUSHI PLACE IN TOWN WITH A GREAT STAFF AND COMFORTABLE ATMOSPHERE ANYONE CAN ENJOY.