

# Why and How Doctors Should Recommend Juice Plus+

By Brooks A. Harris, O.D.

## WHY?

All people need good nutrition to function properly. Our bodies were designed to heal themselves with proper nutrition; our bodies were also designed to be compatible with plant nutrition – not synthetics. The most appropriate nutrition we can get is from fresh, vine-ripened, fruits and vegetables. Juice Plus+ farmers pick their fruits and vegetables once they are ripe – when they have developed the most nutrition possible. Once picked, they juice them as soon as possible – usually on their own farms. Then all the sugary liquid is removed by pressing then low heat producing concentrated juice powder.

Many people take vitamin & mineral supplements to stay healthy, but such supplements don't have near the amount of nutrients as Whole Food (fruits & vegetables). Vitamin & mineral supplements are isolated ingredients and usually synthetic. Fruits & Vegetables have thousands of nutrients which work together to help the body get healthy and stay healthy. Juice Plus+ is not isolated vitamins & minerals; it is concentrated food (fruits, vegetables, berries and grains). With Juice Plus+ the body can pick and choose what it needs every day from thousands of nutrients.

Usually patients and doctors wait until damage occurs or unsafe levels occur before treatment is begun with disorders like diabetes, high blood pressure, glaucoma, macular degeneration, etc. Instead we should be offering them an option which improves circulation and strengthens nerves, blood vessels, and cells so unsafe levels of blood sugar, blood pressure, eye pressure, etc. are less likely to cause damage. We can continue to use medication to lower or stabilize levels, but using products like Juice Plus+ and fruits & vegetables daily can provide added protection and insurance against future damage.

We know that eye vitamin supplements like OcuVite Preservision, with its 6 isolated antioxidants – vitamins (C & E), minerals (zinc & copper), and phytonutrients (lutein & zeaxanthin) – have shown evidence of slowing the progress of dry Age-related Macular Degeneration (AMD). Can you imagine the added protection of the thousands of nutrients (including many powerful antioxidants) found in Juice Plus+ being supplied to the body every day? I recommend using OcuVite and Juice Plus+ together to provide as much protection as possible. Since we often see our AMD patients go functionally blind eventually, I believe we should do everything we know to do to help them retain as much vision as possible, especially since there is still no known way to definitely stop it. Being a nutritional supplement, Juice Plus+ cannot and does not claim to treat or cure any disorder, but we know the vast benefits of their individual ingredients (fruits, vegetables, berries & grains). If we know of a supplement which may help their condition and improve their overall health and is easy to take and reasonably priced, but we do not tell them about it, we are doing them a disservice.

Juice Plus+ is good for people with digestive disorders too due to its added probiotics and digestive enzymes. With all the sugary water removed and its low glycemic index, Juice Plus is also great for diabetics (who desperately need good nutrition). I don't know of any disorder or disease which cannot benefit from good nutrition. Juice Plus+ capsules & chewables provide excellent micronutrients (vitamins, minerals and other phytonutrients) while its "COMPLETE" Shake Mix and Nutrition Bars provide the macronutrients of plant-based protein and carbohydrates (great meal replacements for weight control).

Another big concern for many patients and doctors is the proof of the effectiveness of Juice Plus+. Visit <http://BrooksHarris.JuicePlus.com> and you will see much research from several prestigious universities all

around the world. Juice Plus+ is the world's most thoroughly researched whole-food-based nutritional product. The research shows that Juice Plus+ ingredients get into the blood stream and reach our organs to do the body good. (Many vitamins and prescription pills pass through our digestive tracts undissolved, as attested to by people who clean out Port-A-Potties) At the above site, click on "Clinical Research" then "Experts Review Juice Plus+" to hear 27 healthcare professionals tell why they recommend Juice Plus+ (short 1-2 minute videos). Also read "Why Pediatrician Dr. Bill Sears Takes and Recommends Juice Plus+" on my personal website [www.BiblicalReliability.com](http://www.BiblicalReliability.com) under the "Wellness" tab.

And finally, you should recommend Juice Plus+ to your patients first and foremost because it is really good for their health, but additionally if you become a distributor you can also earn some supplemental income. See how below.

## HOW?

How can you educate your patients as to what Juice Plus+ is and how they can benefit from it?

- 1 ) **Learn about Juice Plus+ products:** I have researched Juice Plus+ and posted many articles and links on my website [www.BiblicalReliability.com](http://www.BiblicalReliability.com). Especially read "What Is Juice Plus+", "Juice Plus+ Tips", "Articles for Specific Health Disorders", "Juice Plus Ingredients Benefits", "Juice Plus Supplements Ingredients List", "Questions and Answers About Juice Plus by Dr. Mitra Ray" & "Juice Plus Information for Diabetics".
- 2 ) **Order a few professionally printed brochures** from Juice Plus+ and a laminated wall display for exam rooms – a great way to get patients to ask about Juice Plus+.
- 3 ) **Tell your patients about the benefits** of Juice Plus+ & why they need it.
- 4 ) **Offer handouts on Juice Plus+** (along with an order form if they are interested). You can use handouts from my website like "What Is Juice Plus+" & "Juice Plus+ Tips" (just revise them with your name).
- 5 ) **Lead them to Juice Plus Websites** (like mine or your own Juice Plus+ website link if you become a distributor) – where they can learn much more and order Juice Plus+ if they want to order on-line.
- 6 ) **Become a Juice Plus+ Distributor** for \$50 per year (easily recouped). Contact me if you would like to sell Juice Plus+. It is easy to join the Juice Plus+ team with no obligation other than the \$50 per year. I have a lady who will help you through every step and beyond.
- 7 ) **Prepare a staff member** to talk with potential customers, to answer their questions, and place orders.
- 8 ) **Consider holding "after hour mini-seminars"** to help patients learn more and see all the products and try samples. Juice Plus+ has several DVD's you can show your patients. Be prepared to answer questions.
- 9 ) **Take Juice Plus+ yourself** to help your body and to show your patients that you trust and believe in it.
- 10) **Eventually start sharing your experiences** with Juice Plus+ with other doctors so they can help their patients get healthy and stay healthy.
- 11) **Call me** at 731-635-3026 (work) or 731-635-4835 (home) or 731-460-0381 (cell) if you have questions.