



Guidelines

What to Add:

1. **More PLANT Foods & Juice Plus+ Essentials Fruit and Vegetable Capsules Daily**
2. **1-2 Complete by Juice Plus+ Shakes Daily**
3. **Plenty of Water**
4. **Take 10 Deep Breaths & Get 7-8 Hours of Sleep Daily**
5. **Exercise Most Days**

What to Reduce or Eliminate:

6. **Caffeine & Alcohol**
7. **Eating After 6:00 p.m. ***
8. **Processed Foods**

What to Eliminate:

9. **Gluten & Dairy**
10. **Artificial & Refined Sugars**

* Flexible for children, pregnant/nursing mothers, elite athletes, and night shift workers.

