

# Articles for Specific Health Disorders

Collected by Brooks A. Harris, O.D.

While researching the connection between **Health Disorders** and **Nutrition**, I collected several excellent articles – some with audio or video presentations. See how proper nutrition can help with the following common Health Disorders. These articles may be read on my website: [www.BiblicalReliability.com](http://www.BiblicalReliability.com) under the “Wellness” tab.

**Autistic Spectrum Disorders (ASD):** Besides other syndromes, this disorder includes the 5 A’s: Autism, Asthma, Allergies, ADHD (and ADD), and Alzheimer’s. “*Whole Food Helps Autistic Spectrum Disorders*” & “*ADHD - A Demand for a Healthy Diet*”.

**Auto-Immune Diseases** (as Multiple Sclerosis, Lupus, Rheumatoid Arthritis, Fibromyalgia, Chronic Fatigue Syndrome): “*Juice Plus & Auto-Immune Diseases*”, “*Auto Immune Disorder Experiences*”, “*Juice Plus Is Not A Cure or Treatment however read this MS case*”, “*Prevent Stroke Naturally – Fruits and Vegetables*” & “*Heart Health and Juice Plus*”.

**Bowel & Digestive Issues:** (as Crohn’s, IBS, reflux, Gastric Bypass Surgery): “*Juice Plus – Frequently Asked Questions Answered*” (30 min Audio); & “*Juice Plus Ulcerative Colitis Crohn’s IBS*”.

**Cancer:** “*Broccoli Delivers a One-Two Punch to prevent Cancer Development and Progression*”, “*How a Diet packed with Fruits and Vegetables can ward off Cancer*”, “*Getting Serious about Health with Juice Plus*”.

**Diet, Weight Control, Hunger:** “*Why Am I So Hungry*”, “*Juice Plus COMPLETE - Meal Replacement for Weight Control*”, “*JUICE PLUS Using the Entire Program*”, “*My Healthy Transformation*”, “*Experience the Juice Plus TRANSFORMATION*”.

**Diabetes:** - “*Frequently Asked Questions Answered*” (30 min Audio) & “*Juice Plus+ Information for Diabetes*”.

**Eye Disorders** (as Cataracts, Glaucoma, Macular Degeneration, Diabetic Retinopathy): “*COMMON EYE DISORDERS TREATMENT PLANS*”, “*JUICE PLUS & Disorders of the Eye*”, “*Preventing Vision Loss from Common Eye Disorders*”. **Cataracts:** “*The Health Benefits of Fruits & Vegetables – Cataracts*”. **Macular Degeneration:** “*Reduce Your Risk of Vision Loss from Macular Degeneration*”. **Diabetic Retinopathy:** “*Juice Plus+ Information for Diabetes*”.

**Heart Health & Strokes:** “*Berry Compounds may improve Blood Pressure: Harvard Study*”, “*Prevent Stroke Naturally: Fruit and Vegetables*”, “*Heart Health and Juice Plus*”.

**Hormone Disorders:** “*The Vital Role Nutrition Plays in Hormonal Balance for Men and Women*” (an excellent 40 minute audio found at [www.teamjp.net/health/](http://www.teamjp.net/health/) under “Health and Nutrition Articles”).

**Pregnancy:** “*JUICE PLUS and Pregnancy*”.

**Skin Disorders:** “*Juice Plus Supports Healthy Skin*” & “*Auto Immune Disorder Experiences*”.

**Thyroid Disorders:** “*Thyroid and Juice Plus*”.

**Vitamin Supplements:** “*Are Vitamin Supplements Enough*”, “*Juice Plus vs Vitamin and Mineral Supplements*”, “*Juice Plus Supplements Ingredients Lists*”, “*Juice Plus+ 70 More Health Articles*” – see Vitamin & Mineral Supplement Articles, “*Frequently Asked Questions Answered*” (30 min Audio)

**Why Juice Plus?:** “*What Is Juice Plus*”, “*Questions and Answers About Juice Plus by Dr. Mitra Ray*”, “*Juice Plus Ingredients – How they help the body*”, “*Experts Review Juice Plus*”, “*Juice Plus Tips*”, “*What Are the Benefits of Juice Plus*”.