

JUICE PLUS+

Using the Entire Program

Juice Plus+ has developed a line of products designed to help you *get healthy* and *stay healthy*. Also along with a proper diet and healthy living, the **Juice Plus+ Program** can even help you lose weight and maintain your weight loss. Although Juice Plus+ is not sold as a weight loss product, it gives your body the nourishment it needs to help you get healthier and help you better control your weight.

I have found an excellent article which explains how Juice Plus+ can help us get healthier and help with weight loss. This article was written by Debbi Walton, a Personal Fitness Trainer, who has seen Juice Plus+ help people with weight control and hunger. Please ask for a copy if you are interested. Below is a very brief summary of this article:

Debbie says that there are 2 Steps in getting the **Juice Plus+ Program** to help with weight loss:

The 1st Step is taking **Juice Plus+ Capsules** which provide the micro-nutrition our body needs. **Juice Plus+ Capsules (or Chewables)** are the foundation to our nutritional satisfaction (providing what our cells need to function properly and reduce hunger). When we eat nutrient-poor food, our cells are literally starving for nutrients, so they send a message to keep eating, causing us to over eat and gain weight. What we need is nutrient-rich food. It is estimated that the 3 Blends of Juice Plus+ (Orchard, Garden & Vineyard) together provide well over 13,000 phytonutrients to our body. The cells in our body are constantly dying and being replaced with new cells. So as more and more of our cells are replaced with cells made with great nutrition, our cravings to keep eating too much will decrease. The soluble fiber in Juice Plus+ helps glucose enter the cells of our brain and body giving them more energy and reducing the hungry feeling we get.

The 2nd Step is adding **Juice Plus+ Complete Shakes** which add the macro-nutrition we also need. This delicious whole-food based drink mix is a wise choice, loaded with hard to find nutrition! It's a great balance: half protein (unique water-washed soy, peas, chickpeas, tofu, rice, and algae!) and half slow-releasing, low glycemic index **complex carbohydrates** (ancient grains – organic quinoa, amaranth, and millet, broccoli sprouts, alfalfa sprouts and radish sprouts, pumpkin, pomegranate, spirulina and yucca). (**Juice Plus+ Complete Shakes** and **Nutrition Bars** can help provide a quick, convenient way to get protein, carbohydrates and proper nutrition before and after workouts, and for a mid-day energy snack as well as replacing up to 2 meals per day.)

Juice Plus+ Complete has only 120 calories per serving with 11 grams of protein, almost 7 grams of fiber, and less than ½ gram of fat per 100 calories. It is deliciously sweetened with stevia, monkfruit and organic cane sugar (only 8 grams of low glycemic index sugars per 100 calories)! And, as with all Juice Plus+ products, it is gluten free, non-GMO, and has nothing artificial. Want to really satisfy your body *long-term*? Give it **protein and complex carbohydrates** from superior food sources, *critical* to health, body fuel, and hunger satisfaction.

In her article she gives detailed instructions on how to take **Juice Plus+ Complete** and how to eat healthy. Lastly she reminds us that Juice Plus+ is the world's most thoroughly researched whole-food based nutritional product. It helps us bridge the gap between what we do eat and what we need to eat, in terms of daily fruit and vegetable intake. To get healthy and stay healthy, consider taking as many of the products below as you can.

Juice Plus+ List of Products

- 1) **Orchard & Garden Blend** (Fruit & Vegetables) – Shipped in 4 month supplies (2 bottles of each Blend with 120 Capsules per bottle **OR** 8 bags of 120 Chewables per bag)
- 2) **Vineyard Blend** (Grapes & Berries) – Shipped in 4 month supplies (2 bottles of 120 Capsules per bottle **OR** 4 bags of 120 Chewables per bag)
- 3) **Complete Shake Mixes** (French Vanilla & Dutch Chocolate) – 15 Shakes per bag, but also available in individual packets (Available in Vanilla **ONLY** **or** Chocolate **ONLY** **or** BOTH together)
- 4) **Complete Nutrition Bars** (Spiced Apple with Raisins & Wholesome Grains with Cranberries) – 15 Bars per box (Available in Spiced Apple with Raisins **ONLY** **or** Wholesome Grains with Cranberries **ONLY** **or** BOTH together)