

MY HEALTHY TRANSFORMATION

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I have taken vitamins and multi-vitamins for several years to try to keep my body healthy and to help prevent chronic disorders. About 3 ½ years ago I began taking a Whole-Food Nutritional Supplement called Juice Plus+. For 3 years the only Juice Plus+ product I took was their Garden, Orchard and Vineyard capsules which provided my body with thousands of micro-nutrients (antioxidants, vitamins, minerals, digestive enzymes, probiotics and other phytonutrients). Unfortunately though, I also ate however I wanted and as much as I wanted. So the cells in my body were being bathed everyday with great nutrition from Juice Plus+, but my eating habits and lack of exercise caused me to gain weight and develop high blood pressure.

So about 6 months ago I began making some simple changes. I began drinking more water throughout the day. This hydration helps stop dehydration headaches and gives me more energy. I continued to do the same stretching exercises every morning that I have done for several years, but I began to occasionally do a few cardio exercises too. One big change that I made is that I began eating more raw whole fruit with my meals and snacks (bananas, oranges, apples, nectarines, peaches, plums and grapes).

But what really helped me see my weight drop and inches drop from my waist (25 pounds & 3 belt notches) was when I began substituting my lunch with a Juice Plus+ COMPLETE Nutritional Shake and one raw fruit for about 5 days per week. (Normally it reportedly takes replacing 2 meals per day {breakfast & supper} to lose weight, while replacing only 1 meal per day is supposed to help maintain weight lose. Juice Plus+ Complete Shakes & Nutrition Bars provide all-natural, plant-based macro-nutrients of protein and carbohydrates.) My typical meals consisted of eating one or two “All-Natural” nut bars (later a Juice Plus+ Complete Nutrition Bar) and a raw fruit for breakfast, a shake & raw fruit for lunch, then whatever I wanted for supper (I just cut my portions back). I also still took Juice Plus+ capsules every day. Due to the nutrition in Juice Plus+ Complete, I didn’t get hungry between meals.

Eventually I realized that there was one more thing I needed to do to get and stay healthy. I needed effective exercising. I had trouble finding time to do long workout routines, but I knew I needed cardio exercise. So I began a technique called Tabata which is a quick 10-20 minute “High-Intensity Interval Training (HIIT)” technique. It is a highly effective, but quick, workout involving several Cardio, Core, and Strength exercises. I now feel even more energized and fit. (To learn all about it, Google “Tabata Exercises”.) My next goal is to get 7-8 hours of sleep per night to help normalize my daily cycle.

My most important transformation actually occurred about 17 years ago when I discovered how truly reliable the Holy Bible is. To read about my spiritual transformation, go to the “About Dr. Harris” tab on my website www.BiblicalReliability.com and click on the “From Doubt To Understanding” article. Also see the “Articles” tab and “Quick Learn” tab to see what years of research revealed to me.

Also to learn more about how to use Juice Plus+ products to get healthy and stay healthy and maybe even lose weight, read articles under the “Wellness” tab on my website, especially the starred (*) ones as: “What Is Juice Plus”, “Juice Plus Tips”, “Why Am I So Hungry?”, “Experts Review Juice Plus+” and “Experiencing the Juice Plus Transformation”.