

DECEMBER 2013 NEWSLETTER



4 Things You Might Not Know About Whole Foods

We often say Juice Plus® provides whole food based nutrition from a variety of fruits, vegetables and grains. But we'd like to share a little bit about why whole foods are so important for a healthy lifestyle.

- + **1. Disease Prevention.** Many studies have found a whole food based diet to be associated with a reduced risk of cardiovascular disease, cancer, diabetes and other chronic diseases.
- + **2. More Complete Nutrition.** One problem with processed food is many healthy nutrients are removed during the manufacturing process. But whole foods are naturally loaded with fiber, vitamins, minerals, antioxidants and other nutrients.

[Read about the other 2 at JuicePlus.com](#)



Highlights from the Juice Plus+ Community

Every week we add new stories on our website that call attention to healthy living. Here are a few for you to check out:



CDC Report Takes a Closer Look at School Lunches »



Healthy Skin: Fight Melanoma with Fruits and Vegetables? »



Tower Garden Tips: How to Keep Produce Fresh in Winter »

THANK YOU



In the spirit of being thankful this holiday season, we want to express our gratitude to you for being a customer of Juice Plus+.

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NEW BOOK



Dr. Sears—a longtime advocate of Juice Plus+ and one of America's leading pediatricians—has a new book about healthy pregnancy.

[CHECK IT OUT](#)

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