



Prescription for a Healthier Life, DVD / CD Notes
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1. Health by _____ or Sickness by _____
2. Total Health Care Spending is expected to be _____percent of all money spent in the US
3. Smoking has been replaced by _____as the leading preventable cause of cancer
4. The harmful byproducts of energy metabolism are _____
5. Extra Free Radicals, that are NOT neutralized, can lead to _____ or _____disease
6. Fruits and Vegetables have over _____known and unknown nutrients
7. Many expert Medical Associations state that mega doses of certain vitamins can cause_____
8. The New Food Pyramid recommends _____to _____servings a day of Fruits and Vegetables a day
9. Only _____% are eating 2 servings Fruits and _____% are eating 3 servings of Vegetables a day
10. Juice Plus is the concentrated Juiced Powder of _____Fruits and Vegetables and 2 Grains
11. The research has shown 1) _____2) Reduced _____3) Immune system_____
- 4) DNA_____5) Vascular Wellness_____
12. The most thoroughly researched _____ _____in the world
13. Goal for exercise is _____ minutes a day
14. Eat more fiber, _____and _____foods
15. What would your _____look like after a year of the Nutrition found in Juice Plus+ Capsules?

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

What items do you buy at the store that have documented health value for \$1.50 day?_____

Can you look at your grocery bill and highlight \$10 a week of 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)_____