

# Prevention Plus+

## “Food Is the Best Medicine”

“I started Juice Plus because I was trying to balance out my body. I had **irritable bowel syndrome, diabetes, high cholesterol**, taking depression medication and was overweight. After 4 months of being on Juice Plus, great results from my doctor: No diabetes, cholesterol was normal, bowels were regular and formed, and lost 12 pounds. I have a lot more energy and know it is not from stimulation but whole food.” – Ruth, Homemaker, Utah

“My daughter had **asthma** so severe that she was put on several medications, and treatments. She was often sick and her lungs had been scarred due to the intense coughs, medications, and repeat episodes with asthma. After a few months on Juice Plus she felt much better and started discontinuing some of the medications and after another few months she went off all medications and had not been sick for the past 2 years while taking Juice Plus. This past year she did have one cold which led to a cough. I took her to the specialist and he took a look at her once scarred lungs and asked, “what have you been doing?” I said “what do you mean?” The doctor then shared with me the surprising news of no scarred lungs which he was shocked and never saw such miracles changes in that short amount of time.”  
Diane M., Prior Owner, Jump-To-IT

“I had been on Juice Plus for 5 years and never got sick, felt faster recovery after work outs and enjoyed peace of mind knowing I was getting more raw foods in his body on a daily basis. During the recession of 2009, I started cutting back on certain things and I decided to stop taking Juice Plus. I got pneumonia 3 weeks after stopping Juice Plus. I decided to get back on Juice Plus and felt the effects immediately. I will never be without Juice Plus. It is worth 1.38 a day as a nutritional seatbelt.” – Jeff, Fitness Trainer

“My family was introduced to Juice Plus by my son's basketball coach. My son was not recovering from a football injury. Within two weeks of taking Juice Plus we noticed that not only was he healing rapidly from the injury, but his **allergy symptoms** were gone. At that time we signed up the entire family including my physician husband. That was five years ago and we have not been sick since! The research captured our attention, the results captured our passion.”  
Kim C., Doctor's Wife

“For years I had struggled with my weight which contributed to **sleep apnea, a hormone imbalance, borderline Type II diabetes** and a recently acquired seizure disorder. I found myself faced with taking a myriad of medication for the remainder of my life to relieve symptoms. In November 2011, my sister died at the age of 43 after a series of preventable debilitating illnesses. I recognized that I was on the same path as my sister so I embarked on a new road to good health. I began with a diet rich in whole grains and raw fruits and vegetables and cut down on meats and refined sugars significantly. I also began supplementing my diet with JuicePLUS+. Within just a couple of weeks I found myself with more energy and sleeping better at night. In a few more weeks, I realized how little I was craving sugar. My taste for whole vegetables and fruits was enhanced and I found myself automatically choosing the healthier snacks because that's what I wanted. I have lost 45 pounds so far, more energy, less chronic pain and my sleep apnea has significantly decreased.”  
Stacy G., Stay-At-Home Mom

“About a year and a half into motherhood, one of my sons started showing signs of **absence seizures**. Not only that, but he also started to exhibit signs of global developmental issues, including delays in speech and behavior. Eventually he was given the diagnosis of Brain Disorder NOS, including developmental and behavior issues that landed him on the **autistic spectrum**. We tried medication, nutrition protocols, specific targeted exercises, and various other therapies. These all played an important role in helping him, but it wasn't until 13 years after his initial seizure diagnosis, that I was introduced to the Juice Plus+ products. After my son began taking Juice Plus+ Trio capsules and Juice Plus Complete, to provide his body with the nutrients it needs to rebuild from the cellular level outward, his communication skills flourished and his unmanageable behaviors began to curtail. He is now able to participate in activities that, just a short while ago, were not even a consideration. I am so grateful for Juice Plus+ being introduced to my family. It has made a world of difference for my son.” --Leslie, Small Business Owner

“After beginning Juice Plus, my fingernails were noticeably stronger and healthier. I had the first well year in a very long time. In 2 years, my **BONE DENSITY** came up to normal. My skin texture has gotten smoother”  
Anita, 63 years old, Skin Care Specialist

“My daughter is 3 and has been on laxatives daily....just after 4 days, JuicePLUS+ made the difference! She now has **normal bowels** and is not on laxatives anymore! Thank you JuicePLUS+!  
Thy R., Homemaker

“I was having bleeding in my right eye from all the blood thinners. Went to the diabetic eye specialist after 2 months of being on JuicePLUS+ and my vision WITHOUT GLASSES is now 20/20 and no sign of edema!! My A1C reading is down to 7 from 8.5 a year ago. I am thrilled with that and so is the doctor!! “  
Julie D., Master Swimmer, Smartswim

“I had a **tooth infection** for 2 weeks taking antibiotics but with no healing. My wife had been taking Juice Plus and I had not been using it. I decided that adding more fruits and vegetables couldn't hurt so I started taking hers since I was desperate. In four days the infection went away. I thought it was a coincidence so I stopped taking the Juice Plus. Then the infection returned. I started back up with the Juice Plus and the infection went away again. I always knew fruits and vegetables were good for me but I didn't know how much power they had until I saw the effects. I am committed to eating my fruits and vegetables in Juice Plus on a daily basis so I can better protect my body from more serious diseases other than my mouth.” – Steve,  
Memphis TN

“I thought I had a urinary tract infection. I went and saw my doctor and was treated with antibiotics for 10 days. I still felt like I had an infection. I continued to have pain. I consulted with a specialist. I was told I had interstitial cystitis. It has flare ups and I was in the middle of one. It can be controlled through medication and diet, but is very painful. I was overweight at the time and had been dealing with many health issues: **diabetes, cholesterol and high blood pressure**. I was very discouraged and in considerable pain. I went on the recommended diet, but continued to have pain and was frustrated over the food choices. Dr. Smartt consulted with me, putting me on an alkaline diet. She incorporated exercise and added Juice Plus+. Before long I was feeling better and had more energy. I lost weight, and the pain was tolerable. The best thing? Four months later, my doctor found I was no longer a diabetic, and I didn't have high blood pressure or high cholesterol. I had lost 25 pounds during that time, and have lost even more since then. My A1C (diabetic marker) had dropped from 6.8 to 5.5. My blood pressure had dropped from 148/95 to 105/62 and no longer required medication. I couldn't be happier. I'm a firm believer not only in Juice Plus+, but also in the alkaline diet.” – Ruth K. Homemaker

“My son Cole has been on good multivitamins for kids for about 4 years but always had white chalky lines on all his toenails which I know is a sign of deficiency. He has been on JuicePLUS+ for almost 3 months and the white lines are gone. I kept my eye on them to see if JuicePLUS+ made a difference....it did! It makes me feel good to give him such a complete whole food supplement.” – Wanda, Stay-At-Home Mom

Shelby Taylor Smith-Australian long distance swimmer of all time- Wrote a book called “Dangerous when wet-“ Early days in her career she got sick and diagnosed with **Chronic fatigue syndrome** and couldn't even get out of bed. Many friends gave her pills to try but she got sicker and sicker. She had a bag of over 50 bottles. One person reached out and gave her Juice Plus. Within 30 days she got out of bed and into the pool. By 60 days she was doing her normal workouts In 90 days she competed in a marathon beating all men and women. After swimming she became a juice plus representative and showed how the power of concentrated REAL food can turn health around.

I was inflicted with incredible joint pain in July of 2012. I was getting more and more immobile and finally decided to go see the doctor. After many x-rays and blood tests, my diagnosis was that I had **Epstein-Barr** virus. I was treated with steroids and felt better until the steroids were gone. After 6 months of treating my strange symptoms, it was finally decided in Dec. that I had gone into an autoimmune response which manifested itself **Rheumatoid Arthritis**. I was put on two heavy meds and more steroids! By April, I was functioning, but nowhere near feeling well and without pain. It was then I decided start taking Juice Plus from a person who had remarkable healing with **Lupus**. By the beginning of July, I was a new person! I was practically pain free and so much more mobile!! I have now begun the process of getting these meds out of my life...I no longer need the steroids, and have cut one med down by 70%. I can't say enough good about how God has used HIS fruits and vegetables to reprogram my cells to stop fighting each other...I love it! Adele Richardson

I've been taking Juice Plus since June, and now my blood sugars have been even and leveled out, staying within the best ranges I have seen in (literally) years. Also, the nerve damage in my feet is diminishing. I have not been able to feel my feet since 1986 but now the feeling is coming back. I am losing weight and not craving bad foods like I used to, and eating much healthier. I am grateful to be getting more consistent fruits, vegetable and berry in a concentrated form with Juice Plus and having a nutritional plan that works. I looking forward to making more health changes. Sheryl Liptak **Type I diabetes (since 1973)**

I have **suffered with Crohns for 35 years**. In & out of hospitals - On & off medication like that nasty Prednisone & always having to carry my Imodium & scouting out where the restrooms were located in public - I always had to watch what I ate every day. I loved fresh vegetables & salads but could only limit myself to maybe 2 a week otherwise I was sleeping on the bathroom floor. I'm elated to say that since I've been on JP+ my whole digestive system has changed. I've been taken off all medication & I eat more vegetables now than I did in all my 35 years with Crohns. I remember the first "regular" day I had, I cried. Juice Plus+ gave me my life back and for anyone that has digestive problems, - let the power of fruits & vegetables work for you in there purest form. **James Anderson (Portland Oregon)**

2 year old boy had autism. The first 18 months of his life he was on 20 antibiotics and was chronically sick. His doctors wanted to put tubes in his ears. His parents were invited to hear from Dr Sears at a wellness event and heard him talk about the complete transformation and juice plus.( concentrated fruits, vegetables in capsule-) . This little boy was put on the Complete Transformation Program. In less than 2 years he went for a follow up with the Neurologist. Report was astonishing- Autism Resolved.

[Dr Tamara Sachs](#) is a [MD](#) who specializes in Functional Medicine and Integrative care. She served as a top physician at Mt Sinai in NYC. She interned at Yale and won the Intern of the Year. Her focus is getting to the root cause of disease and helps patients detox and heal the body. She puts her patients on Juice Plus and tells them she can almost guarantee what their blood results will be in four months and in 8 months etc with their follow up labs . On three separate occasions the blood labs did not show up as expected and she ask those three patients if they were taking Juice Plus. All three said they stopped taking juice plus and started taking Cosco knock off brand of fruits and vegetables.

4 years ago I became ill with a number of gastric symptoms. The doctors spent months testing my symptoms as I became less able to eat and began rapidly losing weight. Rachel was supportive and helpful as I continued to weaken, offering me any help she could think of. The final diagnosis was **gallbladder malfunction**. My health improved tremendously after it was removed. In the past year, I began experiencing pain when I ate, especially in the mornings. I began to cut back on my food drastically, and again began to lose weight. I was finding it difficult to get more than about 700-1000 calories a day while maintaining my normal schedule and continuing my bicycling, which I love.. A student in my church class noticed that I was not looking well and had little energy. She suggested that I try the Juice Plus Complete Nutrition shakes in the morning and gave me some samples. I also began taking the Orchard and Garden Blend capsules. The effect was immediate. I was able to eat some foods without pain if I had a shake in the morning. I am continuing to drink the shakes in the morning, mixed with water, and I am able to have soup and bread for lunch and then a more normal meal at dinner. I've always been a healthy eater and was very impressed at how the concentration pre digested fruit and veggie through Juice Plus+ helped me feel healthy and energetic again. Barbara Stacey