

**"HOW TO GET HEALTHY"
(EVEN IF YOU DID NOT TAKE CARE OF YOURSELF)
New research shows it's easier than you think to undo the damage that causes
HEARTH DISEASE, CANCER AND DIABETES**

This were the headlines on the cover of **Time Magazine** and here are some of the comments mentioned in the article entitled, **Repairing The Damage:**

What if you eat right, get into shape, drop all your bad habits and start treating your body better. Can you repair the damage? To a surprising degree the answer is **YES!** Scientists have been accumulating a wealth of data over the last five years and their conclusion is:
the body has an amazing ability to heal itself, providing the damage is not too great.

- Doctors believe that as much as **70% of all chronic diseases** in the U.S.--from diabetes and high blood pressure and even some cancers--can be warded off with some timely, sensible changes in lifestyle.
- Laboratory measurements show that eating more **fruits, vegetables, and fiber** changes the blood's sensitivity to insulin within two weeks, helping decrease the risk of diabetes almost immediately.
- Two major studies have shown that the Dietary Approaches to Stopping Hypertension (DASH) diet--which emphasizes **fruits, vegetables, high fiber grains**, low-fat dairy and modest portions of lean meat and reduces sodium intake--can lower blood pressure as effectively as taking a prescription anti-hypertension drug.
- Lower blood pressure isn't the only reason to put a little DASH into your life. The **fiber in fruits and vegetables** can decrease insulin resistance in many diabetics and even lower their need for medication. **Fruits and vegetables** provide calcium that is bioavailable to the body for reducing osteoporosis. There's the possibility, over the very long term, that it may help diminish the risk of some types of cancer. **Dr. Lawrence Appel, a DASH researcher at Johns Hopkins Hospital in Baltimore, MD, says,**

"It's not a diet for one disease. It is a diet for ALL diseases."

The rest of the article talks about the benefits of quitting smoking, getting fit, watching your weight, drinking less (if at all) and reducing the stress in your life. **All** of this substantiates the exciting new research that Dr. "Smokey" Santillo, the creator of the Juice Plus+ formulas, has shared with us. The research shows that although our genes might be "predisposed" to diseases like cancer or heart disease, highly nutritious food actually changes the "genetic expression" of our genes. Every year, almost every cell in our body is replaced, created by the food we ate the year before. **The proper food can rebuild every cell in our body to be healthier than it was before!**

Add to this an article in McCall's Magazine, March 2001, which says that according to the American Institute for Cancer Research, if the **only** change you made was eating at least five servings of **fruits and vegetables** a day, you could lower your odds of getting cancer by 20 percent!

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