

Why I Recommend Juice Plus To My Patients

By Brooks A. Harris, O.D. ^{3/16}

We have a healthcare crisis in America today. Since we have plenty of calories to consume, but not a lot of nutrition, we are seeing more and more diseases. Younger and younger **children** are getting older people diseases like diabetes, heart disease and cancer. We have a lot of people overweight, but they don't have the nutrition in their bodies to prevent disease. The greatest health problem we face today is "high-calorie malnutrition". We have way too many calories and way too few protective nutrients from plants. It is believed now that 70% of cancers and 80% of chronic diseases are not caused by genetic inheritance but are due to our environment and diet (poor nutrition).

We don't have a *Health Care System*, we have a *Disease Care System*. In general, we tend to live however we want until we develop a disorder, then we go to our doctor and say "Fix Me". Then our doctor prescribes some synthetic medicine to try to get us back to "normal". But what we should be doing is trying to prevent disorders by changing our lifestyle. We need some **exercise** a few days per week to get our blood flowing fast to enlarge our vessels which allows disorder-fighting chemicals to be released from the vessels and into our bloodstream. We also need to get 7-8 hours of **sleep** per night, and drink at least 64 ounces (1/2 gallon) of **water** each day. Lastly, we need to maintain a proper **diet** – eat good healthy foods and avoid foods which are unhealthy (See the article "Help Your Body & Help Your Medicine Work Better" for a list of ways to get and stay healthier).

I have always believed in Preventive Health Care. So even though I make my living by diagnosing and treating eye disorders, I would rather help my patients prevent disorders, especially those which may cause permanent loss of vision. I would rather my patients take supplements to help their body stay healthy, than not take them & just wait for disorders to occur, damaging their body, reducing their quality of life and requiring them to take prescription medications which cause side effects. Medicine for acute (short-term) problems is good, but due to medication side effects and ineffectiveness, we must rethink using medicine for prevention and chronic (long-term) care.

When we get older, we have all these chronic health problems: Obesity, Diabetes, Hypertension and Heart Disease due to not getting consistent quality nutrition. Consistent daily intake of quality nutrition, beginning at as young an age as possible, can help people live a better quality of life for more years without **unnecessary illnesses and diseases** and **unnecessary medications and procedures** – delaying them to much later in life – helping them feel good and have more energy. I believe it is cheaper & healthier to try to prevent disorders than to try to treat them after they have occurred. If I know of an inexpensive & easy to take supplement which may protect my patients, but I do not tell them about it, then I am not doing my job and I'm putting my patients' health and vision at risk.

For many years I took Multi-Vitamin supplements every day to try to stay healthy. But in 2012 I quit taking them for 3 reasons: **1)** a patient once told me that he cleaned out Port-a-Potties for a living and as he sprayed them out he always found a pile of undissolved vitamins and medicine pills in the bottom (he could even read the writing on some pills). This made me wonder if my multi-vitamin was dissolving. **2)** More and more research is showing us that multi-vitamins and isolated vitamin supplements have little to no effect on disorders in our bodies, and no isolated vitamin has been shown to prevent any disease. Studies have even shown that some multi-vitamins and isolated vitamin supplements are causing some disorders. **3)** I started taking Juice Plus+ since much research has shown that it gets into the bloodstream and helps the body function properly, heal itself and prevent chronic disorders.

There are two basic types of nutritional supplements: **1) whole food based** (fruits, vegetables, berries and grains) and **2) vitamins & minerals** (as multivitamins) which are either synthetic (man-made) or fragmented / isolated from fruits, vegetables and berries. There are thousands of nutrients in whole foods including vitamins and minerals which were designed to work together "synergistically" with the thousands of other nutrients found in whole fruits, vegetables and berries. But when isolated (as in multivitamins), they don't get the benefit of all the other nutrients. (For instance, the 5mg of Vitamin C found in an apple has the antioxidant effectiveness of 1500mg due to the synergistic effect of many other nutrients in the apple.) Our bodies were also designed to need the thousands of plant nutrients & be able to use the thousands of nutrients together, not isolated vitamins and minerals alone.

Also the body can absorb several nutrients at a time. Therefore by using a wide variety of fresh, high quality, ripe, whole fruits, vegetables, berries and grains, Juice Plus+ is able to provide a wide variety of nutrients which can help

the body treat and prevent a wide variety of disorders, in a very convenient and cost effective way. I trust the quality and effectiveness of Juice Plus+ and feel comfortable sharing it with my patients due to the extensive research, testing, and certification on Juice Plus+, my personal experience with it, and the testimonies of my patients, other customers, and doctors and nurses around the world.

I feel that by taking **Juice Plus+**, the body can choose and use what it needs from the thousands of nutrients available (this is called “selective absorption”). I am confident that Juice Plus+ is a supplement which fulfills most of the body’s nutritional needs to get healthy and stay healthy. My patients may still need to take their prescription medicine as directed and other supplements as needed for specific deficiencies, but they may need less as their body heals and feels better. They will need to continue with regular exercise and eating a proper diet too to maintain good health. (Just as if you want your car to continue to run well, you can’t just feed it high quality gas, you also have to take care of the rest of the car like changing the oil, plugs, filters and other fluids regularly and driving it regularly. Juice Plus+ **COMPLETE shakes & nutrition bars** are like the high quality gas – healthy plant-based protein & carbohydrates which provide us with energy and build muscle. Juice Plus+ **capsules & chewables** [especially the *Orchard & Garden Blends*] are like the oil, plugs, filters, other fluids and even soap and wax which keep us clean, healthy and running smoothly. The *Vineyard Blend* of capsules & chewables is like a potent additive which provides much greater protection from damaging oxidation which damages our organs, nerves and blood vessels, causing disorders in our bodies including cancer. **Exercise** is like driving it regularly to keep everything from getting stiff and weak; and **a proper diet** is like keeping *bad stuff* out of fluids to keep sticky stuff from clogging tubes - our blood vessels & like putting *good stuff* into our fluids to help our body run more efficiently.)

No one medication can cure all disorders, but I believe Juice Plus+ can help prevent damage from all disorders. I strongly believe too that Juice Plus+ can help slow, halt, and maybe even reverse damage to 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**. See the Article “How Juice Plus+ Can Help Prevent Blindness” to see how plant nutrients can help the eyes.

Another reason I am impressed with Juice Plus+ and recommend it to my patients is because of Juice Plus+’s commitment to the health of children. They sponsor St. Jude Children’s Research Hospital and they have developed a program to get fruit and vegetables into our kids, help reduce childhood obesity and get kids to develop healthy eating habits. This program is called the “Children’s Health Study”. Here is how it works: if an adult takes the *Orchard & Garden* capsules or chewables every month, a child (age 4 through the 4th year of under-graduate in college) can get the *Orchard & Garden* capsules or chewables for free (just pay S/H) for up to 4 years. See the many positive results of this study at <http://BrooksHarris.JuicePlus.com>.

In summary, I believe that God has a *Health Care Plan* that actually keeps us healthy if we use it. It has 3 aspects: **Design, Diet & Exercise**. God designed the body originally to be able to stay healthy, heal itself and prevent disorders by getting proper exercise and nutrition. Our best source of proper nutrition is plants since God designed the 1000’s of nutrients our bodies need and put them into plants. Since there are a wide variety of nutrients distributed among many different plants, we need our diet to include a wide variety of ripe, raw, whole fruits, vegetables, berries and grains. Since our bodies are slowly deteriorating every day, we need this nutrition every day. But since most of us can’t eat the recommended 7-13 servings per day of these plants, we need a high quality, well-designed, convenient to take supplement and I believe Juice Plus+ is truly the Next Best Thing to eating the whole-food we need.

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 (including the ones mentioned in this article) on nutrition in general and on Juice Plus+ under the Wellness tab at 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.