

# Prescription for Better Health

More Energy – Less Pain – Sharper Thinking – Disease Prevention

- 1) **Eat More Natural Whole Foods** – preferably raw, vine-ripened, fruits and vegetables which have thousands of nutrients that help the body heal itself (especially dark green leafy vegetables). NOTE: Heat destroys many nutrients in food, so cooked fruits and vegetables are much less nutritious.
- 2) **Eat Less Processed/Packaged Foods** – these often lack nutrients which our bodies need and they have many additives, preservatives, artificial sweeteners and colors, etc. which are harmful to our bodies.
- 3) **Eat More Seafood and Less Red Meat** – Red meat, with its fat, clogs our arteries, increasing our risk for cardiovascular disease. Eat Sea-fish as Salmon and/or take at least 600mg per day of a good quality Omega 3 (fish oil) supplement.
- 4) **Exercise Daily** – Exercise, especially aerobic exercise, causes our blood to move fast through our arteries which is needed for tiny pockets in our arteries to open and release natural chemicals that fight many chronic disorders as High Blood Pressure, High Cholesterol and Diabetes. (Ask to see the video “Prime-Time Health”)
- 5) **Drink Plenty of Water** – We are supposed to drink half of our body weight in ounces every day. For example, if someone weighs 200 pounds, they need to drink 100 ounces of water per day.
- 6) **Reduce Stress** – Stress, like worrying, is a leading cause of physical and mental disorders.
- 7) **Get Plenty of Sleep** – We usually need about 7-8 hours of sleep per day every day for optimum health.
- 8) **Practice Preventive Care** - The USDA recommends that we eat 7-13 servings per day of fruits and vegetables to help our bodies function properly and help prevent chronic disorders. If you cannot eat a wide variety of fresh, raw, vine-ripened, fruits and vegetables every day, then you need to take a good quality nutritional supplement. (See the back of this page for what has been called “The Next Best Thing to Fruits and Vegetables”)

**Rx:** **Juice Plus+** Nutritional Whole Food Supplement\*

- To:**
- 1) Reduce **oxidative stress** which damages the nerves, blood vessels and cells of your entire body.
  - 2) Reduce **systemic inflammation** which causes pain and deterioration in your body.
  - 3) Support a **healthy immune system** to help your body fight infections, allergies, colds and viruses.
  - 4) Help protect **DNA** to help fight cancer and other deteriorations in your body.
  - 5) Support **cardiovascular wellness** to help prevent heart and blood vessel damage.
  - 6) Support **healthy skin and gums**.
  - 7) Help you live a **longer and healthier life**.

**Take:** 1\*\* to 2 **capsules** of each bottle each day **OR**  
2\*\* to 4 **chewables** of each package each day

\*\*Child’s dose (Ask about the Juice Plus “Kids Eat Free” program)

**Refills:** One 4-month supply every 4 months

**Recommended by:** \_\_\_\_\_  
Brooks A. Harris, O.D. – Juice Plus+ Distributor and user since 2012

\***Juice Plus+** is not a multi-vitamin (which have only a few isolated vitamins and minerals). Juice Plus+ is a whole-food based, nutritional supplement which provides thousands of plant nutrients (antioxidants, vitamins, minerals and other phytonutrients) to our bodies. It is concentrated juices from a wide assortment of select, vine-ripened fruits and vegetables with grains, fiber, digestive enzymes and probiotics. It provides a wide range of nutritional benefits which our body needs to function as it was designed to function. Old-fashioned vitamin pills simply can’t provide near this range. Juice Plus+ is 100% all natural, containing nothing artificial. It is gluten-free, vegan, non-dairy and low glycemic. It is clinically proven to enter the bloodstream and reach organs of the body. Juice Plus+ provides benefits similar to *juicing*, but is much cheaper and much more convenient to take. **For More Information**, visit [BrooksHarris.JuicePlus.com](http://BrooksHarris.JuicePlus.com) (Watch the Videos) and [www.BiblicalReliability.com](http://www.BiblicalReliability.com) (read “Wellness” articles) OR contact our office at 731-635-3026.