

Healthy News

An ounce of prevention is worth a pound of cure

Dear Friends,

Hello! I hope you're enjoying the warmer weather and longer days.

I am passing along a few articles that I've come across over the last few months. I hope you find them interesting.

As the quote below states, "the science is clear"—fruits and vegetables are one of the best things we can do to keep our bodies healthy. So, eat as many as possible - even adding just one more serving can make a huge difference in the long run.

Also, to help bridge the gap between what you are eating and what you should be eating – remember to take your Juice Plus everyday.

With Juice Plus you are getting - 17 raw, vine-ripened fruits and vegetables (and 9 berries and grapes in Vineyard Blend) in your body everyday- what a wonderful safety net that provides.

I hope all is well with you and your family. Please let me know if there is anything I can do to help you.

Sincerely,

"The science is clear. The results are unmistakable. Change your diet and dramatically reduce your risk of cancer, heart disease, diabetes and obesity."

Dr. T. Colin Campbell,
Cornell University

Third of Kids Tip Scales Wrong Way

By Nancy Hellmich, *USA Today*, April 5, 2006

1/3 of U.S. children and teens – about 25 million kids – are either overweight or on the brink of becoming so, the highest number ever recorded, a government survey reports today.

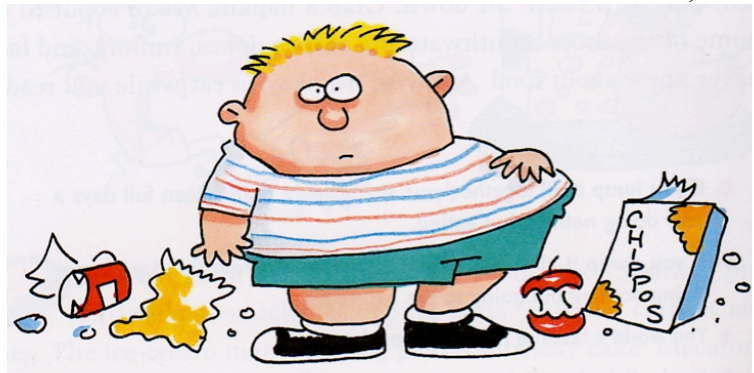
And about 2/3 of adults, about 136 million people, are overweight or obese.

The latest data are from the National Health and Nutrition Examination Survey, which is considered the gold standard for evaluation of the obesity problem in the USA because it is an extensive survey of people whose weight and height are actually measured.

The survey also found that the percentage of obese men- 30 or more pounds overweight – increased from 2000 to 2004. The percentage of obese women remained stable.

Public health officials fear an explosion in obesity-related healthy problems such as type 2 diabetes, heart disease and cancer. Type 2 diabetes already is at an all-time high among children. "I was surprised that we could see an upward trend in such a short time among overweight children and obese men," says lead researcher Cynthia Ogden, an epidemiologist with the National Center for Health, the statistics part of

the Centers for Disease Control and Prevention (CDC).



"With this many children

over-weight now, we can only imagine that the great majority of this generation of children will be overweight or obese as adults," says Thomas Wadden, president of the Obesity Society, an organization of professionals working in obesity research, treatment and prevention. "Time is running out. My hope is that these statistics will convince parents, community leaders and business leaders that they have to take obesity seriously and take steps to arrest its progression in children & teens."

Vegetables and Breast Cancer

Nutrition Action Newsletter ~Jan/Feb 2006

Fruits and vegetables may help keep breast cancer from returning, say researchers who tracked more than 1,500 women who had been treated for early stages of the disease for roughly seven years.

The risk of recurring breast cancer was about 40% lower in those who had the highest blood levels of carotenoids than in those who had the lowest levels. Carotenoids like beta-carotene, lutein, and lycopene are good indicators of how many fruits and vegetables a person eats.

WHAT TO DO: Researchers won't know if eating more fruits and vegetables keeps breast cancer from returning until they compare cancer rates between women who were randomly assigned to eat large vs. typical quantities of both.

In the meantime, it's worth eating more fruits and vegetables to reduce the risk of stroke, heart disease, and obesity.



Let's Do Cranberries!

By Leslie Golman, *Health Magazine*, March 2006

In recent test-tube studies at the University of Massachusetts-Dartmouth, natural chemicals in cranberries called proanthocyanidins prevented the growth of lung, colon, and leukemia cancers, without harming healthy cells. In addition, researchers believe an extract made from whole cranberries may lessen the chance that cancer will spread.

Catherine Neto, PhD, a UMass-Dartmouth Associate Professor of Chemistry and Biochemistry, says those proanthocyanidins may also help fight gum disease, stomach bugs, and even colds. Proanthocyanidins are just one of many potentially healthy antioxidants in cranberries.

More studies are needed to know for certain what the fruit or its juice can do. But to get the most punch, Neto suggests snacking on dried, sweetened berries, a delicious way to up your healthy fiber intake, too.

What's So Great About Fiber?

Fiber can do great things for our bodies. It helps lower the “bad” cholesterol levels (LDL) while maintaining the “good” cholesterol levels (HDL). It may reduce the risk of colon cancer, heart disease, high blood pressure and diabetes. It removes toxins from our bodies, promotes regularity, alleviates hemorrhoids, fosters weight control and provides energy.

There are two different types of fiber: soluble and insoluble. Foods high in soluble fiber include citrus fruits, strawberries, apples, legumes, oatmeal and oat bran. Soluble fiber stays in the body longer helps lower cholesterol and adds bulk to stools.

Insoluble fiber (which means it does not dissolve in water) is found in the peels/skins of fruits and vegetables, also whole grain bread, pasta, nuts and seeds. Insoluble fiber goes through the system faster, cleaning it out as it goes.

The average American adult takes in approximately 12 grams of fiber a day. Dietary guidelines call for 30 grams/day – half soluble, half insoluble. Some of the healthiest groups in the world eat in excess of 50 grams of fiber/day. So, start adding more fiber to your diet today!

Excerpts from *The Mayo Clinic Plan* and *The Way to Eat*, Dr. David Katz

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Percentage of people who say they don't eat enough vegetables.

Laura Gilbert, *Health Magazine*



Pop Your Way to Bathroom Bliss!!

From *Food Rules!* By Bill Haduch

For fiber, plain, air-popped popcorn is one good choice to snack on. One serving of popcorn gives you 6 times more fiber than one serving of potato chips.

That's because popcorn gives you the whole kernel – it's a whole food. Most potato chips are processed—they're peeled, which removes a lot of the fiber that was in the skin. Make your snacks do some work for you! Try popcorn, apples, carrots, veggies or nuts!!

“This may be the first generation to have a shorter lifespan than their parents.”

Dr. David Katz, Yale University Professor of Medicine

Protect Yourself with Every Bite You Take American Institute for Cancer Research

Cancer is not a single disease, but the generic name for more than 100 diseases, all having in common the uncontrolled reproduction of abnormal cells. Although scientists are only now beginning to understand the causes and growth of cancer, there exists a large and growing body of evidence showing that the foods we choose each day play a major part in cancer prevention.

