

JUICE PLUS+ & DISORDERS OF THE EYE

We develop disorders in our body when our body is not functioning as it was designed to function. The body was **designed to heal itself** when it is allowed proper nutrition and care. Our body was also **designed to be perfectly compatible** with the plants we eat. All the nutrients our body needs can be found in plants.

So if our body can heal itself when it gets proper nutrition and this nutrition is found in the plants we eat, then it makes sense that if we eat the right plants and get the right nutrition (as well as get plenty of exercise, sleep and water to drink, a proper diet, and reduce stress), our body should be healthier. It also makes sense that the sooner we get started eating properly and the more consistent we are to get proper nutrition, the less the body will be damaged by diseases and disorders, and the greater is the possibility that the damaging effects will be slowed, halted or even reversed.

The best way to get proper nutrition is to **eat a wide variety of fresh, vine-ripened fruits and vegetables every day**. Unfortunately though, buying or growing and preparing and eating that many fruits and vegetables every day would be very costly and inconvenient for most people. I have found a **nutritional supplement called Juice Plus+** to be the next best thing to eating fruits and vegetables. Since these nutritional supplements are in the form of capsules and chewables, they are very convenient and relatively inexpensive.

The makers of Juice Plus+ have thoroughly researched many fruit and vegetables and carefully chosen a wide variety of fresh, vine-ripened, high quality fruits and vegetables and grains and berries which are compatible with each other and offer a wide range of nutritional benefits for our bodies. Juice Plus+ also puts Digestive Enzymes and Probiotics in their nutritional supplements to help the digestion of food and the absorption of nutrients into the blood stream. Juice Plus+ has been clinically proven to be able to enter the blood stream and help the body's organs and tissues.

I strongly believe that Juice Plus+ can help slow, halt, and maybe even reverse damage to some eye structures as well as the rest of the body. Plant nutrients strengthen blood vessels and nerves making them more resistant to damage, and they improve circulation. These benefits can help reduce the damaging effects of **Glaucoma**, **Macular Degeneration**, and **Diabetes and Hypertension**. They could also help reduce the risk of infections like **Pink Eye** since they reduce inflammation and the risk of infection. Also clinical research has proven that plant nutrients reduce the growth of **Cataracts** and even **Cancer**.

Glaucoma – optic *nerve damage* due to high eye pressure which can lead to total blindness without symptoms.

Macular Degeneration – a deterioration of the central retinal *nerves* which causes central vision blindness.

Diabetic and Hypertensive Retinopathy – damage to *blood vessels* causing *poor circulation and nerve damage* and leaking vessels which may lead to scarring and cause varying degrees of blindness.

Pink Eye – *inflammation* of the outer coating of the eye, causing redness, discharge and eye pain.

Cataracts – a clouding of the crystalline lens caused by *oxidation* which can cause very blurry vision.

Cancer – abnormal cell growth causing *damage to tissues and organs*. Cancer can lead to loss of the eye.

Clinical research on Juice Plus+ has also shown that it reduces **oxidative stress**, reduces key biomarkers of **systemic inflammation**, supports a healthy **immune system**, helps protect **DNA**, supports **cardiovascular wellness**, and supports healthy **skin** and **gums**. If you are taking medication for a disorder, I believe that the healthier your body is, the better results you should get from your medication and eventually you may even need less medication as your health improves. Therefore Juice Plus+ can help you live a **longer and healthier life**.

To learn more about Juice Plus+ visit BrooksHarris.JuicePlus.com.