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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

JUICE PLUS Review

By Joan Bramsch

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Hi dear Parent,

I've been doing some extensive research on supplements. The information I'm discovering points to the importance of getting our nutrients from whole foods. Science is beginning to realize that our bodies use whole foods better than vitamins, which are bits and pieces and parts of whole food.

It's no accident, they tell us, that an apple, for example, is filled with a hundred or more different vitamins and nutrients (and, as yet, unidentifiable "good stuff") that are designed to work TOGETHER to feed our bodies well and to energize us. There's Truth in the old saying: "An apple a day, keeps the doctor away." That apple, a whole food, "knows" how to protect and build up our immune system to keep us healthy!

All Nature's Gifts are designed in that way: Nutritious foods like fruits and veggies – apples, oranges, bananas, pineapple, grapes; carrots, broccoli, sweet potatoes, corn, string beans.

Scientists, nutritionists and medical doctors tell us we should eat five servings of fruits a day, and four servings of vegetables a day. That's a whole lotta food to eat. To be honest, most of us don't eat that well each and every day, don't you agree? There are daze (sic) when I'm lucky to eat a banana, a handful of grapes, a baked potato and maybe some steamed green beans. But that's not enough healthy whole food to fuel our bodies optimally.

For over six months now I've been increasing my daily servings of whole foods with MORE whole foods. In fact, I'm delighted to tell you that I've been able to eat, not nine fruits and vegetables a day, but SEVENTEEN!

I'm feeling stronger, more relaxed and definitely healthier. I'll be so glad if you'll visit the site listed below. I think the information there will be enlightening to you and empower you in your search for continued good health for your family. This company even has fruits and veggies for the Liddle Kiddles... they're called Gummies! Come in all sorts of colorful shapes. And best of all... they don't

taste like turnips! :)

Come for a visit now, please.

Thank you.

Love,
Joan

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If you would like to receive a free audiotape on the importance of whole-food nutrition,
send your name and mailing address to: tapeJB@schoolofhealth.com

READ MORE:

<http://joanbramsch.com/health/familydiet.shtml>

JOAN BRAMSCH is a family person, educator, writer and E-publisher. Her articles appear internationally in print and online. Six of her best-selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.
<http://www.JoanBramsSch.com> <mailto:hijoan@joanbramsch.com>

What Is Goji Juice And Why Should I Add It To My Diet?

By Elizabeth McDonnell

Living forever might not be your ideal, but many believe if you want to live longer, you'll be well served to consider adding goji juice to your diet.

The goji berry is found in the mountains of many Asian countries. Anti-aging experts believe that adding as little as 4 ounces of this juice to your diet can result in significant health benefits.

Some say that many of the world's oldest people have enjoyed drinking goji juice for years ... that its anti-aging benefits are so extreme as to prolong life as much as 20 years or more.

The goji berry contains a variety of compounds believed to provide the various health benefits claimed. These compounds include essential fatty acids, protein, vitamin C, 19 amino acids (which includes 8 essential to sustain life), vitamin E and B-complex vitamins. The juice from these berries - described by many as pleasantly sweet with a slight tartness - provides all these nutrients plus many more.

This juice is expensive, though, which has led many to question the claims made about its ability to extend life, improve energy and reverse disease. Most people know about the various health benefits of red grape juice, or even pomegranate juice. So what distinguishes goji juice as something superior?

Dr. Earl Mindell, considered a nutrition expert and the author of many nutrition books, says the goji

berry is one of the most significant discoveries in decades. He says, "I believe Himalayan goji juice has more powerful benefits on health, well-being, and anti-aging than any other product I have seen in the last 40 years".

Because some of the anti-aging and other health benefits of goji juice won't be seen by its users for perhaps decades, most testimonials relating to goji juice emphasize the fantastic energy people derive from the drink. With full schedules and late nights (coupled with early mornings) these goji juice drinkers report increased energy and vitality, even when they change nothing else about their diet.

Elizabeth writes articles on a wide variety of natural health subjects. Visit

for

more information on goji berry juice.



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