



**Prescription for a Healthier Life, DVD / CD Notes, ANSWERS**  
**Dr Jan Roberto, Family Physician**

1. Health by **Choice** or Sickness by **Default**
2. Total Health Care Spending is expected to be **20%** percent of all money spent in the US
3. Smoking has been replaced by **Lifestyle choices** as the leading preventable cause of cancer
4. Harmful byproducts of energy metabolism are **Free Radicals**
5. Extra Free Radicals, that are NOT neutralized, can lead to **Age related** or **Chronic** disease
6. Fruits and Vegetables have over **12,000** known and unknown nutrients
7. Many expert Medical Associations state that mega doses of certain vitamins can cause **harm**
8. The New Food Pyramid recommends **7 to 13** servings a day of Fruits and Vegetables a day
9. Only **32%** are eating 2 servings of Fruits and **27%** are eating 3 servings of Vegetables a day
10. Juice Plus is the concentrated Juiced Powder of **15** Fruits and Vegetables and 2 Grains
11. The research has shown 1) **Bioavailability** 2) Reduced **oxidative stress** 3) Immune system **support**  
 4) DNA **protection** 5) Vascular wellness **improved**
12. The most thoroughly researched **Nutritional Product** in the world
13. Goal for exercise is **30** minutes a day
14. Eat more fiber, **fresh**, and **non packaged** foods
15. What would your **Cells** look like after a year of the nutrition found in Juice Plus+ Capsules?

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What is the cost for you or your family to be sick, OTC meds, or general lack of well being? \_\_\_\_\_

What items that you buy at the store have documented health values of less than \$1.50 day? \_\_\_\_\_

Can you look at your grocery bill and highlight \$10 weekly foods that add little value toward your health? \_\_\_\_\_

How can you redirect spending toward something known to be of value to your health? \_\_\_\_\_

**Besides yourself, who do you care about that would benefit from bridging the nutritional gap by eating Juice Plus+?**

1)\_\_\_\_\_ 2)\_\_\_\_\_ 3)\_\_\_\_\_ 4)\_\_\_\_\_

**What three things are you going to implement as a result of hearing this information?**

1)\_\_\_\_\_ 2)\_\_\_\_\_ 3)\_\_\_\_\_