

# Why Take Juice Plus+?

By Brooks A. Harris, O.D.

Our bodies need proper nutrition to stay healthy and function the way they were designed to function. Nearly all the nutrition our bodies need can be found in plants. There are thousands of nutrients in plants. Some of the nutrients found in *fruit, vegetables, and berries* are water, carbohydrates, proteins, vitamins, minerals, anti-oxidants, enzymes, fats, and other phytochemicals.

Our bodies were designed to need and be perfectly able to use these plant nutrients. The best nutrition is found in fruits, vegetables, berries and grains which are allowed to fully ripen before being picked. (Most of the nutrients in plants develop in the last stages of the ripening process, but most store-bought ones are picked weeks before they have ripened.) The most nutritious parts of the plants are the rind and the seeds (the parts we often throw away). Usually it is best to eat these plants as raw as possible since high heat tends to destroy most of the nutritious enzymes.

The USDA recommends that we eat 7-13 servings of fruits and vegetables every day. We need to eat a wide variety of fruits, vegetables, berries and grains, to get a wide variety of nutrients, to help protect against a wide variety of disorders. Different colors in rinds offer different nutrients too.

So, the best way to get the most proper nutrition into our bodies is to eat a wide variety of color-diverse, raw, ripe, whole fruits, vegetables and berries (with rinds and seeds) plus grains every day. Unfortunately, I don't know anyone who comes close to eating the recommended 7-13 servings every day. We need this nutrition every day for our bodies to function properly. You see, our bodies are slowly deteriorating every day, but proper nutrition greatly reduces this daily deterioration.

Therefore if we can't eat enough of these foods as we should, we have to rely on supplements if we want to be as healthy as possible. We need to take a supplement which has been thoroughly researched, tested, certified and proven to be effective. This describes Juice Plus+ perfectly. Juice Plus+ is the world's most thoroughly researched and most purchased whole food based nutritional supplement. It is routinely tested for contaminants, pesticides, and heavy metals and certified by NSF International to meet rigorous quality standards even though certification is not required for whole food based nutritional supplements. Due to the synergistic effect of the thousands of nutrients in whole food, Juice Plus+ nutrition is far superior to multivitamin supplements.

Scientific research shows that Juice Plus+ does the following: Supports the digestive system; Helps protect DNA which helps prevent cancer; Helps promote Weight Loss; Helps Stabilize Blood Sugar; Detoxifies the body; Reduces oxidative stress with anti-oxidants; Reduces systemic inflammation; Supports a healthy immune system; Supports cardiovascular wellness; Improves circulation; Supports healthy skin, hair and gums; Helps promote hormonal balance; Helps reduce pregnancy complications; Improves athletic performance and recovery; and Promotes a longer & healthier life.

From a doctor's point of view, we use medications to change a person's body chemistry to reduce symptoms or to normalize levels like reducing blood sugar, blood pressure, eye pressure, cholesterol, and inflammation. But to really protect the body, we need to eat good nutrition which helps the body heal itself (as it was designed to do with proper nutrition and care). Proper nutrition, as that in Juice Plus+, helps the body strengthen cells, nerves, blood vessels and improve circulation. It also helps to gently detoxify the body - removing harmful toxins. Therefore proper nutrition helps protect the body

and prevent future disorders in the body, helps rebuild damaged tissue, lessens symptoms (as pain), and gets the body back to normal as much as possible (depending on the level of permanent damage). I once heard a doctor say “I don’t know of any disorder which is not helped by good nutrition.” Many doctors and nurses around the world trust and use Juice Plus+ and recommend it to their patients to make their bodies healthier and more resistant to disorders. (See the 1-2 minute testimonies of 28 experts in health care at <http://BrooksHarris.JuicePlus.com> under “Clinical Research.”)

Many things we come in contact with (inside & outside of our bodies – like artificial sugars & additives, smoke, contaminants, bad fats, preservatives, pollution & even exercise) cause oxidation to our bodies. Oxidation causes rust on metal and deterioration in our bodies which leads to disorders. Oxidation creates billions of oxidants (or Free Radicals) which bombard our tissue all day every day. These Free Radicals are missing an electron, so they bang into our good tissue removing electrons which damages our healthy tissue. But if we flood our body with anti-oxidants (which have an extra electron), the Free Radicals will steal the extra electron from the anti-oxidant instead of our tissue. This neutralizes the Free Radicals so they no longer cause damage to our healthy cells, nerves, vessels, and even DNA.

The best source of anti-oxidants is fruits and vegetables and **especially berries**. Again, other than eating whole food, Juice Plus+ is the best way to flood our bodies with a wide variety of powerful anti-oxidants every day. Anti-oxidants have been called “Anti-aging molecules” since they slow the aging process – the daily deterioration of our bodies. Juice Plus+ helps us live a better quality of life. Juice Plus+ is a high quality, well-designed, convenient to take product and is a great value. If it cost about \$1 for a single apple or orange, think what it would cost to buy and prepare the 17 fruits and vegetables in the Orchard & Garden Blends (a day’s supply is about \$1.50 and contains the nutrients of about 4 pounds of fruits and vegetables with grains, probiotics and natural digestive enzymes).

Once ripe, each fruit, vegetable or berry is picked, blended and the water is removed along with most of the sugar and salt, then it is dried under low heat to preserve the nutrients, then mixed and put in capsules and chewables. It has been said that Juice Plus+ is a “Juicing Program in a Capsule” without all the sugar, mess and work to juice. It is estimated that the 3 Blends of Juice Plus+ together provide our body with well over 13,000 phytonutrients from 30 different fruits, vegetables, berries & grains. Old-fashioned vitamin pills simply can’t provide near the range of nutrients available in Juice Plus+.

Many health care providers and customers have testified to these conditions being helped by taking Juice Plus+: digestive disorders (as Crohn’s, Gastric Bypass and IBS), Allergies, Auto-immune disorders (as MS, Lupus, Arthritis & RA), circulation disorders (as diabetes, strokes & heart problems), hormone disorders, cancer, osteoporosis, asthma, ADHD, eye disorders (as glaucoma, macular degeneration, diabetic retinopathy, and cataracts) and even problems during pregnancy and weight control.

These are all reasons why I am excited about the potential of Juice Plus+ and recommend it to everyone interested in improving their health. I truly believe that Juice Plus+ is *the next best thing to fruits and vegetables* if you can’t eat a wide variety of fresh fully-ripened fruits & vegetables every day.

For more information about the Juice Plus+ Concept and Research and “What Experts Say,” visit: <http://BrooksHarris.JuicePlus.com> (see several videos). 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 or visit: <http://BrooksHarris.JuicePlus.com> if you would like to order Juice Plus+. Also ask how you can 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.