

Help Your Body & Help Your Medicine Work Better

By Brooks A Harris, O.D.

A healthy lifestyle can help prevent disorders from occurring in healthy bodies. But if you are taking a prescription medicine for a disorder in your body, you can potentially help your medicine be more effective by making your body healthier over all. There are several things you can do, and should do, to help your body help itself. You see, the body has been designed in such a way as to be able to heal itself if it is cared for properly. Unfortunately, most people's lifestyles, in our society, fall far short of being healthy ones. We have a lot to learn about living a healthy lifestyle.

If you were perfectly healthy, you would not have any disorders in your body and you would not need medicine. But, if you are taking medicine, this means you have a disorder in your body and therefore you are not as healthy as you could be. The healthier your body is, the better able it is to function the way it was designed to function. Unfortunately though, the more disorders we have in our bodies and the less healthy our bodies are, the more we have to do and the longer it will take to slow, stop and reverse the damage we have accumulated (if it can be reversed at all).

After reading the list below, you will probably realize that there are several things you need to change, but I warn you not to try to change too many things at once. Your goal is to make each positive change into a habit, so make changes one or a few at a time making them part of your new lifestyle. Having said that, read the article "*Juice Plus+ – Not an Old-fashioned Vitamin Pill or Multi-vitamin*" to see how taking the nutritional supplement **Juice Plus+** can help you easily meet #7 -#18 of these healthy habits. So let's look at some ways to improve your health and well being:

- 1) **Exercise Daily** – Exercise provides many benefits. Exercise, especially aerobic exercise, causes your blood to move fast through your arteries which is needed for tiny pockets in your arteries to open and release natural chemicals that fight many chronic disorders as High Blood Pressure, High Cholesterol & Diabetes. (Try "Tabata exercises" – quick & effective).
- 2) **Drink Plenty of Water** – Our bodies are 70% water and need plenty of water to help our organs function properly. We are supposed to drink half of our body weight in ounces every day. For example, if someone weighs 200 pounds, they need to drink 100 ounces of water per day (Drink at least 64 ounces per day).
- 3) **Reduce Stress** – Stress, like worrying, causes chemical changes in our body which lead to physical and mental disorders.
- 4) **Don't Smoke** - Cigarette smoke contains over 4,700 chemical compounds including 60 known carcinogens which damage genes causing numerous diseases and cancers.
- 5) **Get Plenty of Sleep** – We usually need about 7-8 hours of sleep per day every day for optimum health.
- 6) **Eat More Seafood and Less Red Meat** – Red meat, with its fat, clogs your arteries, increasing your risk for cardiovascular disease. Eat Sea-fish as Salmon and/or take at least 600mg per day of a good quality Omega 3 (fish oil) supplement.
- 7) **Avoid Saturated Fats & Trans-Fats** (especially if hydrogenated).
- 8) **Eat Less Processed/Packaged Foods** – these often lack nutrients which your body needs and they have many additives, preservatives, artificial sweeteners and colors, etc. which are harmful to your body.
- 9) **Take Probiotics** – to build up the good bacteria in your gut and to counter the antibiotics you ingest which kill the good and bad bacteria in your body. We ingest antibiotics from meat, sanitizers and medicines. Probiotics assist digestion, bowel pH and activity, liver detoxification, the immune system, and reduce cholesterol buildup.
- 10) Take **Digestive Enzymes** – to help digest your food and help it enter your bloodstream. These are crucial for weight loss, hormonal balance, athletics, allergies, diabetes, digestive disorders, as crohn's, and much more.
- 11) **Eat More Fiber** – Fiber-rich foods are excellent for digestion which is important for more energy, proper nutrient absorption, improved immunity and overall wellness.
- 12) **Reduce GMO** (Genetically Modified Organisms) food from your diet – which may lead to more allergies and DNA damage in your bodies.
- 13) **Reduce red meat, dairy and wheat** – to reduce inflammation.
- 14) **Reduce Toxins & Detoxify your body** – Toxins are poisons to your body and they are stored in fat cells.
- 15) **Lose Weight** if you are overweight – fat cells compete with your body's insulin making it less effective.
- 16) **Limit all types of Sugar** – even high doses of artificial sugar has been shown to cause diabetes.
- 17) **Eat More Natural Whole Foods** – preferably raw and fresh, vine-ripened, fruits and vegetables which have thousands of nutrients that help the body heal itself (especially dark green leafy vegetables). NOTE: Heat destroys many nutrients in food, so cooked fruits and vegetables are much less nutritious. Also, most of the nutrients are in the rind, the outside coating, so eat it too. (The richer the color, the more the nutrients).
- 18) **Eat Nutritious Meals full of Antioxidants Every Day** – The USDA recommends that we eat 7-13 servings per day of fruits and vegetables to help our bodies function properly and help prevent chronic disorders. If you cannot eat a wide variety of fresh, raw, vine-ripened, fruits and vegetables every day, then you need to take a good quality, whole-food nutritional supplement. (See the next page for what has been called "The Next Best Thing to Fruits and Vegetables").

Juice Plus+ – Not an Old-fashioned Vitamin Pill or Multi-vitamin

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There is an All-Natural Whole-Food Nutritional Supplement called **Juice Plus+** which can help you get healthy and stay healthy. **Juice Plus+** is not old-fashioned vitamin pills or multi-vitamins which contain only a few antioxidants, vitamins and minerals that have been isolated and fragmented from whole foods or are synthetic. **Juice Plus+** uses the entire food including the nutrient-rich rind and seeds. **Juice Plus+** is a whole-food based, nutritional supplement which provides thousands of plant nutrients (naturally occurring antioxidants, vitamins, minerals and other phytonutrients) to our bodies every day. It is estimated that the 3 Blends of **Juice Plus+** capsules (Orchard, Garden & Vineyard) together provide our body with well over 13,000 phytonutrients from 30 different fruits, vegetables, berries & grains. **Juice Plus+** is concentrated juices from a wide assortment of select, vine-ripened, fresh fruits, vegetables and berries with grains, fiber, digestive enzymes and probiotics. It provides a wide range of nutritional benefits which our body needs to function as it was designed to function. Old-fashioned vitamin pills simply can't provide near the range of nutrients available in **Juice Plus+**.

Juice Plus+ is 100% all natural, containing nothing artificial. It is gluten-free (no wheat, barley or rye), low-fat, non-dairy and is low glycemic. It is completely vegan, except for the beef gelatin capsule, but it can be opened to release the powder. It is clinically proven to enter the bloodstream and reach organs of the body to do good things to the body. **Juice Plus+** is the world's most thoroughly researched whole-food-based nutritional product. **Juice Plus+** provides benefits similar to *juicing*, but is much cheaper and much more convenient to take. It has been said that **Juice Plus+** is a "Juicing Program in a Capsule" without all the sugar, mess and work to juice. I have also heard it said that each capsule has the nutrients equivalent to about one pound of fresh, whole food.

Being a nutritional supplement, **Juice Plus+** cannot and does not claim to diagnose, treat, cure or prevent any disorder, but we know the vast benefits of their individual ingredients (fruits, vegetables, berries & grains). (See the articles "Juice Plus+ Ingredients Benefits" and "Juice Plus+ Ingredients - How they Help the Body" at www.BiblicalReliability.com [see below]) We also have the testimony of many people who have had drastically improved health disorders due to taking **Juice Plus+**. Here are just a few disorders which have been helped: digestive disorders (as Crohn's and IBS), Allergies, Auto-immune disorders (as MS, Lupus, & RA), circulation disorders (as diabetes & heart problems), hormone disorders, eye disorders and even problems during pregnancy and weight control. We realize though that not all people will necessarily respond to **Juice Plus+** as quickly or as well. Just as with prescription medicine, some people respond well to a drug while others see little to no results. **Juice Plus+** is not a drug (which causes unwanted side effects). **Juice Plus+** is safe; it is only food (very small amounts of several fruits, vegetables and berries).

Since the whole-food ingredients in **Juice Plus+** have been shown to strengthen the body tissues, I believe **Juice Plus+** provides added protection and insurance against future damage from disorders like high blood sugar, high blood pressure, high eye pressure, etc. I also believe its antioxidant activity should help protect against vision loss due to macular degeneration, glaucoma, diabetic retinopathy and cataracts (taken alone or along with the antioxidant supplement *Ocuvite PreserVision*). I don't know of any disorder which is not helped by good nutrition. So let's see what this highly researched **Juice Plus+** does. It:

- 1) Supports the **digestive system** – Contains **Probiotics** to promote good bacteria in your gut & **Digestive Enzymes** to help digest your food and help it enter your bloodstream - especially needed by those with digestive disorders.
- 2) Contains **No Genetically Modified Organisms (GMO's)** which could damage your DNA and cause allergies.
- 3) Helps protect **DNA** to help fight cancer and other deteriorations in your body.
- 4) Helps promote **Weight Loss** – with its Shakes & Nutrition Bars used as healthy meal replacements.
- 5) Helps **Stabilize Blood Sugar** – All-Natural Sugars with a low glycemic index make it great for diabetics.
- 6) **Detoxifies your body** everyday by removing harmful toxins which cause "Free Radicals."
- 7) Reduces **oxidative stress** which causes "Free Radicals," which damage the nerves, blood vessels and cells of your entire body. It significantly increases the level of many powerful **antioxidants** in the body (removing free-radicals which cause oxidation). This **strengthens blood vessels, nerves and cells** which helps prevent damage due to many disorders like diabetes, high blood pressure, glaucoma and macular degeneration.
- 8) Reduces **systemic inflammation** which causes pain and deterioration in your body (as in auto-immune disorders).
- 9) Supports a **healthy immune system** to help your body fight infections, allergies, colds and viruses.
- 10) Supports **cardiovascular wellness (improving circulation)** to help prevent heart and blood vessel damage.
- 11) Supports **healthy skin, hair and gums**. (Has helped disorders like Psoriasis).
- 12) Helps promote **hormonal balance** for men and women.
- 13) Helps reduce **pregnancy** complications for healthier moms and babies.
- 14) Improves **athletic performance and recovery** when taken before or after play/workouts.
- 15) Promotes a **longer & healthier life** (with many **antioxidants** which have been called "anti-aging molecules").

For More Information, visit <http://BrooksHarris.JuicePlus.com> (Watch the Videos: "Bridge the Gap" & "Experts Review Juice Plus+" under the **Clinical Research** tab) and www.BiblicalReliability.com (see "Wellness" articles as "What Is Juice Plus+?," "Juice Plus+ Tips" and "Articles for Specific Health Disorders" and links to Audio & Video Presentations) OR contact our office at 731-635-3026.