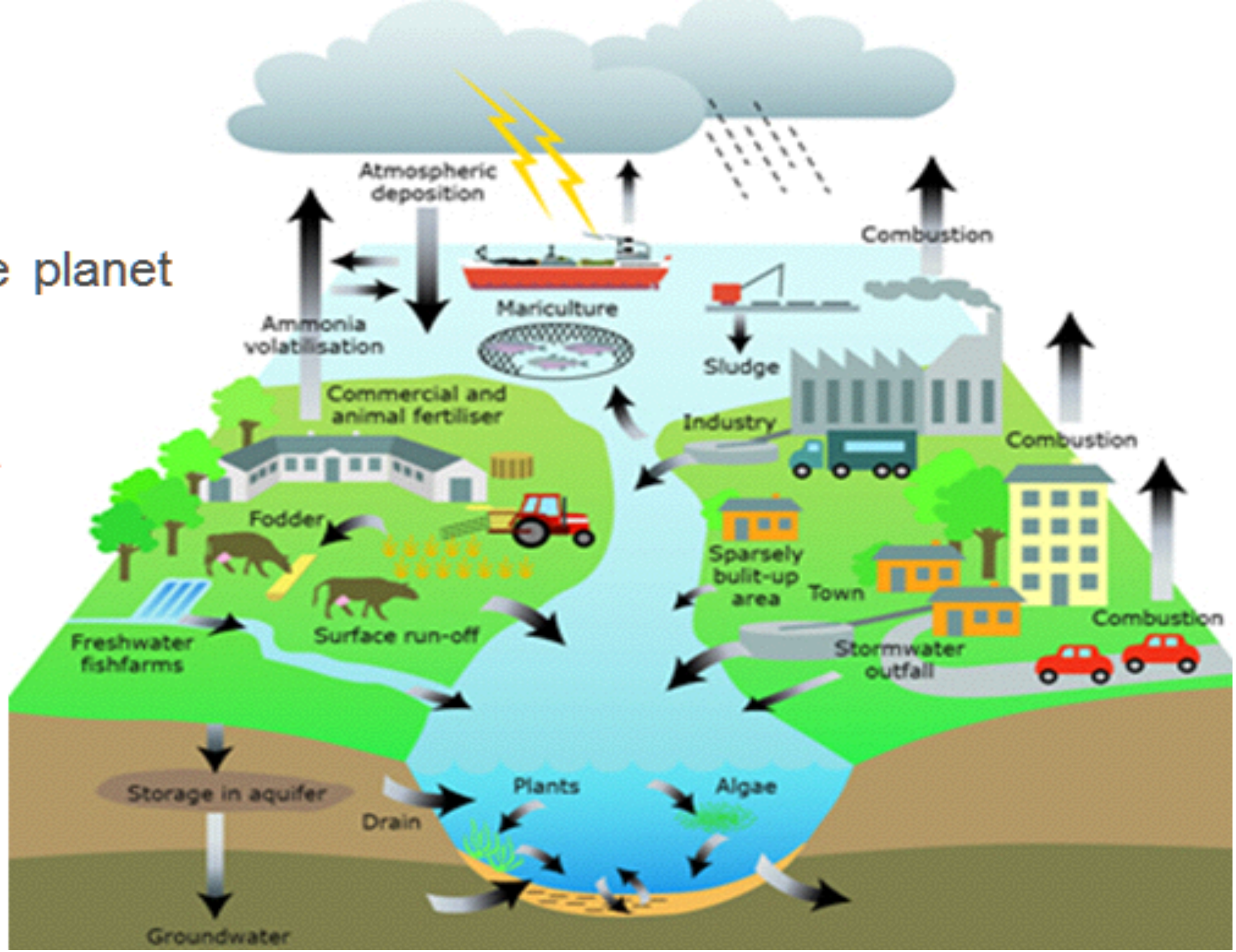
Inspiring Healthy Living

Juice PLUS+

TOWER GARDEN

Two Trends

Toxicity on the planet



Two Trends

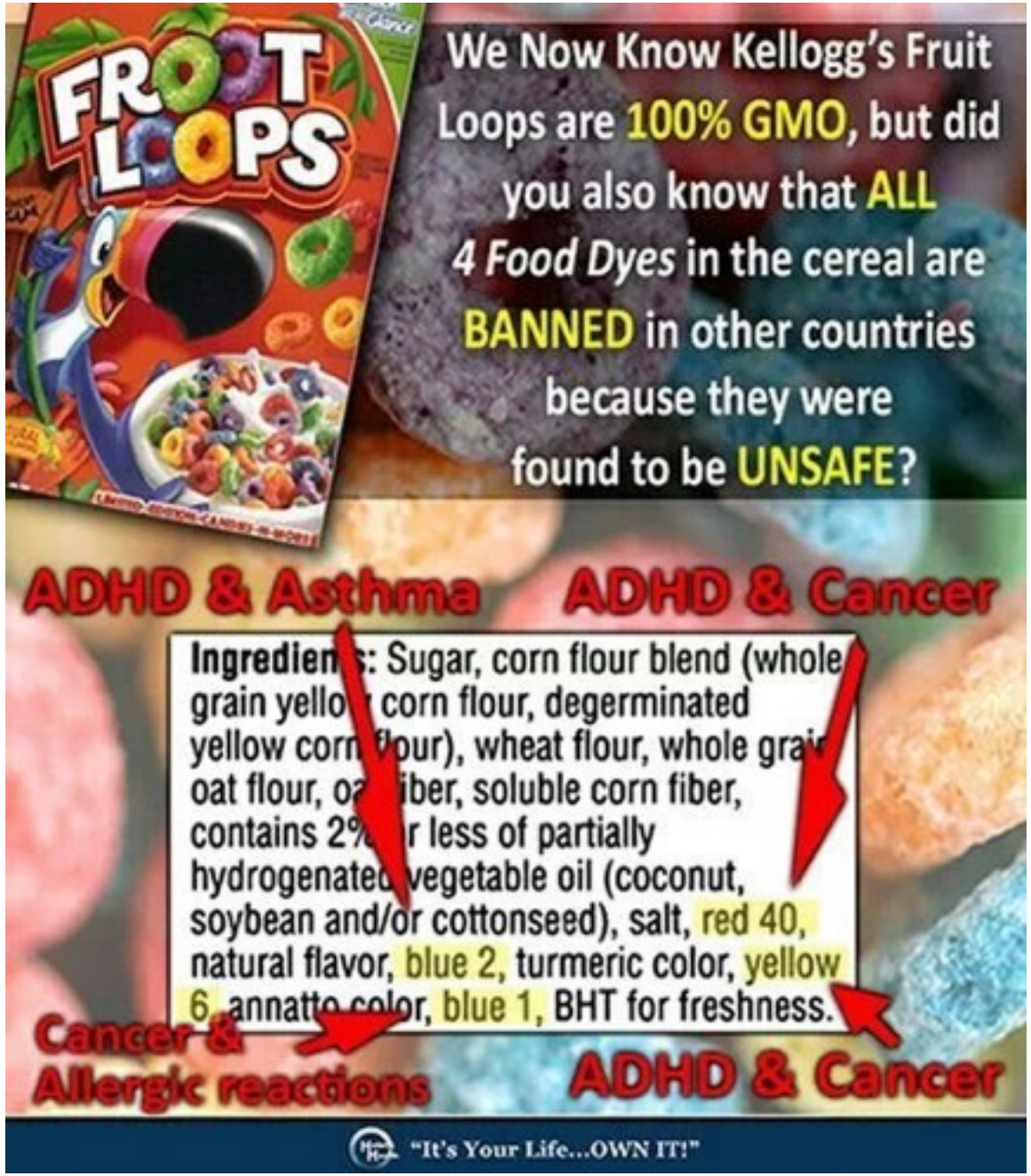
Nutrient Density of our Food

Iron
1 Serving Spinach 1948 = 60 today

Vitamin A
2 Peaches 1951 = 53 today

Source: USDA National Food Consumption Survey
(Crocetti and Guthrie, 1982) Disease Education, 2005-2006

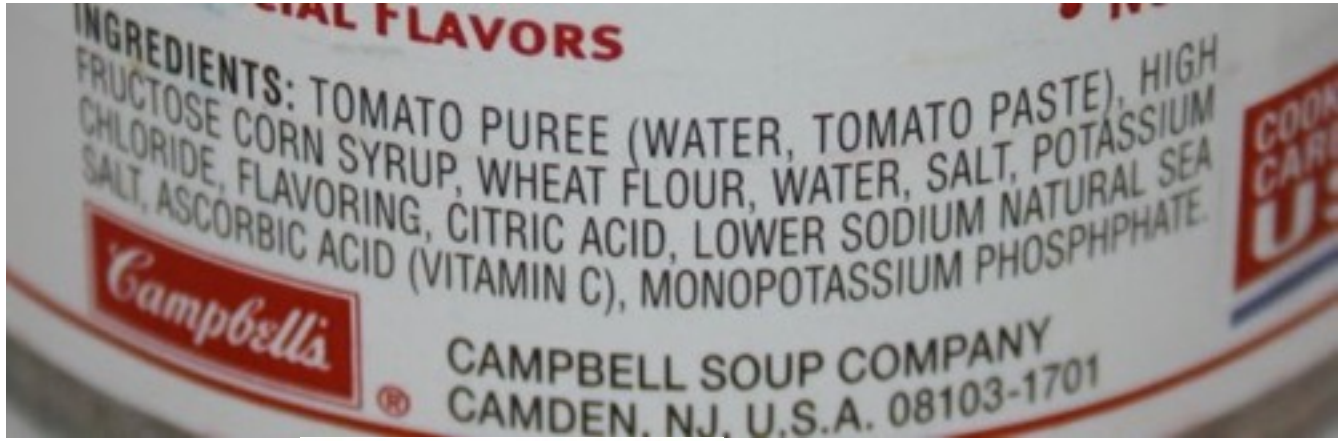
Food Dye


FROOT LOOPS
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!"

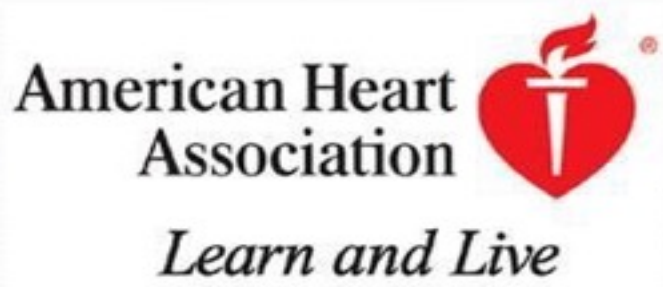
Fake food!

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).



FACT

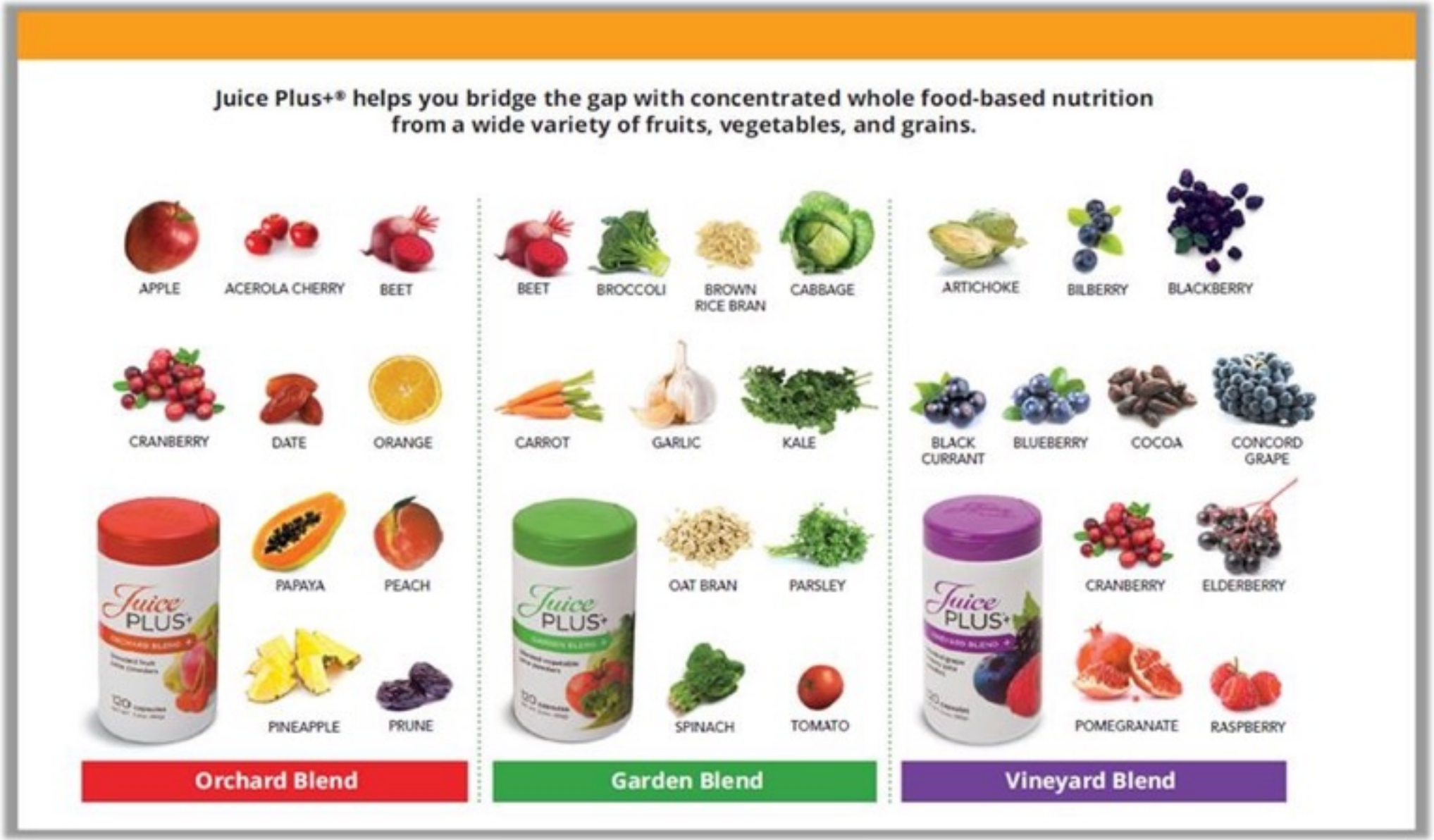


ALL SAY that the risk of heart disease, stroke and cancer is reduced by 50% or more by consuming 9 -13 servings of fruits, vegetables and grains every day.


Heart Disease, Blood Pressure
Hypertension, Ischemia
Macular Degeneration
Retina Degeneration
Cateracts
Heart
Skin ageing, Psoriasis
Sunburn, Dermatitis, Melanoma
Skin
Eyes
Multi Organ
Diabetes, Ageing
CFS, ME
Kidney
Kidney Disease
Nephritis
Free Radical Damage
Oxidative Stress
Blood
Atherosclerosis,
Blood Flow, Clots
Hypertension
Joints
Arthritis, Rheumatoid
Osteo, Psorisis
Immune
Lung
Inflammations
Auto Immune Disorders
Lupus, MS, Cancers
Brain
Asthma, Allergies
Cancer, ARDS
Alzheimers, Parkinson
ADHD, Autism, Migraine
Stroke, Cancer, Trauma

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

Bridge the gap with Juice PLUS+



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, olic 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 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 follo up, there were no differences between the multivitamin and placebo groups in overall cognitive performance or verbal memory. Adherence to the intervention 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 pr cognitive de- cline. Grodstein and coworkers' findings are compatible with a recent review (3) of 12 fair- to good-quality trials that evaluated dietary supplemer Includ to moderate dementia. Non the s -component multivitamin suppl apy). After a median follow-u of 4.0 years, there was no significant difference in incident cardiovascular disease events with multivitamins compared with placebo (hazard ratio, 0.89 [95% CI, 0. 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 in- volving tens of thousands of people randomly assigned in many clinical trials.

"Despite sobering evidence of no benefit and possible harm, use of multivitamin supplements continue to increase.."

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!

There are THOUSANDS of phytonutrients present in every apple!

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

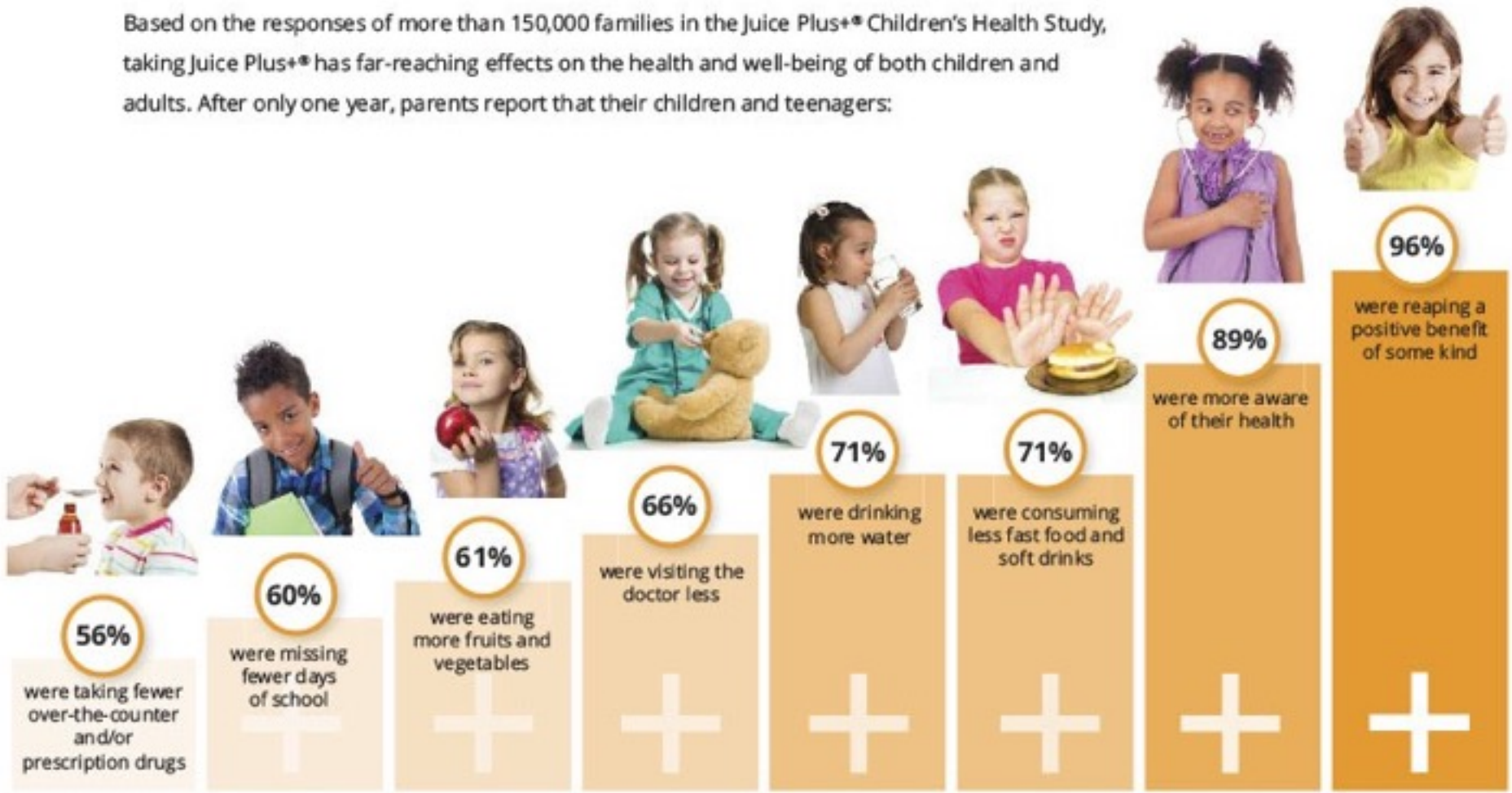
Juice PLUS+ COMPLETE

- 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 TOWER GARDEN BY JUICE PLUS+®

- 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 Share the love!

Reduce sugar

Cut out fake food

Eliminate artificial sweetener

Move more

Reduce caffeine

Cut out food dye

Get more sleep

Stop eating fast food

ONE SIMPLE CHANGE

Follow the 5 ingredient rule

Eat more green food

Take the stairs

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