

Prevent Disease and Improve Fitness With



With the prevalence of health issues such as heart disease, hypertension, obesity, diabetes, and stroke, it's obvious that there are huge nutritional gaps in the typical North American diet and they need to be filled immediately! As scientists and nutritionists continue to learn more about the healthful benefits of consuming fruits and vegetables, it becomes very clear how necessary this is to maintain good health and prevent disease.

Why are fruits and vegetables so important?

For many years the National Institute of Health, Health Canada, the American Cancer Society, the American Medical Association, the American Academy of Pediatrics, the W.H.O., the National Cancer Association, and every other national health association has emphasized the importance of eating five to nine servings of raw fruits and vegetables every day. There are nutrients found ONLY in fruits and vegetables that are essential for good health. The health benefits of this are numerous, including:

- Protection against cancer
- Stronger immune system
- Prevention of chronic illness
- Protection against heart disease
- Slows down the effects of aging

These benefits are not only due to vitamins and minerals, but also from the active enzymes, antioxidants, phytonutrients and fiber contained within the raw fruits and vegetables. There are many more potential benefits of these nutrients such as improved intellectual function, better eyesight, improved athletic performance, and increased energy level. In short, our bodies simply function more efficiently.

There is no substitute for eating a wide variety of fresh, raw fruits and vegetables, at least 5-9 servings every day. But if you're like most people, you don't eat nearly **enough** fruits or vegetables, or enough of a **variety** of them. In addition, those fruits and vegetables that we do eat tend to be over-processed, over-cooked, or too far removed from the field, and thus lack much of the nutrition provided by fresh, raw fruits and vegetables.

That's why there's Juice Plus+. Juice Plus+ is more than extra vitamins and minerals. It's a convenient, affordable, and natural **whole food** based product that harnesses the nutritional power of 17 different vegetables, fruits, and grains.

Is there any scientific proof that Juice Plus+ is effective?

The concept of fruits and vegetable in a concentrate made sense to me, but I was most impressed when I saw the science behind Juice Plus+. I challenge anyone to look at the research and check it for validity. Fourteen scientific studies published since 1996 have unquestionably demonstrated the health benefits of encapsulated Juice Plus+ fruit, vegetable and grain extracts (1-14).

Juice plus has captured the attention of doctors and medical scientists all over the world. Some of the most prestigious organizations on the planet have done clinical research with Juice Plus+. Here are just a few:

- Brigham Young University
- University of Arizona
- University of Florida
- University of Maryland
- Vanderbilt University
- Wake Forest University
- Louisiana State University
- UCLA
- Georgetown
- Yale-Griffin University Hospital
- University of Wuerzburg, Germany
- University of Sydney, Australia
- Tokyo Women's University, Japan

These organizations have strong reputations and their research has yielded some very interesting results regarding Juice Plus+:

- Juice Plus+ is bio-available and provides whole food nutrition.
- Juice Plus+ raises levels of antioxidants in the blood and reduces oxidative stress.
- Juice Plus+ lowers levels of lipid peroxides and Homocysteine in the blood.
- Juice Plus+ enhances immune function, reduce DNA damage and improve circulation.

In addition, some of these studies have demonstrated the following:

- **Hypertensive subjects** were given Juice Plus+ fruit, vegetable and berry extracts for two years. In addition to anticipated increases in blood anti-oxidant levels and reduction in oxidative stress biomarkers, systolic and diastolic blood pressures declined, large artery compliance improved and progression of coronary artery calcium scores was lower than expected (14).
- **Overweight subjects** taking Juice Plus+ fruit and vegetable extracts for 60 days lost more body fat, gained lean muscle mass and exhibited a three-fold increase in Body Composition Improvement Index over control subjects undergoing a similar diet and exercise regimen (2).
- **Pregnant women** given Juice Plus+ fruit and vegetable extracts in addition to standard prenatal vitamins had fewer complications and healthier babies than those receiving prenatal vitamins alone. Among the former, premature births, C-sections, pre-eclampsia, low birth weight infants, NICU admissions and Respiratory Distress Syndrome were all very significantly reduced (10).
- **Athletes** taking Juice Plus+ fruit, vegetable and berry extracts for two weeks attenuated the usual increases in stress-related blood protein carbonyls after 30 minutes of intense aerobic exercise (11).
- **Children**, aged 6 to 15, can receive Juice Plus+ fruit and vegetable extracts free of charge. Parents participating in this survey have reported a reduction in consumption of fast food and soft drinks, fewer visits to pediatricians, less time missed from school, a reduced need for some prescription and OTC medications and a general improvement in both academic and athletic performance.

I haven't seen any other whole food nutritional product with as many health benefits and with as much independent, reputable research and solid science to back it up. This is why JuicePlus+ is the **only** nutritional product I am a distributor for (and I have been offered to sell MANY supplements), because it is the only one I know **everyone** needs and will benefit from. It just makes sense to me. If it makes sense to you, go to the website: www.StayFitWithJuicePlus.com. If you have any questions about it feel free to contact me at Josh@Top-Form-Fitness.com.

COMMON QUESTIONS ABOUT JUICE PLUS

How is Juice Plus made?

The fresh fruits and vegetables are juiced, reduced to powder form using a proprietary process involving microfiltration, and then concentrated with additional enzymes. It's carefully tested to ensure no pesticides or other contaminants are present in the product. It is never exposed to high temperatures that would destroy the nutritional value of the fruits and vegetables. Most of the vitamins, minerals, active plant enzymes, phytonutrients, antioxidants, and fiber are preserved in the final capsules. When re-hydrated by taking them with water, the nutrients are absorbed into our bodies as if we had eaten the fruits and vegetables whole

If I already eat a lot of fruits and vegetables do I need Juice Plus?

Yes. Even you may think you are eating enough fruits and vegetables every day, they tend to be over-processed, overcooked, or are too far removed from the field. Thus, they lack much of the nutrition provided by fresh, raw, fruits and vegetables. Also, few of us eat the **variety** of them contained in Juice Plus+.

If I already take a multi-vitamin supplement, do I really need Juice Plus?

Juice Plus is not a vitamin supplement. It is considered a whole food, containing virtually all the substance from the fruits and vegetables. The fragmented nutrients present in vitamin supplements are rarely absorbed adequately and lack the same micronutrients and plant enzymes. Therefore vitamin "pills" do not provide the same nutritional benefits as a whole food.

What should I expect from taking Juice Plus+?

Many people report feeling more energetic, getting better sleep, getting tired less quickly, or simply looking or feeling "better" after taking Juice Plus+. Overweight individuals will tend to lose weight more easily and notice that they have fewer cravings for unhealthy foods.

Sometimes changes may occur in the first few weeks of using Juice Plus+, and other times over the course of several months. However, one may not always "feel" the effects of taking Juice Plus+. Remember that Juice Plus+ is simply the whole food nutrition of fruits and vegetables. Good nutrition and preventative health do not always produce results that are immediately noticeable, but rather pay huge dividends over the course of a lifetime.



For more information on whole food nutrition and Juice Plus+, go to
www.StayFitWithJuicePlus.com.

Stay Fit,

Josh Hewett

About The Author:



Josh Hewett, BA Kin, is a certified trainer, coach, competitive strength athlete, and author. He is the owner of www.Top-Form-Fitness.com and the founder of Team Barbarian Strength Athletics (OPA affiliated). His articles have been featured on several popular websites, including Elite FTS, The Diesel Crew, Straight To The Bar, QFAC, and many others. Josh has been working in the fitness and physical conditioning industry for over 20 years, and has helped hundreds of people reach their fitness and performance goals using his proven training system.

Take advantage of his free Fitness and Performance Newsletter by signing up at www.StrongerAndLeaner.com. All subscribers receive **three comprehensive Fat Loss and Muscle Building bonuses**.

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