

## The Power of Juice Plus

This week's topic is **Juice Plus**. For those of you who are not familiar with **Juice Plus**, it is a whole food supplement not a multivitamin. Multivitamins are full of isolated nutrients which have not been proven beneficial unless you have a tested deficiency. Taking isolated nutrients that your body does not need can actually be harmful. **Juice Plus** comes in garden, orchard and vineyard blend. These 3 blends help to ensure that we are getting enough of vegetables, fruits and berries in our diets each and every day.

One of the things that sets **Juice Plus** apart from other nutritional supplements is the 22 peer reviewed studies that have been done on Juice Plus.

Studies have been done on various different aspects. One being bioavailability, in this study it is proven that **Juice Plus** does in fact get into the blood stream and is utilized by the body for nutrition, antioxidants and much more.

There are three studies done on immunity and the benefits that taking **Juice Plus** has on the immune system. A stronger immune system means that we are less likely to fall prey to all the cold and flus or more serious ailments.

Even more fascinating are the studies showing that **Juice Plus** can protect our DNA and actually repair past damage. Most of us know that exercise has multiple benefits for our body; however exercise can create oxidative stress and free radicals which is not good. There are four exercise studies for **Juice Plus** and its protection against oxidative stress.

Heart disease is the #1 killer of men and women in the United States. **Juice Plus** also has studies done on its heart health protection and abilities to help reduce our risk of heart disease.

Another impressive area of study is **Juice Plus** and its ability to reduce inflammation shown in blood markers. Inflammation is at the root of disease, therefore it is vital that we keep ourselves protected.

Dental health and skin health is among the newest studies. **Juice Plus** can help improve circulation and elasticity in our skin as well as contributing to healthier gums.

Overall it is important to look at **Juice Plus** as a foundation for health. Whole food like fruits and vegetables are a huge part of preventing disease. We can better ensure that we are getting adequate amounts of protection by taking **Juice Plus**.

This article can be found at [www.nutritionconnectionbalance.com/the-power-of-juice-plus/](http://www.nutritionconnectionbalance.com/the-power-of-juice-plus/)