



The Best Nutritional Support System I Know Of

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The Best Nutritional Support System I Know Of!

by
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You know how we always hear and read about how we all need to eat a lot more fruits and vegetables everyday, especially a wide variety of different colored fruits and vegetables?

Well, if I could show you a way to get a lot more fruits and veggies into your diet everyday, in just 2 easy one-minute steps per day, would that be of interest to you?

If your answer is yes, and I expect it is, read on,.

Whole Food Nutritional Support System Versus Fractionated, Isolated Nutrients

Let's start with vitamin and mineral isolates. What are they? Well, if we take an orange and examine what's in it, we know that it is a great source of Vitamin C, as well as about 10,000 other nutrients, that work together with each other synergistically to make each of them more available to, and usable by, your body. In Nature, you will never find fractionated (a tiny fraction of the whole), isolated (separating out from, and keeping apart from, the whole) Vitamin C, or any other nutrient for that matter, out there on its own, in high concentrations. Everything in Nature seeks balance, not potency – never too much of any one thing! And on a cellular level, the body does not recognize Vitamin C on its own. It recognizes real food with all of the thousands of nutrients working together in synergy.

Now, let's look at a Vitamin C tablet with just Vitamin C in it. Is this tablet a whole food? Obviously not! The active ingredient, Vitamin C in this case, had to be removed from the orange synthetically, in a laboratory, and then formulated into a tablet or capsule. And then fillers and other ingredients are added that are *not* essential, and may be harmful over time, for your body. All of the 10,000 or so essential nutrients, such as bioflavonoids, enzymes, fiber, and other vitamins, minerals, antioxidants, and phytochemicals, are missing. So, in fact, what you are taking is just one ingredient from the orange. And that one ingredient has been synthetically processed and placed in an unnatural environment. Let's see – 10,000 nutrients in a natural environment versus one nutrient in an unnatural environment – this, to me, is a no brainer! How could one lonely, synthetically processed nutrient ever accomplish what 10,000 natural nutrients, working synergistically together, can do!

Merck Index Discusses Absorption of Vitamin Pills!

According to the Merck Index, the go-to reference guide for generations of health professionals looking for precise, comprehensive information on chemicals, drugs, and biologicals, less than 10% of the vitamins and minerals in supplement form are absorbable by our bodies. Whole foods, by comparison, are generally about 60 to 70 percent absorbable, and assimilable. So, just because you may have a lot of a particular nutrient circulating in your bloodstream, at any given moment, does not mean these fractionated nutrients are reaching the cellular level for absorption and assimilation. More and more research today is determining that disease states are positively impacted to a much greater degree, by eating whole foods, than by the ingestion of isolated nutrients. In fact, there appears to be an increased risk of certain illnesses from taking mega-doses of specific nutrients. Too much of any one thing, whatever it is, will eventually, over time, throw our bodies out of balance. Again, it is all about **Balance!** Everything in the universe – *and your body is its own universe* – strives for homeostasis, or balance.

3 Important Questions That Must Be Addressed

The challenges for most of us today are many, when it comes to eating an abundance of healthy, natural whole foods, including predominantly vegetables, fruits, whole grains, and legumes. We have all heard continually, in the news, that a plant-based diet is by far the most beneficial for optimal, vibrant health and longevity.

- Yet, can we be assured that the foods we are eating are of high quality and are grown in nutrient-dense soil? The answer to that question is emphatically NO! According to USDA data collected on the nutrient content of 43 fruit and vegetable crops, over the 50-year period between 1950 and 1999, six out of 13 nutrients examined, had declined significantly in value. Donald R. Davis, a research associate with the Biochemical Institute at the University of Texas, in Austin, also found that three minerals, phosphorous, iron and calcium, declined between 9 percent and 16 percent, protein declined 6 percent, riboflavin declined 38 percent, and ascorbic acid, the precursor of vitamin C, declined 15 percent. In Britain, a study of the mineral content of fruits and vegetables grown between 1930 and 1980, showed a similar decrease in nutrient density. Significantly lower levels of calcium, magnesium, copper and sodium were found in vegetables, and significantly lower levels of magnesium, iron, copper and potassium were found in fruit.
- And then the next question we need to ask is whether the produce is picked at the peak of ripeness or not. The answer to that is also NO! Produce is generally picked green and shipped over days and weeks to its destination, where it looks pretty on the shelf, but has very little of the nutritional density

it was meant to develop at the peak of ripeness on the vine, tree or in the ground. Produce picked green never fully ripens; it simply softens over time. And of course, if it is not organic, you have to be very careful to wash it thoroughly to remove the many pesticides and herbicides. Be aware, that those chemicals get into the seeds during the growth and development phases of the produce, so you must avoid eating the seeds at any cost. That's a tragedy, since the seeds are so packed full of nutrition in their own right!

- Finally, are you attempting to prepare healthy, wholesome meals everyday? Or are you so spent, fatigued, and completely pooped at the end of the day, that it's way too much effort even just to think about creating a healthy meal? Have you simply given in to the fast food / drive through / frozen meal / canned and packaged foods, way of life, believing that you have no other option?

Well, the fact is, that without your health you have nothing! Health is a "pay me now" or "pay me later" proposition. I know this all too well! The devastating personal journey I experienced with cancer clearly taught me that the more we invest in our health today, the better our payoff will be as we age! We not only feel better physically. But we also experience a better quality of life, and will likely live longer to boot.

Challenge:

A Living Body Needs Living Foods to be Fully Alive...

Unfortunately, the foods we grab on the run, overall, are the very foods that drain our body's energy resources. They have no life force of their own. In other words, most of those packaged, processed foods are seriously nutrition deficient! And in many cases, almost completely devoid of any nutrients necessary for normal healthy growth! And folks, in case you have forgotten, or are not aware, this body you live in is very much a "living" organism. And it needs living foods to support its existence! Furthermore, the research is globally conclusive. What foods do we need in order to protect our health, and prevent disease, so that we can fully and vibrantly enjoy our lives and our careers? We read about them constantly. We hear about them in the news almost daily! Even the World Health Organization is standing behind the need for more of these foods – not supplements – in our diet.

What are these foods? Well, let me repeat what I wrote a few paragraphs ago: vegetables, fruits, grains and legumes (beans, peas, lentils)! Why these foods? For the thousands of antioxidants, phytochemicals, bioflavonoids, enzymes and fiber, that neutralize the free radicals that contribute to the rampant illnesses and diseases so prevalent today, such as cancer, heart disease, MS, fibromyalgia, lupus, diabetes, Parkinson's, arthritis, kidney disease, chronic fatigue syndrome; and the list goes on...

Very healthy cultures, such as the Okinawans in Japan, and the Hunzas in the Himalayas, eat 10 to 14 servings of fruits and vegetables every day. Despite the well documented “5 a day campaign”, which had been around for more than a decade in North America, we are not even close to getting the minimum recommendations! And now the recommendation has been increased to 9 – 13 servings of fresh, raw vegetables and fruits every day! Eating fresh fruits and vegetables daily is always the best way to go. The reality is that no one is doing this! And, as I discussed above, the research proves that vitamin pills, overall, don’t work. So what can we do instead?

Though I am a diehard advocate for eating vital living foods that provide the wide range of essential nutrients, I have personally incorporated an outstanding nutritional support system into my daily regime for more than eight years now. That nutritional support system is called Juice Plus+®, the number one, best selling, encapsulated nutritional system in the world. I originally added Juice Plus+® to my personal nutritional program simply for a little extra health insurance. However, I am healthier today, despite being on the road continually, than I have ever been before!

I Was a Hard Sell: It Took Me 3 Years To Look At This Nutritional Support System!

For years, since Juice Plus+® first entered the market in 1993, people would constantly approach me at many of my seminars around the country, telling me how this “amazing” product was *the* perfect match for me with what I was teaching – eat whole foods, with an emphasis on raw produce, and avoid commercial packaged, canned, and bottled foods. As a health professional with a heavy emphasis on biochemistry, I was not interested in yet another testimonial based product. Without fail, when I asked for research, I would receive a big packet of testimonial letters. And if there was any so-called research, it was generally all done by one doctor or researcher. I was not about to throw away my hard earned credentials for any flash-in-the-pan, miracle cure for everything, from arthritis to cancer to...

Well, that changed in July of 1999, the day I finally opened the packet that I had received 3 years earlier – that’s right 3 years! I had filed it away for 2 years in a file cabinet – I’m still not certain why I initially kept the packet, unopened as it was. And then, having developed a friendship over those 2 years, with the compassionate and truly caring woman who had sent this information to me, I put that packet in the next best place for filing things – under my bed! (I had been cleaning out my file cabinets, and found this packet still unopened!) Now, well hidden under my bed – the packet stayed there for yet another year.

If my cleaning lady, at the time, had not insisted that I get rid of the many mounds of paper everywhere, I am not certain when I may have opened that packet. But I can assure you, I am so happy that I did. And I wish I had done it years earlier. Oh well, as the saying goes, it's all about timing. Yes, Juice Plus+® made sense to me. However, I personally had to see valid, independent, third party, peer-reviewed, scientific research, which was documented in major scientific publications. You cannot buy your way into such publications! And it had to be done by respected scientists, at respected institutions, and preferably globally represented.

To my surprise, Juice Plus+® had all of that, even then; though nothing compared to what it has today. It has been researched by some of the most respected scientists in the world, at many of the most respected institutions in the world. The research is indisputable and expansive. For more information, on the science of Juice Plus+®, and to make a more informed decision about whether or not Juice Plus+® is for you, contact the person who gave you this document (**Dr Marilyn Joyce: 800-352-3443 or Marilyn@DrJoyce4Nutrition.com**) or visit: www.DrJoyce4Nutrition.com and review the science for yourself. Read the research. Watch the videos. Don't take my word for it! I honestly believe that every single person on the planet would significantly benefit from embracing a healthy, whole food based, nutrition program, lots of purified water, a simple exercise regime, scheduled relaxation and meditation – and Juice Plus+®.

What's The Secret to the Effectiveness of Juice Plus+®?

The secret behind the scientifically proven effectiveness of Juice Plus+® is that it is NOT made up of a large amount of a few separate, isolated nutrients, but contains a little of everything from the 7 fruits, 8 vegetables, and 2 grains, that comprise Juice Plus+®. In other words, it contains a *balance* of all of the thousands of inherent nutritional essences available in these 17 foods. And of course, a substantial amount of the fiber has been removed. (Can you imagine what would happen if you were getting all of that fiber from 17 different fruits and vegetables? I see a long line-up at the rest room!!) Bioavailability, or the synergistic effect found in fruits and vegetables, is missing in vitamin capsules and tablets. We do not compare Juice Plus+® to fragmented vitamin tablets, since such a comparison would be meaningless. It would be like comparing apples and the fruit crates they come in!

I'm On It For Life!

Okay, so why, after all these years, do I continue to take Juice Plus+®, and recommend it to all of my clients and patients, and basically everyone I know? Easy answer! In this day and age, I know of no one who is eating 9 – 13 servings of fresh, raw fruits and vegetables every single day. Nor are they eating the variety of different fresh fruits and vegetables available in Juice Plus+®, on a daily basis! I eat

better than most people I know, or work with, in my busy client/patient practice, and there's no way I can achieve this everyday, especially with respect to variety. Juice Plus+® is simply a very convenient and very inexpensive way to bridge the whole food nutritional gap between what we *are* eating and what we *should be* eating on a daily basis!

So that's where - and why - Juice Plus+® fits in.

So, What's In It & How Is It Made?

Juice Plus+® is made from the juices of fresh, high quality, picked at the peak of ripeness, fruits and vegetables, and contains many thousands of vitamins, minerals, antioxidants, phytochemicals, bioflavonoids, enzymes, and some of the fiber present in the original produce. This is in contrast to vitamin pills and tablets that contain only a few vitamins, etc. in fragmented (a few tiny parts separated out from the whole) and unnatural ratios. Nowhere in nature will you find a food that has the vitamin content of a vitamin pill. To protect the purity of Juice Plus+®, it is tested very carefully, throughout every step of production to insure the integrity and value of the product. Using a proprietary water removal system, low temperatures, and an oxygen-free environment, the fruits and vegetables are juiced to extract their nutritional essences, and then reduced to a powder. The ingredients in Juice Plus+® are never exposed to high heat during the manufacturing process, which would destroy the enzymes and other heat-soluble nutrients, such as the B-vitamins and Vitamin C, and who knows what else we will discover in the next 10 - 20 years!

So, Let's Get Real...

Now, let me add a very important disclaimer here. In no way am I saying Juice Plus+® is a cure-all, a magic bullet, or a solution to an illness. I learned, during my journey back to wellness from cancer, that no such things are available. Getting healthy, or getting well from an illness, depends on you making changes in everything in your life - food, exercise, breathing, sleeping enough, effectively handling stress, taking time out to be with your family and friends, relaxation, quiet time with yourself, and an adjustment in attitude, towards yourself and others. In other words - ***Balance!*** That's right: ***Life Balance!***

Simply put, based on the depth and breadth of research, Juice Plus+® is the next best thing to fresh fruits and vegetables, in a convenient, easy to use, form (capsules, chewables, and gummies), that provides some health insurance against the ravages of our hectic stress-filled lifestyles and food grabbed on the run. You can rest knowing that you have taken at least one solid step toward positively caring for your body, and protecting your health against disease.

So, Now Here's The Easy Part We Talked About at the Start of This Chapter!

(This is exactly what I *personally* do every day!)

On a count of three, are you ready for one of those 2 one-minute steps per day?

Ready, set, go...

Start your stopwatch...

Fill a glass with 8 oz of water. Take 2 red capsules out of the red bottle (Orchard Blend) in the morning, and swallow the capsules with the water – a few minutes before breakfast. Stop the stopwatch! How long did it take? Told you – less than a minute, right?

The second step is the same as the first, except that you will take 2 green capsules out of the green bottle (Garden Blend) and swallow them with 8 oz of water a few minutes before dinner.

That's it! How quick – and easy – can it get?

But, of course, just for the record, you can take Juice Plus+® anywhere, anytime. You can mix them up or take the greens in the morning and the reds at night, instead of the reds in the morning and the greens at night. Though I believe it is best to take Juice Plus+® just before eating with water, you can basically take it with or without the addition of food. Everybody is different – and as the saying goes, “different strokes for different folks!”

Like we said: quick and easy healthy strategies that can be done by anyone, anywhere, anytime! **Wow, what a concept!**

So, who the heck is Dr Marilyn Joyce anyway? A Brief Intro to the Author...

Dr Marilyn Joyce, RD, The Vitality Doctor™, Internationally acclaimed speaker, writer, radio and television personality, is one of the worlds leading authorities on nutrition and lifestyle for the prevention and overcoming of cancer and other degenerative illnesses. For almost 30 years Dr Joyce, Registered Dietitian, with a doctorate in psychology and nutrition, has been inspiring audiences around the world, as an inspirational & motivational seminar leader & keynote speaker. Featured on such diverse shows as Leeza, Jenny Jones, Montel Williams, Mory Pauvich, Doctor to Doctor and Essentials on PBS, as well as hundreds of other media appearances including radio and print, she has touched hundreds of 1000's of lives. *Also a 5-time cancer thriver (versus survivor)*, she is the former Director of Nutrition for the Cancer Treatment Centers of America. Dr. Joyce is the author of the best selling books: “5 Minutes to Health” & “I Can't Believe It's Tofu!” And now you have had the opportunity of experiencing a chapter from Dr Joyce's *ultimate guide* to whole person health (Mind-Body-Spirit), **INSTANT E.N.E.R.G.Y.™: The 5 Keys to Unlimited Energy & Vitality!** **INSTANT E.N.E.R.G.Y.™** reveals the 5 simple, time-tested keys that have already been used by thousands of people, to transform their lives from *life-less* to *life-full*! Available today at: www.MarilynJoyce.com.

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