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Health & Nutrition Articles

Clearing Up Soy Confusion

Top five natural food trends: who is buying what, and why

Vegetables with apigenin are key cancer fighters

Losing weight: Lifestyle changes trump any diet

Contamination a Common Problem in "Greens" and "Whole Foods" Products (Juice Plus+ Approved)

Skinny Fat People: Why Being Skinny Doesn't Protect Us Against Diabetes and Death

Fruit and Vegetables in a Weight Loss Diet

Overwhelmed in the Protein Powder Market?

Juice Plus+ Frequently Asked Questions Answered

Why Am I So Hungry?

Understanding How Soy Foods Impact Your Health

Finally, the Truth About Soy

Declining Nutrition of Fruits and Vegetables

Advice for Nutrition and Wellness on World Health Day

Heart attack risk lower among women with high anthocyanin intake

Higher Fruit, Veggie Intake Tied to Lower Risk of a Tough-to-Treat Breast Cancer

Eating Lots of Fruits and Vegetables May Help Asthma Sufferers

Foods to Help Keep Flu at Bay

Vegan Diets have Plenty of Protein for Muscle-Building

Men's Health Magazine: Dr. David Katz and Juice Plus+

Battling Brittle Bones ... With Broccoli and Spinach?

Mistakes Healthy People Make

The Vital Role Nutrition Plays in Hormonal Balance for Men & Women

Healthy Living Adds 14 Years to Your Life

Senior city gardeners use new technology to grow organic produce

Eating 7-8 Fruits And Vegetables Per Day Will Make You Happier

It Takes More Than an Apple a Day

An Apple a Day Lowers Level of Blood Chemical Linked to Hardening of the Arteries

High Fat Food Goes Straight To Your Bloodstream

Hungry For Change: your health is in your hands
Carbs: The Good, the Bad, and the Debatable
Heart Disease Death Rate Drops With Each Added Fruit and Veggie Serving
Immune to Harm?
Insurance Companies Say: Quit the Fizzy Popp
Disc nutrition linked to back pain
New study is wake-up call for diet soda drinkers
Dr. Oz: Lessons from my Cancer Scare
USDA says: "Make half your plate fruits and vegetables."
Nutrition to Improve Your Eye Health
Berries 'help to clean up brain'
Bear Grylls and Juice Plus+ (Daily Mail)
A Shopper's Guide to Pesticides
The New Science of Fetal Origins (pregnancy)
Problems In Pregnancy Signal Future Health Risks
Vegetables Can Protect Unborn Child Against Diabetes
Fruits and Vegetables May Prolong Your Life
The Real Cost of Eating More Vegetables
The Rainbow Connection (23 ways to eat better)
Understanding 'Organic'
Your DNA Is Not Your Destiny (Time magazine)
Most Americans Still Not Eating Enough Fruits, Veggies
How To Bust Stress with Food
The Flu Fighters in Your Food
Peaches, Plums, Found to Kill Most Aggressive Type of Breast Cancer Cells
Runners Need More Fruits and Vegetables
Complete Nutrition from Juice Plus+
Juicing vs. Juice Plus+'ing
Why We Take Juice Plus+
Oxygen Free Radicals & Antioxidants

Vitamin & Mineral Supplement Articles

Is It Time To Stop Taking A Multivitamin? (Dr. David Katz)
10 Surprising Dangers of Vitamins and Supplements (Consumer Reports, September 2012)
Rutgers Study: Vitamin E in Diet Protects Against Many Cancers

Study raises new concerns about safety of calcium (Washington Post, April 2011)

Nutri-Tip---No Excuses, Please! (AskDrSears.com)

Spring Clean Your Health (Evening Herald, February 2011)

Get Wellness (Time magazine, January 2011)

Nutrients, Not Just Vitamins, Are Key to Anti-Aging

Are Natural Cures Bad for Your Health? (Health magazine, Nov. 2010)

Could a Daily Vitamin Pill Cause Skin Cancer? (Daily Mail, UK, Sept. 2010)

Do Multi-Vitamins Cause Breast Cancer? (Dr. David Katz)

Vitamin Truths and Lies (Reader's Digest "The Vitamin Scam")

Frequently Asked Questions

Dr. Mitra Ray Answers Your Questions

Dr. Paul Williams Answers Your Questions (audio)