

NUTRITION MADE EASY

by Brooks A. Harris, O.D.

I know that the body was designed to heal itself with proper nutrition and care. So for several years I took multi-vitamins, vitamin C, E, B Complex, and other supplements to help my body stay healthy. **But I always wondered:** “Which nutrients are really deficient in my body?, Which nutrients do I really need to take for my body?, What brand of vitamin and mineral supplement should I take?, Are the supplements I take enough? and Is my body actually able to break them down to use them properly?”

Also I know that the body was designed to use many of the thousands of nutrients found in the vegetation we eat; and eating **fresh fruits and vegetables** is the best way to get the nutrition we need. Some of the nutrients found in *fruits and vegetables* are water, carbohydrates, proteins, vitamins, minerals, antioxidants, enzymes, fats, phytochemicals, etc. Our bodies need these to stay healthy and function properly. But buying and preparing all the many *fruits and vegetables* needed for good nutrition is very time consuming and costly.

I was recently introduced to an amazing nutritional supplement called **Juice Plus+**. It is not a multi-vitamin or mineral supplement; it is a concentrated whole food nutritional supplement made from a variety of fresh, vine-ripened, high quality, fruits, vegetables, berries, and grains. Unlike multi-vitamins, which have large amounts of only a few vitamins and minerals and often have poor bioavailability due to the way they are processed, **Juice Plus+** provides a small amount of thousands of nutrients which are absorbed well by our body to help our body heal and protect itself, increase energy, and improve our chances of living longer and healthier lives.

The USDA now recommends that we eat 7-13 servings of *fruit and vegetables* every day. But if we can't, then **Juice Plus+** is an excellent, inexpensive way to get the nutrition we need.

I've had nutrient analyses, but I still don't know all the nutrients which are deficient in my body or all the nutrients I need to take, but now I feel that by taking Juice Plus+, my body can choose and use what it needs from the thousands of nutrients available. I am confident now that I am finally taking a supplement which fulfills most of my body's nutritional needs to get healthy and stay healthy. I'll still take my Omega 3's and a few other supplements as needed for specific deficiencies, but I expect I'll need less as my body heals and feels better. I know I'll need to continue with regular exercise and eating a proper diet too to maintain good health. Also reducing stress is important since stress leads to many mental & physical disorders.

For more information about the **Juice Plus+** Concept and Research and “What Experts Say,” visit: BrooksHarris.JuicePlus.com (see several videos) and see several articles on nutrition in general and on Juice Plus+ under the “Wellness” tab at www.BiblicalReliability.com. Ask how you can share **Juice Plus+** with others and how kids can get **Juice Plus+** for FREE for up to 4 years! I look forward to sharing **Juice Plus+** and its benefits with you and your family.