

Health Tidbits – 2006

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GREETINGS EVERYONE!

I've mentioned a new product that I've added to my repertoire of natural healing remedies in the last couple of newsletters. The product is **Juice Plus**. I haven't written much about it for a couple of reasons: (1) because I hadn't been taking it that long myself and wanted to see if there were any noticeable results in my own body/health before passing it on to my client base (2) I was still in the learning process about Juice Plus – i.e. what were the benefits and under what circumstances would I recommend it.

I've been taking Juice Plus now consistently for 6 months and I've noticed an increase in energy as well as a decrease in inflammatory pain which goes along with arthritis. Most of you know that I've had both hips reconstructed due to a congenital problem that finally caused my cartilage to wear away over the years. (I also spent 20 years teaching high impact aerobics which I now know helped to cause my hip joints to degenerate even faster). At any rate, even with all my other supplementation, I still had "break through" pain which I lived with on a daily basis. The Juice Plus has taken care of that pain.

There are many other benefits to taking Juice Plus and I've decided to dedicate this newsletter to sharing some of this information. Believe me, I was reluctant to try this product. I've been inundated with people trying to talk me into using different remedies over the years. I had grown weary of the "promise" that their particular product

could "cure all ills". Juice Plus doesn't promote itself with that philosophy, but, rather, with hard scientific data. Also, you will still want to include other supplements for different reasons depending on what your body needs for healing a particular problem. Take a moment to open your minds and learn something new if you aren't Juice Plus users already (many of you are).

Because I've accumulated so much data, I am going to only include some of the most impressive research.

FIRST OF ALL – WHAT IS JUICE PLUS??????

Juice Plus is 17 fruits, vegetables and grains (vine ripened without herbicides or pesticides) that are juiced, and then the water, sugar and salt are removed. The nutritional essence in dried form – plus the fiber – is put into capsules, chewables, or gummies (for children).

Juice Plus is NOT a substitute for actually eating a wide variety of fruits and vegetables. It is a compliment to a healthy diet, but how many people find time to eat 17 fruits, vegetables and grains every single day? Juice Plus is the next best thing when you can't get a balanced diet of whole foods daily.

We know the best source of antioxidants is not an isolated vitamin or a specific antioxidant, but whole food. Unlike drugs, nutrients do not have rapid effects. The reason for good nutrition is to provide the body with fuel – to build a better body. This process involves our body cells. A blood cells lasts 60-120 days. It takes 3-4 months for your body to completely replaces your whole blood supply. Then you body begins to grow new and improved cells. That is why Juice Plus recommends you take its product for a minimum of four months

to give your body a healthy chance to make changes. I noticed results within two months.

INDEPENDENT CLINICAL RESEARCH HAS SHOWN THAT :

- Juice Plus is packed with concentrated whole food nutrition
- JP raises levels of antioxidants
- JP lowers levels of LDLs (bad cholesterol)
- JP lowers Homocysteine levels
- JP enhances immune function
- JP protects DNA integrity
- JP helps maintain normal blood flow

WHO IS DOING THE RESEARCH & WHAT ARE SOME OF THE RESULTS?

- The first Juice Plus Bio-Availability study published in 1996 in the journal *Current Therapeutic Research: test subjects showed significant increases in blood plasma levels of key antioxidants after only 28 days on JP.* In this study, taking JP reduced lipid peroxides in the bloodstream by 75% overall, and reduced them to undetectable levels in 1/3 of the subjects.
- Researchers at the University of Arizona decided to measure the impact of Juice Plus on the immune system. Would it improve multiple immune functions? *After 80 days, researchers found significant improvements in the activity of T-cells, B-cells, and natural killer cells and in the levels of cytokines.* Results of this study

were published in the journal of *Integrative Medicine* in 1999.

- **Brigham Young University** conducted a DNA study at the Department of Microbiology. They analyzed newly replicated blood lymphocyte cells to determine if supplementation with JP could reduce DNA damage in humans. *After 80 days, researchers found an average reduction of 66% in DNA damage among test subjects. Significantly, the reduction in DNA damage was virtually the same for smokers and non smokers alike.* These results were published in the journal *Nutrition Research* in Oct. 1999.
- **Kings' College – London:** a Bio availability study was conducted. Their conclusion: *in as little as 7 days – supplementation with Juice Plus can raise blood antioxidant levels into the ranges associated with reduced risk of disease.* Results were published in the *Journal of Human Nutrition and Dietetics* in 2000.
- **University of Vienna Medical School:** The Austrian researchers concluded: *Supplementation with Juice Plus proved to be effective in raising plasma levels of all nutrients studied, for both men and women.* Results were presented in November 2001 to the First World Congress on Men's Health in Vienna.
- **University of Sydney :** analyzed the effect of Juice Plus on homocysteine levels – an amino acid produced by the body that often accumulates to unhealthy

levels when nutrition is compromised. Elevated levels of homocysteine in the blood correlates to significantly higher risk of heart attack, stroke, blood clots, and other forms of cardiovascular disease – as well as greater risk of ALZHEIMER’s disease. Results: *Australian researchers found increases in blood antioxidant levels; found significant reduction in serum homocysteine levels ultimately lowering risk of coronary heart disease.*

- **University of Maryland:** analyzed the effect of Juice Plus on the constriction of blood vessels that occurs during a high fat meal. They concluded *that taking JP helps reduce vascular constriction and tends to protect against the detrimental effects of a high fat meal.* Their study was published in the July 2003 issue of the Journal of the American College of Cardiology.
- **Other studies which are producing positive results:**
 1. MD Anderson: to gauge the effect of JP on quality of life and nutritional status of ovarian cancer patients.
 2. Wake Forest University, approved the The National Institute of Health and funded by the National Cancer Institute – analyzing the effect of JP on cell proliferation, immune function and DNA damage in head and neck to cancer patients
 3. University of Mississippi Medical Center: measures the effect of JP on pregnancy

ETC!!!!!!!!!!

I am not including any more studies or related research in this article. That was enough to get you started.

HOW YOU TAKE JUICE PLUS:

Its simple: you take 2 fruit capsules and 2 veggie capsules every day. That’s it! And you start getting all of the results listed above.

I especially like this product for my cancer patients who have a hard time getting enough nutrition while suffering the slings and arrows of chemotherapy.

I especially like this product for me because I am not eating enough variety of fruits and vegetables on a daily basis.

The food pyramid is not a good guideline. First it recommended 5-9 servings daily and now they recommend 7-13 daily. But even for those who attempt to achieve that amount, **WHAT KIND OF FRUITS AND VEGETABLES ARE THEY EATING???** Still, they are way ahead of most people.

BLAH! BLAH! BLAH!

Ok, we have all heard it before. The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease; blood pressure, lower levels of bad cholesterol, reduction of various kinds of cancer – but this is a fast food society. So for those who won’t or can’t eat enough fruits and veggies, here is your opportunity and inexpensive way to fill the gap in your diet every day. It sure does take the worry away for me.

HOW DO I GET STARTED??

Hello! You call or email me. I already have testimonials from several

of the people who have started taking it with me. Guess what? There are other remedies you can stop taking once you start with Juice Plus. So you won't be doubling up.

VEGGIES THAT MAY THWART LUNG CANCER:

Because of what happened to Dana Reed (lung cancer/non-smoker), I think we all are more concerned (and should be) about getting lung cancer. There are enough pollutants in the air from smokers and other toxic chemicals. Laugh if you will. Imagine how much cleaner the air would be world wide if people weren't exhaling cigarette smoke.

Lung cancer is the leading cause of death among American men and women. Late detection and the general ineffectiveness of chemotherapy contribute to the disease's relatively low survival rate.

Many natural healers know the following information about cruciferous vegetables and their impact on slowing malignancies.

- In high doses, the cabbage family slowed lung cancer malignancies
- The compounds are called *isothiocyanates* -- they are sulfur containing chemicals the provide the flavor in broccoli, cauliflower, kale, turnips, collards, brussel sprouts, cabbage, rutabaga, Chinese cabbage, bok choy, horseradish, radishes and watercress – the cruciferous vegetables.
- The compound has also demonstrated a potential to inhibit remaining active carcinogens from instigating tumor growth, while actually

preventing inactive carcinogens from mobilizing in the first place.

- Cabbage is a vegetable that helps leach excess estrogen from women's breast tissue.
- You should also know that blood protein could signal lung disease risk; more smokers successfully quite on a whim; and lung cancer hits certain races harder.

I will be in Tallahassee on May 8th, 9th and 10th and already booking appointments. Thought we'd try the beginning of the week for a change.

Will let you know if I am doing a seminar on the Role of Enzymes for good health.

Let me know if you have any questions. Thanks so much for your support.

Candace