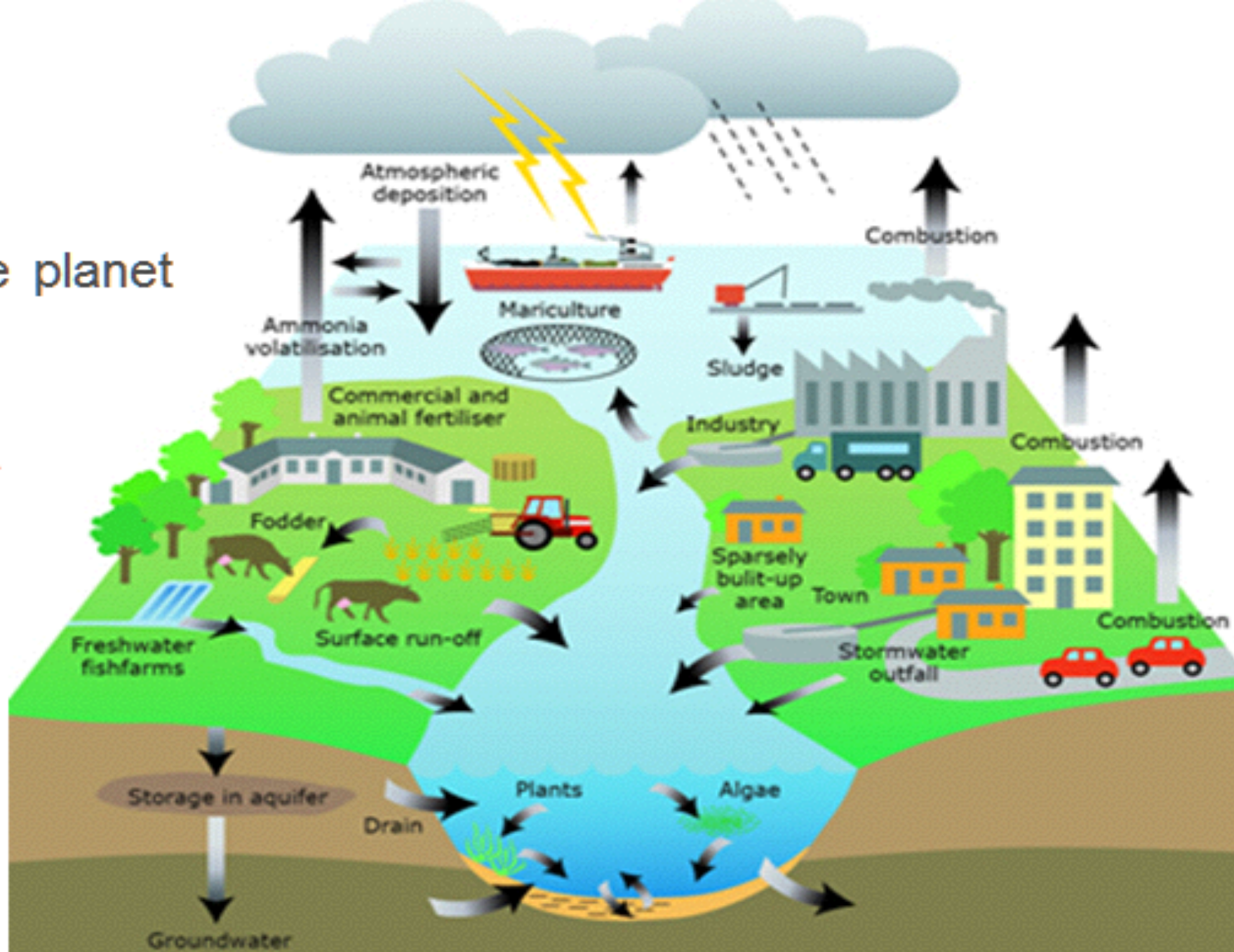


Inspiring Healthy Living



Two Trends

Toxicity on the planet



Two Trends

Nutrient Density of our Food

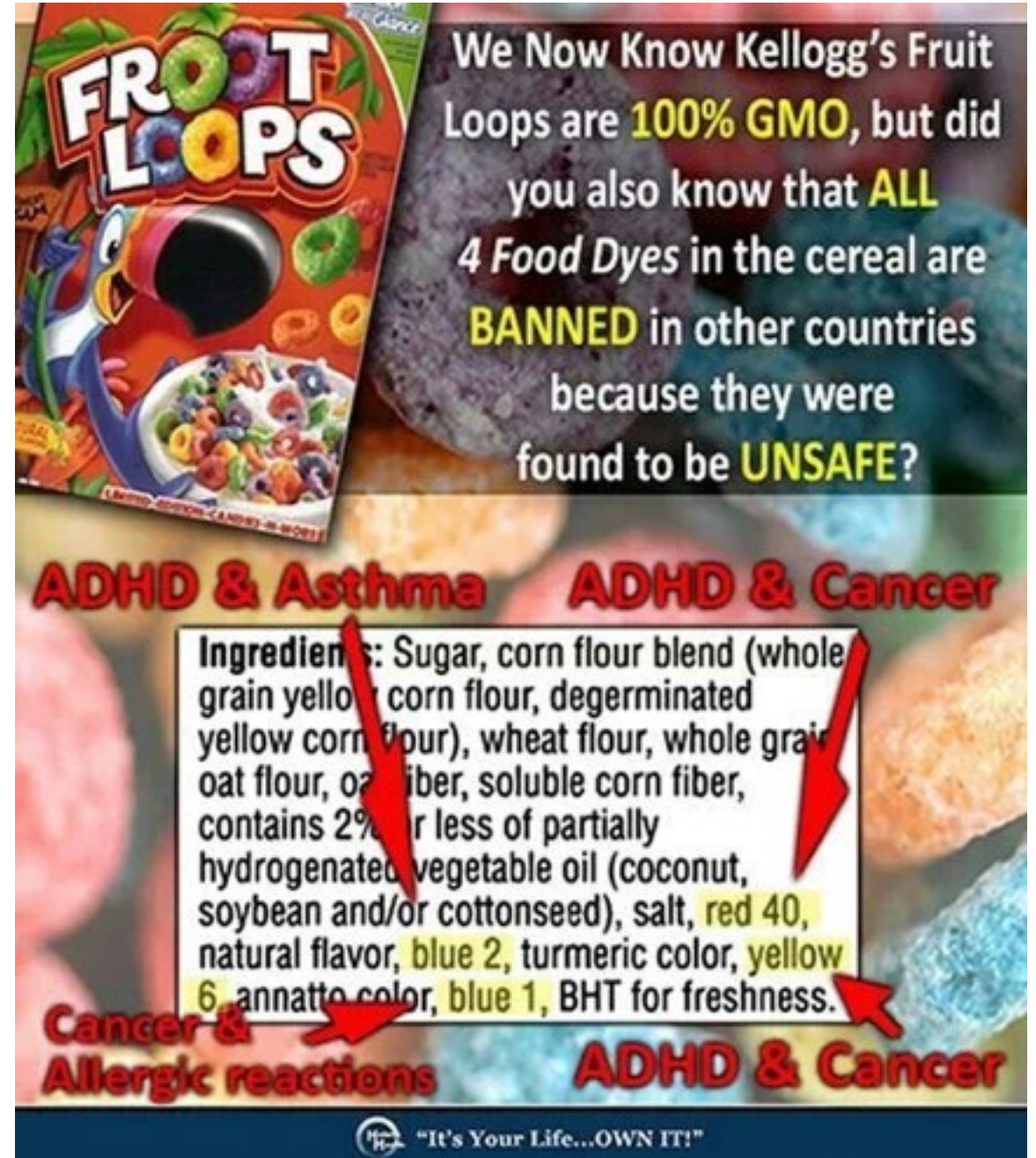


Iron
1 Serving Spinach 1948 = 60 today



Vitamin A
2 Peaches 1951 = 53 today

Food Dye




We Now Know Kellogg's Fruit Loops are **100% GMO**, but did you also know that **ALL 4 Food Dyes** in the cereal are **BANNED** in other countries because they were found to be **UNSAFE?**

ADHD & Asthma **ADHD & Cancer**

Ingredients: Sugar, corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), wheat flour, whole grain oat flour, oat fiber, soluble corn fiber, contains 2% or less of partially hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, **red 40**, natural flavor, **blue 2**, turmeric color, **yellow 6**, annatto color, **blue 1**, BHT for freshness.

Cancer & Allergic reactions **ADHD & Cancer**

 "It's Your Life...OWN IT!"

Fake food!

Try the 5 ingredient rule!



Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2]), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, CORNSTARCH, CARAMEL COLOR, SOY LECITHIN, XANTHAN GUM, MODIFIED WHEAT STARCH, VITAMIN A PALMITATE, RED #40, YELLOW #6, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1).



Nutrition Facts	
Serving Size 6 rolls (85g)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	11%
Trans Fat 1.5g	
Cholesterol 10mg	3%
Sodium 390mg	16%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin A 2%
Calcium 4%	Iron 8%

*Percent Daily Values are based on a diet of other people's secrets.

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Nutrition Facts	
Serving Size 1/2 cup (30g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 130	
Calories from Fat 25	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 10mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 0%	4%

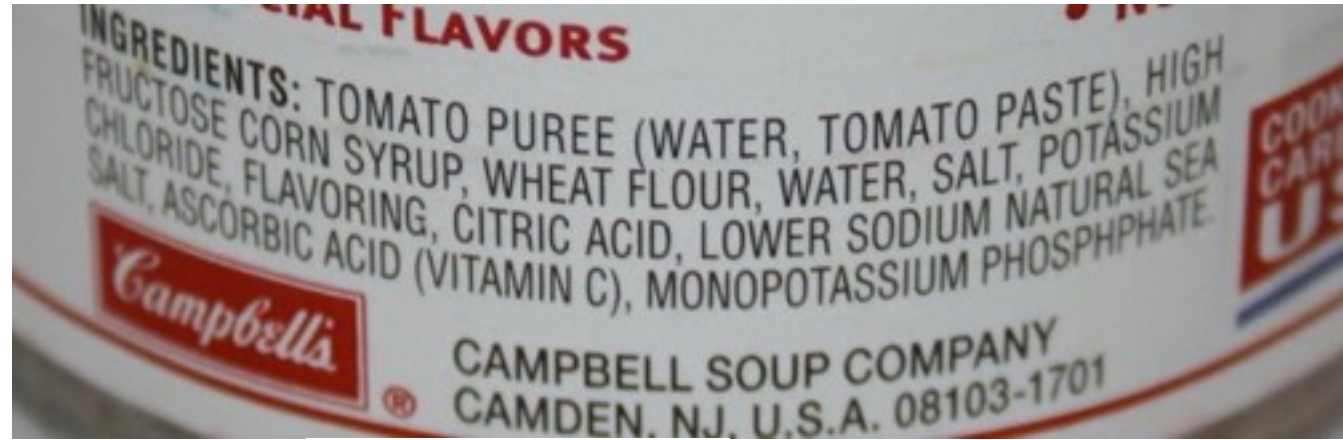
*Percent Daily Values are based on a diet of other people's secrets.

*At least 13 grams of Whole Grain per serving.
At least 48 grams of Whole Grain recommended daily.

Ingredients: Whole Wheat, Enriched Corn Meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Vegetable Oil (soybean, rice bran), Sugar, Whey Powder, Contains 2% or less of: Buttermilk Powder, Corn Syrup Solids, Salt, Natural and Artificial Flavor, Dried Sour Cream (cream, nonfat milk, cultures), Monoglycerides, Onion Powder, Trisodium Phosphate, Calcium Carbonate, Baking Soda, Yellow Corn Flour, Yellow 6 Lake, Yellow 5 Lake, Freshness Preserved by BHT.

CONTAINS WHEAT AND MILK;
MAY CONTAIN SOY INGREDIENTS.

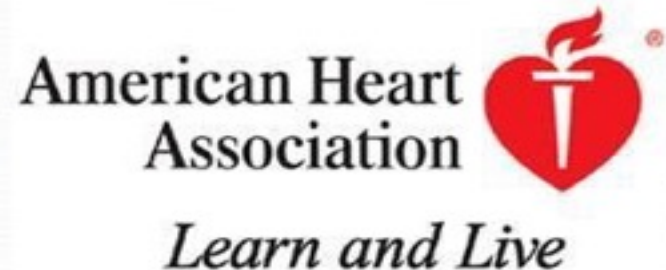
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Carbohydrate Counts 1 1/2



INGREDIENTS: WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP OR SUGAR, YEAST, CONTAINS 2% OR LESS OF: SOYBEAN OIL, BARLEY MALT, WHEAT GLUTEN, SALT, CALCIUM CARBONATE, SODIUM STEARATE, LACTYLATE, VITAMIN D3, VINEGAR, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST NUTRIENTS (AMMONIUM CHLORIDE, AMMONIUM SULFATE), ENZYMES, YEAST EXTRACT, WHEAT STARCH, CALCIUM DIOXIDE, TETRASODIUM SULFATE (IRON), "B" VITAMINS (NIACIN, THIAMINE MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), SOY LECITHIN, AZODICARBONAMIDE, SOY FLOUR, WHEY, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DATEM, SORBIC ACID. CONTAINS: WHEAT, MILK, SOY.

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510561 Questions or Comments? Contact us by
free 1-800-483-7253 Mon.-Fri. 8:30am-4:30pm
Central Time or online at www.wonderbread.com

FACT

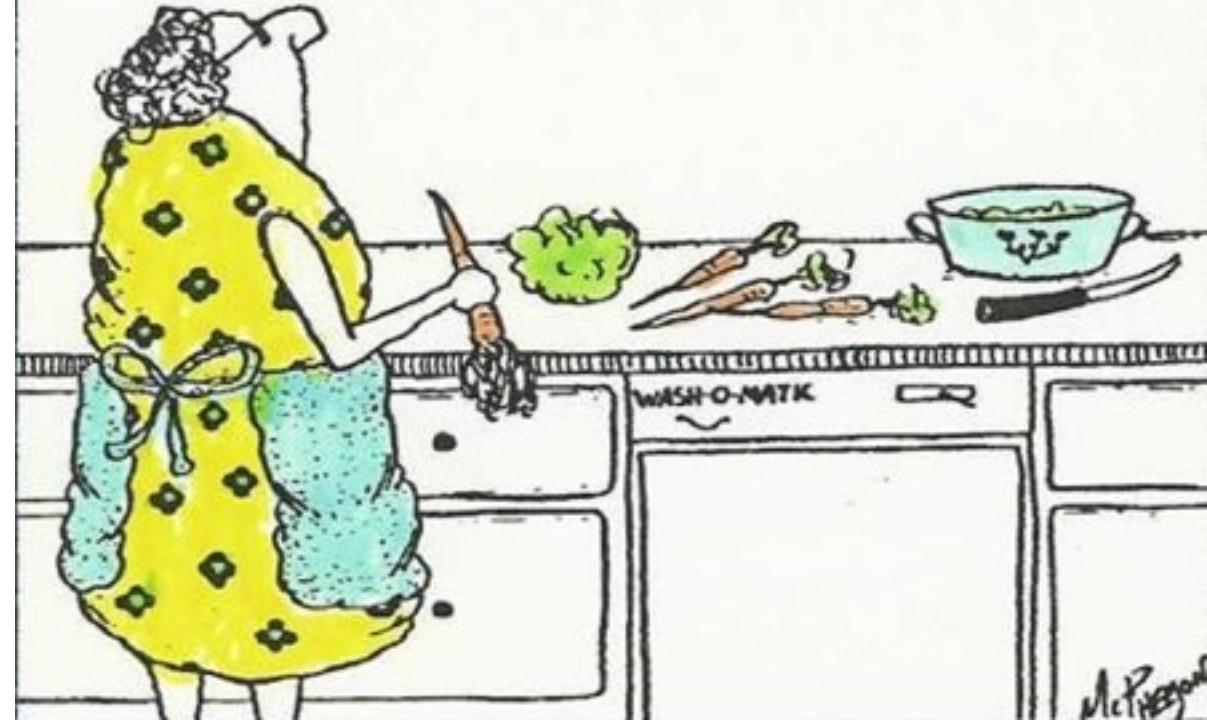


ALL SAY that the risk of heart disease, stroke and cancer is reduced by 50% or more by consuming 9 -13 servings of fruits, vegetables and grains every day.



What is your biggest challenge in getting your family to eat fruits and vegetables?

	ONIONS	PEAS	CORN	BEANS	SPINACH
MIKE	HATES THEM	LIKES THEM	LIKES IT	HATES THEM	LIKES IT
TIM	LIKES THEM	HATES THEM	LOVES IT	HATES THEM	HATES IT
KATIE	LIKES THEM	HATES THEM	GAGS	GAGS	TOLERATES IT
LISA	Allergic	HATES THEM	Allerg.	Allerg.	HATES IT
WILLIE	THROWS THEM	TOLERATES THEM	THROWS IT	THROWS	THROWS



Bridge the gap with

Juice PLUS⁺

Juice Plus⁺ helps you bridge the gap with concentrated whole food-based nutrition from a wide variety of fruits, vegetables, and grains.



APPLE



ACEROLA CHERRY



BEET



BEET



BROCCOLI



BROWN RICE BRAN



CABBAGE



ARTICHOKE



BILBERRY



BLACKBERRY



CRANBERRY



DATE



ORANGE



CARROT



GARLIC



KALE



BLACK CURRANT



BLUEBERRY



COCOA



CONCORD GRAPE



Orchard Blend



PAPAYA



PEACH



PINEAPPLE



PRUNE



Garden Blend



OAT BRAN



PARSLEY



SPINACH



TOMATO



Vineyard Blend



CRANBERRY



ELDERBERRY



POMEGRANATE



RASPBERRY

What about vitamins?

Editorial Annals of Internal Medicine

Enough Is Enough: Stop Wasting Money on Vitamin and Mineral Supplements

In conclusion, β -carotene, vitamin E, and possibly high doses of vitamin A supplements are harmful. Other antioxidants, oleic acid and B vitamins, and multivitamin and mineral supplements are ineffective for preventing mortality or morbidity due to major chronic diseases.

24 trials of single or paired vitamins that randomly assigned more than 400 000 participants, the authors concluded that there was no evidence of beneficial effect of supplements on all-cause mortality, cardiovascular disease, or cancer. Second, Grodstein and coworkers (2) evaluated the efficacy of a daily multivitamin to prevent cognitive decline among 5947 men aged 65 years or older participating in the Physicians' Health Study II. After 12 years of follow-up, there were no differences between the multivitamin and placebo groups in overall cognitive performance or verbal memory. Adherence to the intervention was high, and the large sample size resulted in precise estimates showing that use of a multivitamin supplement in a well-nourished elderly population did not prevent cognitive decline. Grodstein and coworkers' findings are compatible with a recent review (3) of 12 fair- to good-quality trials that evaluated dietary supplements for the prevention of cognitive decline in older adults. Inclusion of a multivitamin supplement in a diet to moderate dementia. Non-contrast-enhanced MRI of the brain in a 3-component multivitamin supplement (vitamins B1, B6, B12, C, E, K, and folic acid) (copy). After a median follow-up of 4.6 years, there was no significant difference in recurrent cardiovascular events with multivitamins compared with placebo (hazard ratio, 0.89 [95% CI, 0.71-1.07]). The trial was limited by high rates of nonadherence and dropouts. Other reviews and guidelines that have appraised the role of vitamin and mineral supplements in primary or secondary prevention of chronic disease have consistently found null results or possible harms (5, 6). Evidence involving tens of thousands of people randomly assigned in many clinical trials.

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Artificial Sweeteners:

Aspartame
Sorbitol
Xylitol
Sucrose

Artificial Colors/Dyes:

FD&C Red #40 Aluminum Lake
FD&C Yellow #6 Aluminum Lake
FD&C Blue #2 Aluminum Lake

Hydrogenated Oils:

Hydrogenate Oil – (Soybean caution)

WARNING LABEL:

"Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6."

KEEP THIS PRODUCT OUT OF REACH OF CHILDREN

"In case of accidental overdose, call poison control center immediately."



JUICE PLUS GUMMIES

Natural vitamins & minerals from fruits and vegetables

NO Artificial Sweeteners!

NO Artificial Colors/Dyes!

NO Hydrogenated Oils!

NO Safety Seal!

NO Warning Label!

Over 30
published
studies
completed
with 4 more
underway!



Juice PLUS⁺ is clinically proven to:

- Deliver key antioxidants and phytonutrients that are absorbed by the body (it is bioavailable)
- Reduce oxidative stress
- Reduce key biomarkers of systemic inflammation
- Support a healthy immune system
- Help protect DNA
- Support cardiovascular wellness
- Support healthy skin
- Support healthy gums



Juice PLUS+ COMPLETE

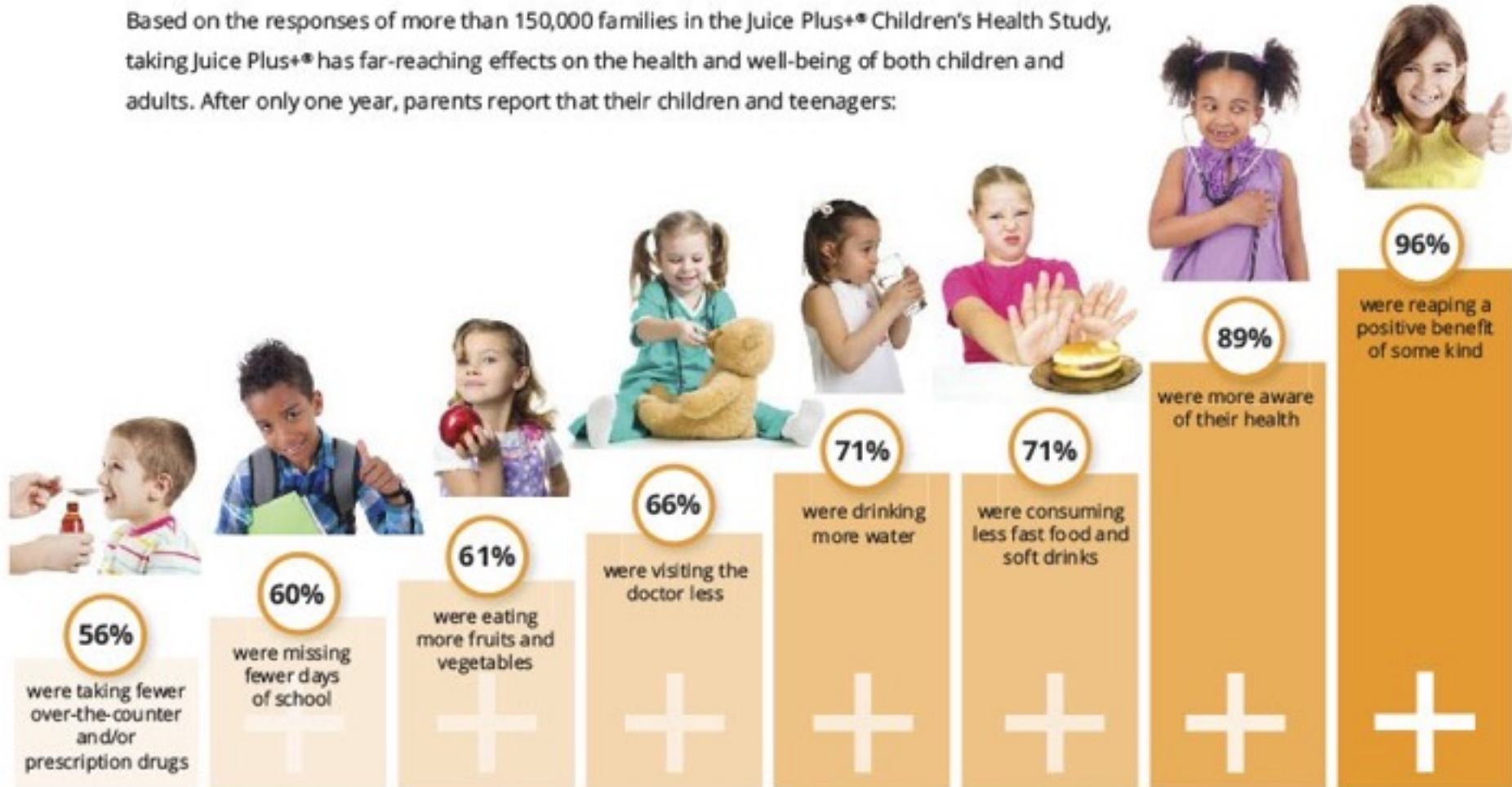
- 13 grams of protein
- 8 grams of fiber
- Low glycemic
- Gluten free
- Dairy free
- Vegan



CHILDREN'S HEALTH STUDY RESULTS

More than 150,000 participants in our Children's Health Study confirm that Juice Plus+® is a springboard to better health.

Based on the responses of more than 150,000 families in the Juice Plus+® Children's Health Study, taking Juice Plus+® has far-reaching effects on the health and well-being of both children and adults. After only one year, parents report that their children and teenagers:



10 Reasons to start a



- Costs \$1.50 a day for 1 year and then it's yours for 10-20 years
- Made with food grade plastic (won't leach chemicals into produce)
- Has a double UV protected coating (will last in the sunshine)
- Uses 10% of the water of a conventional garden
- Includes all of the tools and supplies you need
- Fewer ground pest problems
- Grow a garden in 30% less time than a traditional garden
- Uses no harmful fertilizers, pesticides, or herbicides
- No weeding
- Vine ripened produce is proven more nutritious



Transform 30

Say Yes!



- ✓ Juice Plus Complete and Trio of Capsules
- ✓ Drink Water – urine remains clear
- ✓ Exercise – 30-60 min, 4x a week
- ✓ Zero Wheat – no human can digest gluten
- ✓ Zero Dairy – leafy greens best source of calcium
- ✓ Breathe – reduce stress with breathing exercises
- ✓ Sleep – plan ahead to get full night of sleep
- ✓ Assist – eating last meal by 6, rest and digest
- ✓ Balance – increase food to meet caloric need



Transform30



Reduce sugar

Cut out fake food

Eliminate
artificial
sweetener



Move more

**Cut out
food dye**

Reduce caffeine

Get more sleep

Stop eating
fast food

ONE SIMPLE
CHANGE

Follow the 5
ingredient rule

Eat more green food

Take the stairs



SUNWARRIOR

Let food be
thy medicine
and medicine
be thy food

HIPPOCRATES



Everyday is another
chance
to change your life.
I hope you were
inspired!