

# How Juice Plus+ Can Help Prevent Blindness

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I strongly believe that Juice Plus+ can help slow, halt, and maybe even reverse damage to some eye structures as well as the rest of the body. Plant nutrients help strengthen tissues, blood vessels and nerves making them more resistant to damage, and they improve circulation. These benefits can help reduce the damaging effects of the most common blinding disorders: **Glaucoma**, **Macular Degeneration**, **Cataracts** and **Diabetes**. Here is how plant nutrients can help the eyes:

**Glaucoma** occurs when the pressure inside the eye gets too high and causes damage to the nerves and blood vessels of the optic nerve in the very back of the eye. This causes slow vision loss and eventually blindness if not controlled. Normal eye pressure runs from 12-22, but some people can withstand pressure around 30 without damage, while others go blind with pressures of 15, but why? It all has to do with how strong, or how healthy, their tissue, nerves, and blood vessels are in the back of their eye and how good is their circulation. Glaucoma medications and surgeries lower eye pressure by improving the drainage of fluid from the inside of the eye or slowing the production of fluid going into the eye. But proper nutrition, as found in Juice Plus+, helps the body strengthen the tissue, blood vessels and nerves, and helps improve circulation, therefore helping to prevent damage and helping the eye withstand higher pressures.

**Macular Degeneration** is a deterioration of the nerves in the back of the eye which are responsible for central vision. It can eventually lead to legal blindness if the deterioration is not stopped. There is a slow occurring “Dry” type and a much faster occurring “Wet” type (involving abnormal blood vessel growth in the macula). The only medical treatment available for “Wet” macular degeneration is medicine which must be injected into the eye every few weeks to slow down the growth of abnormal vessels. The “Dry” type has NO medical treatment. The only treatment for the “Dry” type is taking supplements of antioxidant vitamins, minerals, and phytonutrients (plant chemicals). Over-the-counter supplements as OcuVite PreserVision have been shown through research to slow the deterioration with the AREDS 2 formula. This formula is isolated or synthetic mega-doses of the **Vitamins**: C & E; the **Minerals**: Zinc & Copper; and **Phytonutrients**: Lutein & Zeaxanthin. Although helpful, mega-doses of just a few nutrients don't work nearly as well as tiny amounts of thousands of all natural nutrients. Therefore whole, fresh, ripe fruits, vegetables and berries/or Juice Plus+ with their thousands of nutrients, which work synergistically, should be absorbed much better and work much better in strengthening the eye tissues and preserving vision. Once damage occurs it rarely, if ever, improves, so to preserve vision as much as possible, I recommend that my macular degeneration patients (and people at high risk for it) take both PreserVision & Juice Plus+.

**Cataracts** are caused by oxidation of the lens which is behind the iris inside the eye. Rust is the result of what oxidation does to metal, but in the body oxidation causes a slow daily deterioration of our tissues. It causes the lens to slowly become cloudy which causes the vision to become cloudy and blurred. When cataracts cause the vision to be too blurry for glasses to help, they have to be removed by surgery. Excellent nutrition, as that in Juice Plus+, provides many strong natural antioxidants which can greatly slow the clouding process and could prevent or delay the need for surgery for several years.

**Diabetes** is a disorder of the blood vessels. It causes weak vessels leading to hemorrhages and exudation, and poor circulation which causes neuropathy and hypoxia (a lack of oxygen to tissues). In the eye these changes can lead to varying degrees of blindness. Prescription medicine lowers blood sugar levels, but regularly taken proper nutrition strengthens blood vessels and improves circulation, greatly reducing tissue damage and the risk of vision loss. Diabetics also tend to more easily develop glaucoma, cataracts and macular degeneration. Most of the sugar is removed from Juice Plus products, so it is great for diabetics.

For more information about the Juice Plus+ Concept and Research and “What Experts Say,” visit: <http://BrooksHarris.JuicePlus.com> (see several videos – especially “**Bridge the Gap**” – the Featured Video on the Home Page[click on the picture] and “**Experts Review Juice Plus+**” – under the **Clinical Research** tab). Also see several articles on nutrition in general and on Juice Plus+ under the **Wellness** tab at [www.BiblicalReliability.com](http://www.BiblicalReliability.com). Contact my office at 731-635-3026 if you would like to take Juice Plus+ or if you have questions about Juice Plus+ products. Also ask how you can become a Juice Plus Representative to share Juice Plus+ with others and how kids can get Juice Plus+ for FREE for up to 4 years! I look forward to sharing Juice Plus+ and its benefits with you and your family.