

# FOODS for HEALTH

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## VEGETABLES

**Beet** - Beets are a wonderful sources of minerals and beta carotene (red color). Long appreciated to cleanse and strengthen the liver and bowel, beets offer important support to digestion and the immune system.

**Broccoli** - This member of the cabbage (or mustard) family boosts the immune system and DNA repair, due to its anti-oxidant nutrient (vitamins A and C, as well as poly-Phenol catecins). A more efficient source of calcium than milk, broccoli helps prevent osteoporosis, tooth decay, and muscle cramps.

**Cabbage** – Cabbage offers protective phytochemicals including folic acid, phenolics, carotenoids, selenium, glucosinolates and vitamin C. These, and other, potent plant-based compounds in daily food have been shown to offer a safe, effective and inexpensive way to guard against many cancers by nourishing the body and empowering the immune system. Cabbage can help fight off colds, flu and other chronic illnesses, as well.

**Carrot** - Due to high levels of beta carotene (orange color), carrots have been used for decades to improve eyesight and, more recently, for protection against eye diseases. High in cancer-fighting carotenoids, raw carrots strengthen the immune system at the skin level, especially.

**Kale** – Kale is another member of the brassica family. Due to calcium levels much higher than milk (and better used by the body), kale builds strong teeth and bones. As such, the daily consumption of this great vegetable can help prevent osteoporosis and dental problems. It is also a strengthener of the immune system due to anti-oxidants and polyphenol catechins. If that's not enough, kale is a viable source of blood-building iron and nerve-healing B vitamins.

**Parsley** - The ancient Roman and Greek 'doctors' used parsley to help heal many diseases. The Romans even fed parsley to their horses to 'keep them steady and strong'. We now know that high levels of calcium is a major reason why. Parsley is highest calcium source of all vegetables (other than sea vegetables). This modest plant, taken daily, builds the blood, bones, and stimulates the bowels. A diuretic, regular use of parsley can strengthen the kidneys and help with high blood pressure, while stabilizing potassium levels and supporting cardio-vascular health! That's not all. Regular intake of parsley stimulates brain activity and supports the sexual system (with help from the copper and manganese)! Wow. Eat that garnish.

**Spinach** - The first written reports of spinach occur from China (647 A.D.) and later from Iran, North Africa and Europe. This plant is high in anti-oxidant, cancer-fighting vitamins A and C, as well as potassium and iron. The laxative and digestive-support benefits of spinach make it a good weight loss food.

**Tomato** - Tomatoes are alkaline-forming when they enter the bloodstream. As such, the regular intake of tomatoes can help remove toxins, especially uric acid which is a problem with gout and other diseases. Research finds tomatoes high in lycopene content which has been shown to provide prostate support and brain function. A liver cleanser, tomatoes are especially beneficial when combined with other green vegetable juices.

## **FRUITS**

**Apple** - Apples are an alkaline and an eliminative food. Pectin in apples has the ability to take up excess water in the intestines. This makes a mild bulk which helps stimulate peristaltic movement to aid in natural elimination. Apples help the iron and calcium in other foods be absorbed and used by the body. They are rich in immune-boosting vitamins A and C, and in nerve-strengthening B vitamins. Because apples are powerful blood purifiers, they are good for healthy blood pressure and offer artery-clearing support. No wonder, “An apple a day keeps the doctor away”.

**Acerola Cherries** - The sour flavor in cherries stimulates and aids liver function. Cherries are wonderful for liver and gall bladder cleansing. When consumed regularly, the high alkaline content of cherries helps with the elimination of toxic wastes from the body, including those that contribute to arthritis pain.

**Orange** - Oranges are touted as one of the best sources of water-soluble vitamin C and other immune nutrients. Regular consumption of oranges can help the body retain calcium; while the intake of caffeine, sugar, and soft drinks rob calcium dramatically.

**Papaya** - This Central American fruit has been respected in Asia, Africa and Polynesia for centuries. Papaya has a direct digestive and tonic effect on the stomach. High in cancer-fighting vitamins A, C, E, this potent food is also a bone and tooth builder.

**Peach** - Peaches are rich in vitamin A (orange color) which helps fight cancer-causing cells, especially at the skin level. Peaches alkalinize and build rich blood. They also help stimulate digestive juices regulate the bowel activity. Peaches are good to eat on a weight loss or healing program because they help eliminate toxins from the body.

**Pineapple** - Bromelain is an important ingredient in pineapple. This phyto-chemical is a natural anti-inflammatory and can greatly reduce the pain of arthritis, sports injury and other discomfort. Another fruit which leaves an alkaline ash, pineapple is useful for cleansing toxins, and mucus, caused by colds. It is also high vitamin C.

## **BERRIES**

**Concord Grapes** – Concord grapes play a role in longevity. Resveratrol, a chemical found in concord grapes, activates the genes responsible for preserving longevity and keep us young and vibrant. In clinical studies, eating concord grapes in combination with a low calorie diet have proven to increase longevity.

**Blueberry** – Blueberries have a high concentration of antioxidants (combating free Radicals) and anti-inflammatory properties. Blueberries have been proven to improve memory, brain health and the nervous system. They contain anthocyanins, which help regulate blood sugar in people diagnosed with type II diabetes.

**Cranberry** – Cranberries are referred to as a “superfood.” They contain a variety of antioxidants, vitamin C, fiber, vitamin K, manganese, and phytonutrients that help the body in a variety of ways. Cranberries have been proven to prevent bacteria from binding to the teeth and urinary tract, thus, improving oral health and preventing urinary tract infections. Cranberries have been proven to slow cancerous tumor growth and be successful in slowing the progression of liver, breast, prostate, ovarian, and colon cancers. The polyphenols found in cranberries help reduce the risk of cardiovascular disease and reduce blood pressure.

**Blackberry** – Blackberries contain fiber, aiding in digestion and detoxification. They contain high amounts of vitamin C, K, manganese; and benefit bone health. They also contain anthocyanins, which prevent cancer growth and help improve skin health.

**Blackcurrant** – Blackcurrant berries contain a chemical called gamma linoleic acid, which helps improve immune system function and decrease inflammation. It is used to relieve symptoms associated with the female reproductive system including PMS, menopause and painful periods. It is also used to treat inflammatory conditions such as gout, rheumatism, arthritis, diarrhea, hepatitis, and other liver ailments.

**Bilberry** – Bilberries are a close relative to blueberries. Like blueberries, they contain many anti-inflammatory properties that have been effective in treating a variety of conditions. They have been proven to prevent cardiovascular disease, lower cholesterol, and help improve bone health. Bilberries are well known in Europe for their ability to improve eyesight, night vision, and prevent macular degeneration.

**Raspberry** – Raspberries contain beta carotene, lutein, zeaxanthin, choline, and polyphenols. These antioxidants have been proven to help the brain stay sharp as a person ages. Raspberries also contain chemicals called anthocyanins, whose anti-inflammatory properties decrease the risk of cardiovascular disease. Raspberries have been shown to inhibit cancerous tumor growth, and the fiber found in raspberries helps regulate blood sugar levels and increase the overall health of the digestive tract. They are high in vitamin C, which supports the immune system. Zeaxanthin found in raspberries help ward off macular degeneration damage.

**Pomegranate** – Pomegranates have a variety of healing properties. Clinical studies have proven that pomegranates reverse cardiovascular disease by reducing the amount of plaque found in the arteries by up to 30%. Pomegranates have also been proven to lower blood pressure, prevent heart attacks and strokes, and inhibit the progression of leukemia, breast, colon, and prostate cancer. Pomegranates have also been found to improve the symptoms of depression and increase bone mass.

**Elderberry** – Elderberries contain flavonoids, which are very effective in fighting viruses and infections. They also decrease swelling, inflammation and increase immunity. In clinical studies, elderberries have been effective in easing flu-like symptoms such as fever, headache, sore throat, fatigue, cough, and body aches. Elderberries have been proven to be effective in thwarting H1N1 and Swine Flu viruses, and may also help with sinus infections or bronchitis.

These vegetables, fruits and berries are contained in the Juice Plus+ trio of dehydrated products. All are harvested at the peak of ripeness, juiced and de-hydrated within 24 hours and encapsulated. The entire Juice Plus+ family of produce, protein powder and protein bars are NON-GMO and gluten-free.

Each proprietary blend is designed to offer maximum nutrition in both an easy-to-eat and easy-to-digest manner: 8 vegetables (along with oat and rice bran), 8 fruits and 9 berries. These exclusive, nutrient-dense blends have been researched by leading medical institutes and universities through the world. 33 studies have been done independent from The Juice Plus+ Company. They are gold standard, double-blind, peer-reviewed and published in leading medical studies. In addition the independent Children's Research Study has helped 900,000 youth worldwide by assessing their results of consuming either the Juice Plus+ fruit and vegetables capsule or chewables, free, for up to 3 years.

**For more information on the family of Juice Plus+ products go to:  
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