



# NEW HOPE NEWS

## NEW HOPE SURGICAL WEIGHT LOSS CENTER NEWSLETTER



**What we should eat, but don't, made easy!**

**What SHOULD We Eat??**

The American Cancer Society, The American Heart Association, and The U.S. Government recommend we eat a wide variety of **FRESH, RAW** Fruits and Veggies *every day*.

**We need 9-13 servings daily for optimum health!**

**FRESH**

Nutrients are lost as produce sits after harvesting! Most market produce was picked weeks or months before you bought it!

## Juice Plus+

**Juice Plus+ Is Whole Food**

**How Juice Plus+ Is Made**

Juice Plus+ starts with Fresh, Raw, Vine Ripened Fruits, Vegetables, and Grains. The produce is juiced, and tested to ensure that no toxins, pesticides, herbicides or contaminants are present. The salt, sugar and water is removed, leaving the nutritional essence of the fruits and vegetables to make Juice Plus+ Capsules, Chewables & Gummies.

**Juice Plus+ is Gluten Free and Kosher.**

**Improving Your Health**

**Is As Easy as 1 - 2 - 3 !!**

**1. Orchard Blend**

Apples, Acerola Cherries, Cran-

**Juice Plus+ Published Clinical Research**

**Research Proves Result**

Juice Plus+ is supported by a large and growing body of independent, peer-reviewed clinical research which has been published in professional journals.

**BIOAVAILABLE**

In six separate studies Juice Plus+ has been shown to be absorbed and utilized by the body.

**REDUCES OXIDATIVE STRESS**

Juice Plus+ has been shown to reduce markers of oxidative stress in the blood, by an average of 75%!

**SUPPORTS THE IMMUNE SYSTEM**

Juice Plus+ significantly enhances and balances immune function.

**PROTECTS DNA**

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**VARIETY**

Each fruit and vegetable has a unique composition of vitamins, minerals, enzymes, phytonutrients, and trace elements. Most people eat only a few, and may be missing important nutrition.

Root, Artichoke, L-arginine, L-carnitine, CoQ10.

Juice Plus+ is a convenient and inexpensive way to add excellent nutrition to your diet every day!

**Good Nutrition Made Simple**

performance.

**BOTTOM LINE**

"The news isn't that fruits and vegetables are good for you, it's that they are so good for you that they could save your life!"

David Bjerklie

Time Magazine, Oct.2003