

Are Vitamin Supplements Enough & How Well Do Yours Work?

By Brooks A. Harris, O.D.

As an optometrist my job is to diagnose and treat vision and eye health disorders. But I also believe it is my duty to discuss treatment options and ways to prevent disorders with my patients. **The best way to prevent health problems is to drink plenty of water and get plenty of exercise, sleep and proper nutrition (through food and supplements).** This is why many people take vitamin supplements. Personally I would rather take supplements to keep my body healthy, than wait until my body deteriorates causing me to have to take medication (with its side effects). Therefore I have done a lot of research to determine the best supplement for me to take and I would like to share with you what I have learned.

The body was designed to heal itself, in time, with proper nutrition and it was designed to be compatible with the nutrition in plants. The level of healing we get though depends on the amount of permanent damage we have obtained. Therefore we must start getting proper nutrition as soon and as often as we can.

Do you take vitamins? Do they contain what your body really needs?

There are thousands of nutrients available to us, so how do we know what our body really needs?

Do the vitamins you take get into your bloodstream? Do they actually help your body?

Although many vitamins and minerals from supplements do dissolve properly and do enter the bloodstream to help the body, many others do not. For example: some solid hard tablets pass through the body without dissolving. Other tablets or capsules do dissolve in the stomach but are not absorbed well into the bloodstream, therefore they do not help the body as they were supposed to. Still other vitamins lack other nutrients in them which are needed to help them work properly. Also keep in mind that some vitamins cause deficiencies of other vitamins and/or minerals in our bodies, and in high doses some even cause unwanted side effects. **So what we need are supplements which have been proven to get into the bloodstream and proven to help the body without harming us.** Since our bodies absorb only small amounts of nutrients at any single moment, the huge amounts found in most synthetic supplements may be much more than needed. Also since our bodies were designed to digest food instead of isolated synthetic supplements, we should get most of our nutrition from food – especially from fruits and vegetables.

So how many raw fruits and vegetables do you eat every day?

To get the most nutrition out of fruits and vegetables they should be allowed to ripen fully on the vine before being picked and they should be eaten as raw as possible. Many store-bought fruits and vegetables are picked long before ripening, so they lack many nutrients. Also if they are cooked or frozen or processed or canned, they are often deficient in nutrients. The USDA recommends that we eat 7-13 servings of fruits and vegetables per day to help our bodies function properly and to help prevent chronic disorders. Very few of us eat even a fraction of this amount. **So ideally what we need is “the next best thing,” a fruit and vegetable supplement that puts thousands of nutrients into our body which get into our bloodstream and help our body.** Studies have shown that natural food complexes (concentrated foods) are better absorbed than isolated mineral salts (vitamin & mineral supplements).

Fortunately there is now a *Whole Food Nutritional Supplement* called **Juice Plus** which has been proven to enter the bloodstream and help the body. **Juice Plus** is made from 17+ carefully selected, high quality, vine-ripened fruits, vegetables, berries and grains. **Juice Plus** is not dehydrated fruits and vegetables. It is concentrated, fresh juice powders. With thousands of nutrients available in **Juice Plus** (as in fruits and vegetables), our body can use what it needs when it needs it to keep our body healthy.

So to stay as healthy as possible, we need to first of all get plenty of exercise, sleep and water and eat fresh fruits and vegetables. Secondly we need to take concentrated food (as Juice Plus) to support our diet. And thirdly we may need to take good quality vitamin and/or mineral supplements for specific needs. Lastly take your medicine if prescribed by a doctor.

If you are interested in learning more about this amazing supplement, visit BrooksHarris.JuicePlus.com. Also visit the “Wellness” tab at www.BiblicalReliability.com to see many more articles. These articles explain how to protect the eyes (and the rest of the body) and how to prevent or lessen your risk of common vision and eye health disorders as **Cataracts, Glaucoma, Macular Degeneration, and Diabetic Eye Disease**. Please ask for copies of any handouts which interest you. Also if you are interested in possibly selling Juice Plus, please let us know. I use it myself and I sell it just because it is a good product which I believe helps my patients stay healthy and helps them maintain as good a vision as possible for as long as possible.