

Hi Team, I just received this letter from Joan Smith, a good friend of mine, telling of the fantastic results her husband has had after only 6 months on Juice Plus. Interestingly enough, I also received a letter this week from a distributor who was unhappy because her cholesterol went UP after a year on Juice Plus. In the past I have heard from a few people who say that Juice Plus didn't make any difference at all. Overwhelmingly, I hear good results, and this is right in line with all the research studies, magazine and news articles telling us that it is FRUITS AND VEGETABLES that will help lower cholesterol.

Here's an excellent explanation for an increase in cholesterol levels after starting on Juice Plus, or ANY healthy diet, from Kim Chai, DC, Sapulpa, OK:

When Cholesterol is stored in the body tissues, It does not read in a blood test. When a body is "healing" itself, it is analogous to cleaning a house. If you don't have the energy to do it right, you might sweep all the dirt under a rug. It goes unnoticed for a while. If you do that long enough, the pile gets big enough that some of it might leak out from under the rug. Now it can be seen. Cholesterol, as with many other things, if buried deep enough, will not show as a problem in the blood test for it. Only that which is in the blood can be monitored. A person could have a low cholesterol count and go to McDonalds and eat a high cholesterol meal and have a blood test done. If done immediately, the blood test would show it high. That is why you are urged to do a 12 hour fast before having blood tests done. Your body has the ability to clear a lot of things from the blood in 12 hours. However, if you are going through detoxification, you could be "cleaning the dirt" from under the rug (so to speak). Then you would see a high count even though you were doing what is right, diet wise. There is more to nutrition than reading the SMAC results. Context is everything in evaluating health.

Cholesterol levels are related to far more than fruits and vegetables. Here are some of the things that have an effect on cholesterol levels:

EXERCISE (too little)

HORMONES being out of balance

LOW-PROTEIN /HIGH SIMPLE CARBOHYDRATE DIETS (where grains, mostly in the form of breads and pasta, are eaten in place of meat)

WATER (too little) (Remember, water makes EVERYTHING in our bodies work better! You should be drinking the same number of ounces as half your body weight in pounds. 140 lbs. = 70 oz. or 8 3/4 cups per day)

STRESS (too much!)

Dr. DuBois points out that each cell in the body receives 10,000 oxidative "hits" per day. If you get a cold or the flu, that figure may go up to 50,000 per day. If you break a bone, it could be 100,000. If you have a major illness, 400,000!

If I have a customer on Juice Plus who notices an increase in cholesterol, WATER consumption increased STRESS is the first thing I look for. Stress is a silent killer and we all need to find ways to deal with it. I'll pass on some "Stress Busters" in a future message.

SO.... read Joan's letter, and feel her excitement. Just remember that because this happened for Jack does not mean it will happen for someone else. Juice Plus+ is **food** and as such provides great nutrition which gives the **body** the tools it needs to help prevent disease and help heal an existing health problem.

If you'd like to share this information with your customers, in order to stay in line with NSA's policy of not "selling via testimonials", you might want to contact Joan via e-mail and see if she would be willing to pass this message along, or do a 3-way with her.

Rita

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Hi!

Just wanted to report some exciting things in our own personal lives. Yesterday we received the results of blood work done for Jack on January 18 and compared it with blood work done on June 12 of last year--the six-month

period wherein we have been taking Juice Plus+. The improvements were dramatic, and although I am sure we can't give Juice Plus+ all the credit, we know it was the major factor involved in the gains. His doctor had insisted that he take Zocar (which I hate him to do because, like all drugs, it can have terrible side-effects).

His cholesterol has gone down from 222 to 140, triglycerides from 202 to 96, HDL from 49 to 51 (healthy cholesterol), LDL from 133 to 70 (lousy cholesterol). Bottom line is he has gone from a high risk of 4.5 to a low risk of 2.8! The doctor has told him to cut the Zocar in half, so are hoping to eradicate its use completely in time.

In addition, he has gone from 200 pounds down to 174!

Joan and Jack Smith
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