

03.21.19 | WELL TO DO

“Prescribing” fruits and veggies would save \$100 billion in medical costs

3-21-19 Tufts University

Researchers at Tufts University made the case that subsidized fruits and vegetables could prevent millions of cases of chronic diseases.



[Photo: Alexandr Podvalny/Unsplash]

<https://www.fastcompany.com/90323580/prescribing-fruits-and-veggies-would-save-100-billion-in-medical-costs?partner=rss>

“Perhaps it’s time for doctors to start prescribing more produce than pills.”



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ashley_nicole_hudson I will go to my grave shouting this from the rooftops!!

Fruits and veggies may not be ✨sexy✨ but they could without a doubt save your life!! My goal—to die young at an old age!:) 🙏🙏🙏

I’m not over here eating 16-20 servings a day (which is what I need)



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servings a day (which is what I need) but you best believe I’m pounding produce in a capsule bc it’s easy, affordable, efficient and effective!!!!

👉 And proven to do this 👉

- contributes to cardiovascular wellness. 🫀
- supports a healthy inflammatory response.
- supports quality of life



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- supports quality of life
- supports healthy cholesterol, LDL, and triglyceride metabolism
- positively impacts gut microbiome and digestive health
- supports healthy lung 🫁 function
- 📄📄📄📄📄
- supports healthy skin and gums
- supports immune system
- 📄- helps maintain healthy DNA 🧬
- reduces oxidative stress
- absorbed by the body



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-absorbed by the body
-improve several key cognitive processes

That 👉 is SEXY!!

“There is nothing else available any place in the world, with or without a prescription, that has been clinically proven to do what Juice Plus has been proven to do.”

~ Dr. Duhois ~



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~ Dr. Dubois ~

#HereToServeYou

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