

## JUICE PLUS+® IS THE BEST DAILY SUPPLEMENT FOR THE SMARTT FAMILY

Each morning I put a scoopful of Juice Plus+ Complete into my fresh fruit smoothie. Every day my family takes Fruit and Veggie Juice Plus+ Capsules. As she's grown, I've given my youngest daughter Juice Plus+ in the form of chewables (soft) and capsules according to her age and taste. I give hundreds of presentations every year on optimal health, always recommending Juice Plus+ Children's Health Study to the families.

Do I feel passionate about this product? Yes! Here's why.

In 1997 I was the mother of a vibrant family of four beautiful girls, and had a husband who loved me and provided a wonderful life for us. I was happy with our home and lifestyle, involved in our church and community.

Then, while looking perfectly healthy, my husband Dave was diagnosed with terminal, inoperable adrenal cancer. They gave him six months to live and sent him home. Our youngest daughter was a preschooler.

Rather than giving up, we got serious about health. Through research we discovered the renewing power of fresh fruits and vegetables. We began to juice every day. While effective—my husband had energy and joy even with his diagnosis—it was also messy, with a lot of maintenance. In our frustration, we found Juice Plus+, which provided a way to get a variety and a consistent daily amount of raw fruits and vegetables. It ensured the foundation and healing we were looking for. This was a lifesaver as it provided juicing without the mess and expense. Instead of the six months the doctors gave him, Dave lived another good eight years.

How did Dave cheat cancer and immediate death? We learned that processed food creates an acid environment in the body where disease thrives. Eating a diet primarily of plant-based food creates an alkaline environment where healthy cells thrive.

Fresh fruits and vegetables contain thousands of disease-fighting chemicals called phytonutrients. The same things that keep plants healthy keep us healthy.

JuicePlus+ has good science and sense behind it. Rather than stripped out vitamins, it's a whole food supplement. Whole foods, the healthiest fruits and vegetables, are juiced and dried at low temperatures, removing the water and most of the sugar, salt and bulk. These nutritious juice powders are then put into capsules and chewables.

It's after I discovered Juice Plus+ that I got my dual degree as a naturopathic doctor and natural health counselor. Now I teach the complete picture of health, and how Juice Plus+ provides a solid foundation. Skeptics will appreciate the solid science behind the independent research studies, published in peer-reviewed medical journals. For example, researchers have tested blood levels and found that disease-fighting phytonutrients increase in those taking JuicePlus+.

When this started, I was a mom caring for my family. Now I help thousands of mothers properly care for their families' nutrition. Through optimal nutrition and Juice Plus+ my family is rarely sick, and my patients who support with Juice Plus+ find similar results.

JuicePlus+ is now the only whole food based supplement I take. I'm pleased to recommend the assurance of taking JuicePlus+ to families who take their health seriously.

To your health!

Rachel Smartt, N.D.