

HEALTHY LIFESTYLE TIPS

Our approach to medicine is to treat disease rather than prevent it.

We focus on early detection in this country, rather than prevention.

A mammogram tells you that you have breast cancer. **It doesn't prevent it!**

We Practice Reactionary Healthcare!

When we are sick, we then pay attention to our health.

When we get a toothache, we then go to the Dentist.

When our back hurts, we then go to the Chiropractor.

When we feel sick, we then go to the Doctor.

We want a **quick fix**, usually a pharmaceutical drug to reduce our symptoms. We continue our poor lifestyle habits until we get sick again and we return to the Doctor. Then we get more medicine until we have a shoebox filled with prescription drugs.

Every drug has a side effect. The fourth leading cause of death in this country last year was from improper use of medication. Most drugs do not cure disease; *they treat the symptoms*. Blood pressure medication controls blood pressure; it does not cure it.

We pay for these habits with poor health. **The good news is that you can make changes that positively impact your health! You can prevent disease and even reverse existing damage by changing your behavior!**

REDUCE STRESSFUL LIFESTYLES

Daily stress causes free-radical damage to your cells.

Be good to yourself. Slow down. Stop saying yes to everything. Set priorities. Get enough sleep. Have fun! Laugh! Take vacations. Read a book. Meditate. Get a massage.

Get your life in balance – family, good nutrition, exercise, work, home.

Remember: If you die prematurely, who will take care of your family?

BENEFITS OF EXERCISING

- Lowers blood pressure.
- Lowers cholesterol.
- Lowers resting heart rate and improves circulation.
- Lowers insulin requirements.
- Improves sense of well-being (mood).
- Improves quality of sleep.
- Improves appetite control.
- Improves calcium storage and bone density.

- Increases energy, endurance, flexibility, and muscle strength.
- Reduces the risk of the severity of chronic illness.
- Strengthens the immune system reducing the risk of illness.
- Burns excess calories and makes for a trimmer physique

JAMA, Feb 1; 273950 402-404; *Consumer Reports on Health*, July 1993, p69; Shepard, R.J., Sheck P.N. 1995; Tufts Univ., 1995, p4-5

MAKE DRINKING WATER A PRIORITY

60-70% of your total body weight is made up of water.

Water is the liquid that the body needs to hydrate itself and eliminate its own cellular waste. Water cleanses the body and reduces constipation. (Laxative sales exceed \$4 billion annually.) Everyone should consume a little less than half his or her body weight in pounds, in ounces of filtered water. (A 120 lb. Woman should drink approximately 50 ounces of filtered water daily.) Suggestion: carry a bottle of filtered water with you everywhere. Keep a bottle on your desk, next to your bed, in your car, and by your side while you exercise!

Filtered water should be our first beverage of choice. Our municipalities do an excellent job of removing bacteria from our water, but they have to use Chlorine. Chlorine is not good for our bodies. Chlorine is a known carcinogen that kills the good bacteria in your intestines. Chlorine has been linked to cancer **and miscarriages.** **NSA, the company that makes Juice Plus+, also makes excellent, economical water filters.**

REDUCE AIR POLLUTION IN YOUR HOME OR OFFICE

- We suffer from indoor air pollution, because our homes and offices are so well insulated.
- The average adult breathes in one tablespoon of dust daily!
Solution: **NSA makes excellent Air Filtration Systems.**

REDUCE CONSUMPTION OF THE FIVE (5) WHITE POISONS

(1) MILK/DAIRY

Is it truly good for you? Famous Actors and Athletes say it is. BUT IS IT REALLY? YOU need to decide, based on the following facts and your common sense (*Milk- Is it Truly Good for You?* By Neal Barnard, M.D, taken from the Physicians Committee for responsible Health: Printed November, 1998 Bottomline/Health).

Humans are the only mammals who drink milk after infancy.

We are the only creatures that drink from another animal.

Pasteurizing destroys 95% of the protein in milk turning it to glue called Casein (that's why there is a picture of a cow on a bottle of Elmer's Glue). Casein is the GLUE used to hold furniture together.

Dr. Frank Oski, former Chief of Pediatrics at Johns Hopkins University Hospital called Casein the **etiology of violent allergic reactions in greater than 50% of ALL children.**

For more info on **why not to drink milk**, click www.notmilk.com.

Cancer:

Galactose, a sugar found in milk has been linked to **Ovarian Cancer**:

Insulin-like growth factor 1 (IGF-1) is found in milk and has been linked to breast, kidney and prostate cancer. In a study published recently in the journal *Science*, Harvard researchers found that men with high levels of **IGF-1** in their blood were four times more likely than men with low levels to develop **Prostrate Cancer**. The possibility that **IGF-1** is carcinogenic is especially alarming, because many dairy cattle are now being treated with Bovine Growth Hormone (BGH) to boost their milk production. Milk from BGH-treated cattle has twice as much **IGF-1** as milk from untreated cattle. **Bovine Growth Hormone is banned in Australia, New Zealand, and Japan.** **TRAP: Milk producers are not required to indicate on package labels whether the cows were treated with BGH.**

Osteoporosis:

Many women drink milk because they think the calcium it contains will reduce their risk for Osteoporosis, but there is growing doubt that milk really does protect the bones. We consume more milk and Calcium supplements (most are made from oyster shells) than any other country in the world, because we think the calcium it contains will reduce the risk of Osteoporosis.

If this were true, why do we have the highest rate of Osteoporosis in the world?

The ongoing Harvard Nurses' Health Study of 78,000 women has found that women who drink three glasses of milk per day are no less likely to develop Osteoporosis than women who drank no milk at all.

Diabetes:

More than 90 studies have implicated milk as a major cause in juvenile (Type 1) Diabetes. This disease strikes one in every 500 children. It is life-long and life threatening. In a 1992 study published in *The New England Journal of Medicine*, University of Toronto researchers found that diabetic children had **six times more antibodies to bovine albumin (a milk protein) in their blood than non-diabetic children did.**

Conclusion: Cow's milk is for baby cows.

Going Milk-Free

Given the potential health risks associated with milk, it may be prudent to get your calcium from **beans** and green leafy vegetables like **broccoli, kale, collard greens, mustard greens, spinach.**

Note: **3.5 ounces of raw almonds has 234 mg. of calcium. Three or four daily servings of beans and/or leafy greens provide more than enough calcium for most people.** To ensure you get enough, you can add **calcium-fortified orange juice** to your diet.

If you love milk and cannot imagine giving it up, consider switching to calcium-fortified soymilk or rice milk. Neither tastes exactly like cow's milk, but many people like it. Try different brands until you find one you like best. Use it in cereal, coffee and in your **Juice PLUS+ Complete** smoothie.

(2) SUGAR (including all refined sweeteners such as corn syrup, sucrose, etc.)

6 teaspoons of sugar will decrease your immune function by **25%**

10 teaspoons of sugar will decrease your immune function by **50%**

24 teaspoons of sugar decreases your immune function by **92%**

The amount of sugar in an average candy bar and a soft drink is enough to suppress the immune system for up to six hours.

The average American child consumes approximately $\frac{3}{4}$ lb. (340 grams) of sugar daily! That equals 5lbs a week!

When you reward your children with sweets, you are loving them to death.

Sugar goes from your lips to your hips! Have you ever seen what 5lbs of fat looks like?

Cancer thrives on sugar. At the University of Buffalo, researchers have discovered that excess sugar in the bloodstream can cause free-radicals to form.

What's in a can of Coke? Club soda, caramel color, 35mg of sodium, caffeine, phosphoric acid, citric acid, 41 grams of sugar (approximately 12 packets of sugar). The phosphoric acid in a coke has a Ph of 2.8; that's enough to dissolve a nail or a t-bone steak in four to five days!

(3) ASPARTAME (or any artificial sweetener)

Nutrasweet, Equal, and Sweet-n-Low are potentially harmful sugar substitutes. Diet soda, sugar-free gum, and mints contain some form of Aspartame. When the temperature of Aspartame reaches 86°F, the wood alcohol in Aspartame converts to Formaldehyde and then to Formic Acid, which in turn causes metabolic acidosis.

According to Russell Blaylock, M.D. consumption of artificial sweeteners has been linked to neurological diseases such as Huntington's, ALS, Alzheimer's, Parkinson's, Multiple Sclerosis, and Systemic Lupus.

(4) WHITE FLOUR

White Flour is bleached. All of the nutrients are destroyed in the bleaching process. There is no fiber in *white* flour. All foods made with white flour are **refined carbohydrates** that have no nutritional value. Some examples of refined carbohydrates are: white bread, pasta, white rice, cookies, and cakes.

Better food choices are Complex Carbohydrates

Some examples of **complex carbohydrates** are: **Fruits, vegetables, beans, oatmeal, sprouted whole grain breads, whole-wheat pasta and brown rice.**

(5) SALT

Most salt is mined and refined, removing the more than 70 different naturally occurring minerals like iodine. **Natural Sea Salt** contains **all** of these minerals as they occur in seawater. Commercially refined salt uses chemicals and extremely high temperatures to remove the naturally occurring minerals in salt. This process reduces it to pure sodium chloride. 75% of the sodium we consume comes from processed foods.

To reduce sodium in your diet, try to eat more foods that are not processed like: **Fruits, vegetables, grains, beans, and raw nuts.** If you have to buy some processed foods, please read the label for sodium content.

Note: a cup of a popular brand of chicken noodle soup contains 1,169mg of sodium. **MSG** is another harmful excitotoxin, which is added to processed foods. An excitotoxin is a food additive that in excess can cause nerve cells to fire up so rapidly that they self-destruct.

CHOOSE GOOD FATS OVER BAD FATS

There are **good fats** and **bad fats**. Some examples of **bad fats** are: **soybean oil, sunflower oil, corn oil, safflower oil, and most animal fats.** **Hydrogenated oils are found in almost all cookies, crackers, pastries, cakes, potato chips and flavored coffee creamers.** These **bad fats are omega 6 fats.** Americans have way too many of them in their diets. **Omega 6 fats suppress your immune system and clog your arteries.**

GOOD FATS

Ground flaxseeds are high in **Omega 3 fats.** Our body does not produce these fats so we have to get them from our diet. **Omega 3 fats enhance our immune system.** Other foods containing **Omega 3 fats are: Sea vegetables, raw walnuts, mangos, raw pumpkin seeds, avocados, free-range chickens, and organic free-range eggs.**

Free-range eggs have a ratio of **1 Omega 6 fat to 1 Omega 3 fat.** This is the perfect ratio. **Store bought eggs** have a ratio of **17 Omega 6 fats to 1 Omega 3 fats.** It is strongly suggested to buy organic free-range eggs.

*Note: **Juice Plus+ Complete Shake** contains sea vegetables and it tastes delicious!* You can add ground flaxseeds to your shake!

***Cold Pressed Olive Oil and Canola Oil can be used on your food. Keep these refrigerated. Pour oil on food after it is cooked. Heating any oil destroys its good properties.**

Do you know what the most consumed foods in the U.S. are?

1. White Bread 2. Coffee 3. Hot Dogs (25 million per year)

People eat a total of 4 lbs of food per day - 16 teaspoons of fat - 32 teaspoons of sugar.

CONSUME WHOLE FOODS

Many foods contain pesticides, herbicides, chemicals, food additives, food coloring, preservatives, salt and sugar. These all put **oxidative stress** on your cells. The only way to **neutralize** them is to incorporate antioxidants into your diet. The only place to get them is from **raw fruits and vegetables. It's called the Rainbow Diet.** Fruits and vegetables contain **phytochemicals.** These are plant compounds from which they derive vitamins, minerals, and antioxidants.

Each color in fruits and vegetables represents a different phytochemical. This is why it is so important to eat a *variety* of fruits and vegetables *everyday!*

An easy way to increase your **variety of fresh, raw, fruits and vegetables** is to take ***Juice Plus+* capsules.** There are also ***Juice Plus+* chewables and gummies for children.** ***Juice Plus+* contains: 17 fruits and vegetables, barley, and oats.** Fruits and vegetables contain all of the nutrients **known and unknown** to man in the **balanced form that nature intended.**

**The National Cancer Institute
The American Medical Association
The American Cancer Society
The American Diabetes Association**

All of these medical organizations state... the risk of Cancer, Heart Disease, and Stroke are reduced by 50% or more by consuming 7-9 servings of fruits, vegetables, and grains everyday.

Tip for washing Fruits and Vegetables

Soak fruits and vegetables in a sink of water to which 1 tablespoon of **sodium chloride (non-iodized table salt)** has been added for a couple of minutes. This will remove surface bacteria and pesticides. Rinse with water.

Sources: **Food Smart: A Nutritional Atlas** by: **Dr. Laura Pawlak**
Excitotoxins: The Taste That Kills by: **Russell Blaylock, M.D.**
I Haven't Got Time for the Pain (audiotape) by: **Russell Blaylock, M.D.**
The Basic Nutrition Textbook by: **Dr. Pam Popper**
Breast Cancer: The Diet Connection (video) by: **Susan Silberstein, Ph.D.**
Director of the Center for Advancement in Cancer Education
The Dairy Education Board: Robert Cohen (see other references on pages 2)
Milk: Is it truly good for you? By Dr. Neal Barnard
The Recipe for Better Health is Simple (*Juice Plus+* pamphlet)

If you have any questions, you can reach me at:

Best of Health!