Dear Patient,

The current American diet is causing major health problems and costing the average patient quality of life and a lot of money in medical expenses. Prevention of disease is the focus of my practice.

Scientists understand that proper nutrition is critical to total health. Little changes in your diet can have a big impact on your health, wellness and longevity, and improve your quality of life. Our bodies do not create all the nutrients we need.

Major health organizations throughout the world recommend you should eat at least 7-13 servings of raw fruits and vegetables everyday. Less than 10% of the U.S. population actually does. In a survey a few years ago, the consumption of fruits and vegetables was about 2 servings per day and that included french fries.

As a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I specialize in taking care of patients with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and many other health conditions (Diabetes, High Blood Pressure, Cancer, Arthritis, Fibromyalgia, Heart disease, ADD, Asthma, Allergies, Hyperactivity, and Auto-immune Disease) are highly affected by factors including diet and lifestyle.

A higher frequency of intake of raw, dark green plants (phytonutrients) can decrease inflammation that causes stiffness and pain. Calcium from plants is highly absorbable and helps maintain good bone health.

I encourage my patients to eat 5 servings of fruits and 5 servings of vegetables per day. Most don’t, won’t, can’t afford it, or don’t have the time to prepare these foods. I take a whole food supplement called Juice Plus+® to enhance my intake of fruits, vegetables, berries and grapes. This increases antioxidant status, improves the immune and cardiovascular systems, and provides essential vitamins and minerals.

For one adult, the price is only $\_\_\_\_\_ per day, or $\_\_\_\_\_\_ per month. Ask my staff and we will be glad to get you started today or email you more information. Ask me how children between the ages of 4-18 and full-time college students can get Juice Plus+® free for 4 years. I take Juice Plus+® every day to ensure that I get more of the healthful nutrition from fruits and vegetables in my diet. I recommend Juice Plus+® to my patients for the very same reason.

Thanks for taking this important step for your overall good health!

Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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