

Why Use Juice Plus??

Let's face it. American kids don't eat well! It is clear our kids have more obesity, more infections, more behavioral problems, and more learning problems than ever before. Treatment with medicine may help but we're not getting to the root of the problem. I can't blame poor diets for all the evils in the world, but I am convinced it plays a role in most of them!

Have you been able to get your kids to eat 5 servings of fruit and vegetables per day?! Maybe once or twice a week...but almost never once they start school. Our kids are surrounded by fast food and sugary snacks. Unless you are constantly vigilant, your kids will fall into the rotten diet routine.

Vitamins help a little, but a vitamin produced in a factory is artificial at best and doesn't come close to resembling an apple or a banana! The only nutrients in such vitamins are what the manufacturer chooses to put in there...and they won't put any more than they think will sell at the store.

That's where whole food supplements come in. "Whole food" means you get the "whole thing." A carrot has lots of vitamin A, just like Flinstones vitamins; but the whole carrot has a whole lot more in it! Bioflavonoids, carotenoids, minerals, etc. So if you're going to have your child take something take something that really is complete.

I have decided to endorse the product Juice Plus as a whole food supplement for kids. Juice Plus is made from juicing fresh fruits and vegetables; then the juice is dried into a powder that can be put in a gummy bear form, a chewable tablet, or a capsule. They actually taste good!

Lots of research has shown that people getting complete diets have better immune systems, have higher blood levels of antioxidants (which are good), and have less incidence of cancer. There is absolutely no down side to making your child's diet complete.

Juice Plus is not sold in stores. They have been around for 15 years or more, but they sell only through representatives or on the internet. I have not made it a habit of giving out names of representatives to families as I can never be sure who is honest or not. Therefore, to make getting Juice Plus easy I have put a link on my web page (www.drgetts.com) that takes you directly to the Juice Plus ordering site.

Please look around the site. There is a lot you can learn about the advantages of a good diet. For children three and under I recommend the gummy bear style. Older kids should do better on the chewable tablets. (I know they're good 'cause that's what I take every day!)

Please contact me if you have questions about this.

Sincerely,

Alan Getts, MD

