

Cindy's Facebook Party Script.

PrePost: 24 hours to go! The CDC says the best way to prevent the spreading of infection and illness is to keep your hands clean. But, we all knew that, right? Come back tomorrow and learn how to fight back with whole food nutrition!

With flu season upon us, one of the simplest ways to support a healthy immune system is to reduce your sugar intake. What would be an easy way to decrease your daily sugar intake?



Reminder Post: Our healthinar starts in 10 minutes! The event tonight will be fast-paced and informative with a post every few minutes. The most recent post will be “pinned” to the top of the page. If you fall behind or don’t see any new posts, you may need to refresh or scroll to the top of the page.

Be sure to answer the questions as you go. It's more fun!



STORIES Or FLIPAGRAM:

Post #1: It takes a little bit of everything to stay well, but some things have more of an effect than others. While an apple a day may not actually keep the doctor away, a diet centered around whole foods can absolutely reduce your risk.

How many servings of real fruits and vegetables have you eaten so far today?



Post #2: Inflammation is a main cause of almost every chronic health problem, from simple seasonal allergies to diabetes, heart disease, and all the way to cancer. Inflammation is now said to be the “silent killer.” That is why all these organizations recommend eating 9-13 servings of fruits and vegetables every day. They are naturally anti-inflammatory. No wonder all these organizations agree!

What health problems do you currently struggle with?



Post #3: IF USING THE DOCTOR DAVID PHILLIPS VIDEO:

Post 3: As we live, eat, breathe, exercise, etc. we burn energy for fuel and we also produce free radicals. This process is called Oxidative Stress. It also causes aging, lowers our immune system, and leads to chronic conditions. Listen to Dr. David Phillips, physician, athlete, and Ironman competitor, as he explains how this happens and how nutrition helps with this problem too!

What is your favorite way to exercise?

<http://youtu.be/iIPOJwQFA4o>

Post #4: What do most people do when they don't eat enough fruits and vegetables? They try to fill in the gap with vitamins. On the left of the picture below you will see only 400 of the 10,000 nutrients scientists have discovered in one apple. When you take an average multivitamin you are missing over 9,970 nutrients!

We need a whole car to drive to the store and whole food for our bodies to work right!

If you could add one super-charged food to your diet, whether you like the taste or not, what would it be?



Post #5: With crazy schedules and even trying to eat right there is still a gap in our nutrition. It is well known that food is picked green to ship without bruising. Up to 80% of the nutrition and flavor is missing because it is not vine ripened. Ever buy a tomato or banana in the store in the winter? They gas produce to turn it the right color. Doesn't that explain everything?

Food also begins losing nutrition as soon as it is picked. Green beans lose 59% of their Vitamin C within 24 hours of picking. It makes sense why our children have diseases you used to have to be old to get. We are still missing so much of the nutrition we SHOULD be getting in our foods.

What is the biggest problem you have getting your family to eat more fruits and veggies?



Post #6: How can we fill in the gap? You may want to grow your own gardens or get a Tower Garden like at O'Hare Airport or rooftop garden restaurants use. These gardens will grow food for years and you will get 30% more produce with 90% less water.

Do you like weeding? No weeds! No dirt either, so less bugs, yeah! All ages love the taste and kids eat more when you grow it.

Do you have any interest in gardening yourself? We love tomatoes, what would you grow?



Post #7: You could let Juice Plus+ grow produce for you. We work directly with the farmers. It is farm-raised, non-GMO produce that even the government taxes as fresh fruits, vegetables and berries. It is also thoroughly tested to verify its purity (i.e. no contaminants, pesticides, herbicides, etc.) and carries the NSF seal, proving it. You can rest assured that what the label says, the product contains - and nothing more.

Vine ripened AND pure!



ALTERNATIVE: post video link of FARM TO CAPSULE: <https://www.youtube.com/embed/cpf5SZgGh3w>

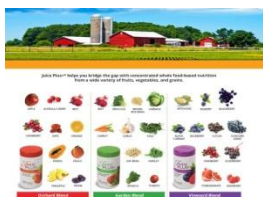
Post #8: REMINDER TO REFRESH:



Post #9: Imagine buying all of the foods that are in Juice Plus+ every day to juice yourself. It would cost over \$500 a month for the fruits and veggies AND another \$500 a month for the berries. You wouldn't get the quality or freshness and you would still have to get your family to drink it!

Something that good would have to be expensive right? NO. Priceless? YES! We love knowing we are getting a garden of fresh foods daily for less than a cup of coffee! Since Juice Plus+ bills monthly, it's easy to work into your budget. Or, eliminate one guilty pleasure junk food or drink and it will pay for itself.

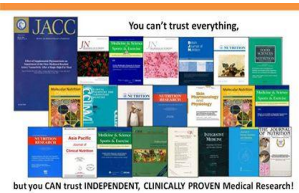
Is there a food in this picture that you NEVER eat?



Post #10: "OK, it is pure food, but how do we know it really works?" I want to know that it's actually beneficial for my body.

Juice Plus+ is the most clinically proven natural product in the world. The published medical studies show why the stories of health improvements happen in our immune systems, skin, cardiovascular system, DNA repair, inflammation, and much more.

With the cold and flu season so quickly approaching, what concerns do you have for your family?



Post 11: Think about how much money you spent the last time your family came down with a bug...at the doctor's office...prescriptions...over the counter medicines...You may have even missed work and pay and had to stock up on "sick foods" for a while. A strong immune system prevents all those situations and actually saves you money.

We are on a mission to change children's health in this country and through the Children's Health Study, we will pay for your child (ages 4 through undergraduate college) to get their Juice Plus+ for FREE with any adult order!

Which result shown below would you most like to see in you or your children?



Post #12: Listen to the story below as we hear how the good nutrition of Juice Plus+ helped another life. (INSERT STORIES OR FLIPAGRAM OR VIDEO FROM BELOW)

(Dancer, Janelle Issis Video 2:18)

<http://youtu.be/V8O6npDznZI>

(Paralympic Champion Mark Colbourne 1:07)

<http://youtu.be/UII5Kt5WYQ>

STORIES Or FLIPAGRAM Or JP+ Product Line link below

<http://youtu.be/q5WbaT5Imuw?list=PLC3386EAEA57BA722>

Post #13: When we have a health crisis, we have to pay whatever bills come with it. Shouldn't we view prevention as even more valuable? We even look better on the outside when we take care of our insides. Health and vitality is the key to enjoying life.

Which program would you choose to improve your health?



Post #14: It really is as easy as 1, 2, 3! Take Juice Plus+ and drink more water. Circulate that good nutrition and detoxify yourself. You will probably find yourself having more energy to do the things you love, craving less sugar and more fresh food, and feeling better and looking better the longer you continue!

What is one simple step you would be willing to take to improve your health and arrive at your own health transformation?



Post #15: Thank you so much for joining us!

Think about the path you are currently traveling. Are you getting the results you want, or are you ready for a new path? ...a healthier, more vibrant path?

It could start with one simple change by adding the clinically proven power of Juice Plus+. If you are ready for that life contact the person who invited you to this event! We hope that you are encouraged with the hope of a healthy future! It only takes one step.



Thank You for Joining Us!