

Preventive Eye Care Articles and Handouts

Available from Dr. Brooks A. Harris – Family Optometry & at www.BiblicalReliability.com – see “Wellness” tab (* = Favorites)

- 1) *Preventive Eye Care* (1 page) - Brief explanation of common eye disorders and how to prevent them. *
- 2) *Articles for Specific Health Disorders* (1 page) - The articles below are listed according to Disorder Type. *

GENERAL NUTRITION

- 1) *Antioxidants – For Healthy Eyes and a Healthy Body* (1 page) – How antioxidants help the body. *
- 2) *Nutrition and Health* (1 page) – A brief discussion of several nutrients our body needs.
- 3) *Nutrition, Health & God's Design* (1 page) – A Biblical view of God's design for nutrition and health.
- 4) *God's Health Care Plan* (1 page) - Another Biblical view of God's design for nutrition and health.
- 5) *Foundational Nutrition* (1 page) – A detailed discussion of digestive enzymes, probiotics & tips on digestion. *
- 6) *Nutrition Made Easy* (1 page) – My feelings on Nutrition and Juice Plus.
- 7) *Are Vitamin Supplements Enough and How Well Do Yours Work?* (1 page).
- 8) *Help Your Body & Help Your Medicine Work Better / Juice Plus – Not an Old-fashioned Vitamin Pill or Multi-vitamin* (2 pages). *
- 9) *Prescription for Better Health* (1 page) – A quick guide to good health. *
- 10) *10 Simple Secrets for Building Healthy Eating Habits that Last* (2 pages).

BENEFITS OF FRUITS & VEGETABLES

- 1) *Fruits and Vegetables Chart! (Health Benefits)* (1/2 page) – Potential benefits of fruits & vegetables according to color.
- 2) *Nutritional Information for Apples* (2 pages) – Shows how nutrition-packed whole foods are.
- 3) *What's in an Apple?* (2 pages) – a long list of nutrients found in apples.
- 4) *Berry Compounds may improve Blood Pressure: Harvard Study* (2 pages).
- 5) *How a Diet packed with Fruits and Vegetables can ward off Cancer* (1 page).
- 6) *Broccoli Delivers a One-Two Punch to prevent Cancer Development and Progression* (1 page).
- 7) *Prevent Stroke Naturally: Fruit and Vegetables* (1 page).

JUICE PLUS NUTRITIONAL SUPPLEMENTS

- 1) *What is Juice Plus?* (1 page) – A good overview of the Juice Plus program. (Also visit BrooksHarris.JuicePlus.com). *
- 2) *Experts Review Juice Plus* (1 page) – Watch several **videos** and hear what doctors and health professionals have to say about Juice Plus. *
- 3) *Why and How Doctors Should Recommend Juice Plus* (2 pages).
- 4) *Why Pediatrician Dr. Bill Sears Takes and Recommends Juice Plus* (2 pages) – see the results of his extensive research.
- 5) *What are the Benefits of Juice Plus* (1 page).
- 6) *Juice Plus Ingredients - How they Help the Body* (2 pages).
- 7) *Juice Plus Order Form* (1 page) – to FAX your order or visit BrooksHarris.JuicePlus.com to place an order online.
- 8) *Juice Plus Ingredients Benefits* (1 page) – Health benefits of fruits & vegetables found in Juice Plus. *
- 9) *Juice Plus Supplements Ingredients List* (1 page) – Every ingredient in Juice Plus Capsules, Chewables and Shakes.
- 10) *Juice Plus vs Vitamin and Mineral Supplements* (4 pages).
- 11) *The Birth of Juice Plus* (2 pages) – A Nutritionist's personal story of his development of Juice Plus. *
- 12) *Juice Plus+ Vineyard Blend: Why It Works* (3 pages).
- 13) *Juice Plus+ Tips* (1 page) – Tips as you begin taking Juice Plus+.*
- 14) *Juice Plus – Using the Entire Program* (1 page) – Explains all of Juice Plus' Nutritional Products.
- 15) *Transform 30 Presentation - (1 page)* A 23 minute video on effectively using Juice Plus to transform your body.
- 16) *Experience the Juice Plus TRANSFORMATION* (2 pages) – An **overview of the Juice Plus Program** to quickly get healthy & stay healthy and control your weight. *
- 17) *Why Am I So Hungry?* (3 pages) – A great explanation of using Juice Plus as part of a **Diet Plan**.*
- 18) *Juice Plus COMPLETE – Meal Replacement for Weight Control* (1 page) – Ingredients and brief instructions.
- 19) *My Healthy Transformation* (1 page) – How I lost 25 pounds and 3 belt sizes in just a few months while getting even healthier.
- 20) *What Will It Cost Me?* (1 page) – Explains the Juice Plus Program. *
- 21) *Questions and Answers About Juice Plus by Dr. Mitra Ray* (2 pages) – Excellent Q's & A's with Articles and Audio Recordings. *
- 22) *Juice Plus Frequently Asked Questions Answered* (1 page) - 2 excellent recorded messages about serious concerns. *
- 23) *Juice Plus - 70 More Health Articles* (3 pages) - a wide variety of Articles, Audios and Videos. *
- 24) *Juice Plus: Product & Clinical Research FACTS* (4 pages) – Answers to common questions about Juice Plus Products.
- 25) *Juice Plus: Business FACTS* (2 pages). Answers to common questions about Selling Juice Plus.

JUICE PLUS & HEALTH DISORDERS

- 1) *Juice Plus and Disorders of the Eye* (1 page) – Explains the Eye Health Benefits of Juice Plus.
- 2) *Heart Health and Juice Plus* (4 pages) – Results of 6 Research Studies on the effects of Juice Plus on heart health – briefly explained.
- 3) *Juice Plus and Auto-Immune Diseases* (3 pages) - See how a nurse explains the benefits of Juice Plus. *
- 4) *Auto-Immune Disorder Experiences* (1 page) – Hear stories of transformation from customers taking Juice Plus (30 minute conference call). *
- 5) *Juice Plus Is Not A Cure or Treatment however read this MS case* (3pages) - An amazing story of a woman's journey with **Multiple Sclerosis** and Juice Plus.
- 6) *Juice Plus and Pregnancy* (1 page) - Observations of an obstetrician and gynecologist. *
- 7) *ADHD: A Demand for a Healthy Diet* (1 page) - Experts speak out about the importance of good nutrition.
- 8) *Juice Plus+ in Sports and Fitness* (1 page) - Interview with a veteran of 6 Desert Marathons - 155 miles.
- 9) *Thyroid & Juice Plus* (1 page).
- 10) *Juice Plus Information for Diabetics* (2 pages) - A diabetic doctor with diabetes himself discusses the benefits of Juice Plus. *
- 11) *Juice Plus with Ulcerative Colitis, Crohn's and IBS* (2 pages).
- 12) *Whole Food helps Autistic Spectrum Disorders (ASD)* (4 pages) includes the 5 A's: Autism, Asthma, Allergies, ADHD (and ADD), and Alzheimer's.
- 13) *Juice Plus Supports Healthy Skin* (1 page).
- 14) *Getting Serious about Health with Juice Plus* (1 page) – how the Smartt family got healthy and beat cancer.

PREVENTING EYE DISORDERS

- 1) *Common Eye Disorders – Treatment Plans* (1 page).*
- 2) *Preventing Vision Loss from Common Eye Disorders* (1 page).
- 3) *Eat Leafy Greens to See Clearly* – (1 page) Effects on Vision & Eye Health.
- 4) *Eye Disorders: Cataract, Glaucoma and Macular Degeneration* (2 pages).
- 5) *The Health Benefits of Fruits and Vegetables - Cataract Prevention* (1 page).
- 6) *Reduce your Risk of Vision Loss from Macular Degeneration* (3 pages plus references). *

MISCELLANEOUS

- 1) *Common Eye Disorders Briefly Explained* (1 page) – Several of the Most Common Eye Disorders seen in Eye Care.
- 2) *Cataracts – What Are They and How Treated?* (1 page).
- 3) *Smoking – Effects on the Body and Eyes* (1 page).
- 4) *Why Use Tabata Workouts?* (1 page) - Explains a quick and effective exercise program.
- 5) *Tabata Workout Record* (1 page) A list of exercises and a way to track your routine and progress.