



PREVENTION ⁺ Plus

THE HEALTH & WELLNESS NEWSLETTER
FROM THE MAKER OF JUICE PLUS+®

“Ask Dr. Sears” about parenting, health care . . . and Juice Plus+®



Dr. William Sears is one of America's best-known pediatricians. He and wife **Martha Sears**, a registered nurse, have authored 26 books on parenting and health care. He serves as a medical and parenting consultant to *Baby Talk* and *Parenting* magazines. And he has appeared on more than a hundred television programs, including *Oprah*, *The Today Show* and *20/20*.

Now you can visit Dr. Sears every day at his new “online office” *AskDrSears.com*.

“We’ve raised eight children of our own,” explains Dr. Bill, as his younger patients call him. “I’ve practiced pediatric medicine for more than 30 years. We’ve answered questions from thousands of parents and we’ve written thousands of pages on parenting and health care in various books and articles.

“AskDrSears is an effort to organize all of this information in a way that is easily accessible to parents everywhere. It’s our way of helping parents become better informed consumers of health care.”

The Sears’ new website covers everything from pregnancy and childbirth to discipline and behavior, from breastfeeding and bottle feeding to childhood illnesses. There’s a powerful built-in search engine to help you track down exactly the topic you want to read about. And there’s a whole section on family nutrition, with special emphasis on fruits, vegetables and – you guessed it – Juice Plus+®.

“Am I passionate about Juice Plus+®? You bet I am,” Sears tells us. “Juice Plus+® has good science behind it and just makes good sense.

“I’m pleased to recommend Juice Plus+® to all my patient families and to everyone who takes their health seriously.”

We’re pleased to welcome Dr. William Sears and his new *AskDrSears* website as a Juice Plus+® Partner in Prevention.

Check the website out yourself at www.askdrsears.com.

You can also hear more of what Dr. Sears has to say about children’s nutrition and Juice Plus+® on our Prevention Plus+ audiotape *We Agree*. Ask your Juice Plus+® distributor for a free copy.

Inside...

What Athletes Need

Prevention Plus+ Profile:
Paul Williams, M.D.

Volunteers of America



AskDrSears.com
America's Pediatrician™

What Athletes Need

by Mitra Ray, Ph.D.



Listen to Your Body

Watch for these **early warning signs** that you're not getting the right nutrition to match your level of physical activity.

- Changes in your sleep patterns, especially insomnia
- Longer healing period for minor cuts and scratches
- A drop in your blood pressure; dizziness when getting up from a seated position
- Gastrointestinal disturbances, especially diarrhea
- Gradual weight loss in the absence of dieting or increased physical activity
- A leaden or sluggish feeling in your legs during exercise
- Impaired mental acuity and performance or an inability to concentrate
- The inability to complete routine exercise training sessions that were no special challenge previously
- An increase in your resting heart rate by more than 10 beats per minute early in the morning
- Muscle and joint pains
- Sluggishness that persists for more than 24 hours after workouts
- Excessive thirst and fluid consumption at night

Nutrition and exercise are both important components of a healthy lifestyle, yet we give so little thought to the relationship between the two.

Exercise puts nutritional demands on the body as we burn more fuel and push our physical limits.

Whether you are a world class athlete or a weekend warrior, whether you work out regularly or are just starting a fitness program, you need to consider whether your body is getting the nutrition it needs to support these additional nutritional demands.

- Exercise and physical activity create oxidative stress on your body by increasing the production of harmful free radicals. Proper nutrition **helps minimize oxidative stress** by providing a greater amount and greater variety of antioxidants that offset the production of those harmful free radicals.
- Proper nutrition can **help maximize your lean muscle mass and minimize your body fat** for optimal performance and optimal health.
- Exercise and athletics place “stop and go” demands on your body as your physical activity builds up and then winds down again. Proper nutrition **helps you store and release energy** to match your body's specific needs during rest, workout and peak performance periods.
- Proper nutrition can **help you work out longer and harder** without creating additional stress on your body. You can enjoy quicker recovery times, fewer injuries, less illness, and less strain on your immune system.

Good nutrition can enhance your performance and ensure you are getting the maximum healthful benefits from your physical activity. Poor nutrition can turn your exercise program or athletic endeavors into a significant health negative, contributing to sub-optimal performance, injuries and aging.

Changing your diet is the secret. Our modern diet is woefully inadequate to maintain optimal health, especially for the athlete. Over time, a poor diet not only diminishes your physical performance but also increases your odds of developing some type of degenerative disease like heart disease or cancer.



It doesn't have to be that way. Physical activity should be a means of enhancing your health and wellness, not detracting from it. Hippocrates once said “Let food be your medicine, and medicine be your food.” It was good advice then and it's still good advice today.

Dr. Mitra Ray received her Ph.D. in Biochemistry from Stanford University. She recently co-authored with National Aerobics Champion Joy Kelly a new booklet called “Fountain of Health for Athletes.” Ask your Juice Plus+® distributor for a free copy.

Prevention Plus+ Profile: Paul P. Williams, M.D.



Home:
Douglasville, GA

Specialty:
Emergency medicine. Practiced in the Atlanta area since 1982.

Medical training: Graduated from the West Virginia University School of Medicine in 1975. Family practice residency at Lancaster General Hospital in Lancaster, Pennsylvania.

Insight: “As an emergency room physician I see first hand the long-term effects of poor nutrition and lifestyle habits, especially as it relates to heart disease. I can’t help but wonder how many people would not have entered our emergency room if they had simply taken better care of their bodies.”

On Medicine: “Too many health care professionals don’t fully appreciate the tremendous capacity of the human body to heal itself and prevent disease. All it needs is proper nutrition.”

Why he recommends Juice Plus+®: “The typical American lifestyle does not give us the time we need to obtain, prepare, and consume enough fresh whole food to supply the complete nutrition we need every day. Indeed, I believe that most Americans born in the last 40 years have spent their entire lives in a state of nutritional deficiency, causing them to age faster and suffer a higher risk of degenerative disease like heart disease and cancer.

“Most of us are not going to alter our lifestyle and diets enough to solve this problem.. Juice Plus+® is an easy, affordable way to add good whole food-based nutrition to our diets.”

“Most Americans spend their entire lives in a state of nutritional deficiency.”

*Dr. Paul Williams is one of many prominent healthcare professionals speaking to audiences across the country as part of our **Prevention Plus+ Health Education Series**. If you’d like to attend a Prevention Plus+ Seminar in your area, ask your Juice Plus+® distributor or call our Preferred Customer Hotline at 1-800-347-4014.*

Volunteers of America: our newest “Partner In Prevention”

More than a million people a year feel the helping hand of Volunteers of America, a national nonprofit organization that provides local human service programs.

From rural America to inner-city neighborhoods, Volunteers of America provides programs that help youths at risk, the elderly, abused and neglected children, people with disabilities, homeless individuals and many others.

National President Chuck Gould believes that social problems are like health problems. “As much as possible, we try to help prevent them before they arise by helping people make better choices earlier in their lives,” he explains. “The costs of waiting and intervening later are considerable, and the consequences are sometimes fatal.”

Volunteers of America has become a Juice Plus+® “Partner in Prevention” because they understand the importance of good nutrition. Volunteers of America offers support programs for people suffering from chronic diseases, prenatal care for young mothers-to-be, and meals and other support for the elderly.

As Volunteers of America reminds us, “there are no limits to caring.” Learn more about the many ways they care at www.volunteersofamerica.org.



“I don’t believe I would have made it had it not been for Juice Plus+®.”



What Juice Plus+® means to me



Maureen O'Toole

U.S. Olympic Water Polo Team

“I’ve been playing for 23 years on the US Water Polo Team. I started in 1977 when I was 17 years old.

“Over the years we tried and tried to get women’s water polo in the Olympics and we waited forever. We finally got it included for the 2000 games. I actually came out of retirement after four years away from the sport when they announced it. I said, ‘Wow, we’re finally in the Olympics. This is going to be so fun.’

“I had no idea what I was getting myself into. The last two years leading up to the Olympics were physically the hardest two years of my life. I was 39 years old and to play water polo at that level was extremely difficult.

“We trained six or seven hours a day, six days a week. I think we had the hardest coach in the world. I don’t know how I made it through all of those workouts. I don’t believe I would have made it had it not been for Juice Plus+®.

“I’m super proud that I won a silver medal for the United States. I thank Juice Plus+® for helping me get there.”

The added nutrition of Juice Plus+® has made a difference in the lives of thousands of people all over the world. If you would like to share “What Juice Plus+® means to you,” e-mail us at preventionplus@ns.nsai.com.