

Transcript for Message on Detoxification:

A unique opportunity for the body to cleanse thru Juice Plus®

So you get started with Juice Plus® and suddenly you find that you don't feel so good. You may feel tired or sluggish; you may have bloating, gas, diarrhea, constipation, flu-like symptoms, bad breath etc., and you are wondering why you got talked into this in the first place. Don't worry, the only physiological reason for why Juice Plus would make you feel bad is that you are detoxifying.

Congratulations, you are on your way to better health.

What you have to understand about detoxification is that the body is constantly trying to detoxify itself from endogenous substances such as its own dead tissue, cholesterol and uric acid. It is also trying to eliminate exogenous substances such as microbes, dioxin, PCB and other chemical residues. We live in a world of environmental pollution – everything from toxic chemicals to radiation.

Furthermore, we have moved from a nomadic lifestyle of eating 600 hundred different plants – which is still typical for today's rare nomadic societies – to a sedentary life and a diet seriously lacking in that level of variety of plant-life.

The body is a miraculous machine and when it is operating optimally, it can repair damaged tissue and cleanse dead material out of the body as well as foreign chemical pollutants. This is done by the numerous biochemical reactions that require a whole plethora of enzymes. However, without the variety of plant matter in the modern diet, for most of us, this process of detoxification remains incomplete. This is because with our modern diet, we do not get enough vegetables and fruits in our diet to adequately nourish all the cells to make their full complement of enzymes to facilitate all the possible trillions of biochemical reactions that the body wants to engage in to operate optimally.

For instance, the liver is a powerhouse organ for detoxification. There are, what scientists call, phase I and phase II enzymes that help in this process (and some believe there is yet another phase III set of enzymes). Phase I enzymes are involved in what I'll call the first stage in "tagging" foreign substances for removal in the body. These enzymes unfortunately also generate loads of free radicals in

the process and this can lead to secondary damage to the cells. Here an adequate supply of antioxidants being present is critical to prevent such damage (and Juice Plus can provide them). Now it gets a little more complicated because this tagging of foreign substances such that body can remove them requires phase ii enzymes to complete the process and this also requires a higher level of nutrient intake.

Now when a person gets on Juice Plus[®] – with nutrients from over 25 different plants in the Orchard, Garden and Vineyard blend, the liver becomes very happy as it can finally make all the enzymes necessary to get the job done. This relative increase in the cleansing reactions can show up as excess gas, bloating, constipation or diarrhea, since the liver dumps toxins into the bowel to be excreted.

The other major system in the body involved in cleansing is the lymphatic system.

Most people don't know that there is twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the debris in a circulatory system powered only by your breathing and movement. If the movement of the lymph stopped entirely you would die in a matter of hours. The lymph system's primary function is to isolate infection and cellular detritus from the rest of the body and deal with it. This process is happening all over the body all the time. Amazingly, the lymphatic system has no central pump but depends on muscle contraction and manual manipulation to move fluid. Just as an aside, deep breathing is another essential way we can enhance movement of lymph through our bodies.

Now when you get on Juice Plus, you might also experience your lymphatic system getting very active in removing debris. You may feel weak, or you may feel like you have the flu, or just swollen glands. You need not worry as this is a good sign that your lymphatic system is hard at work cleaning out your entire body.

The consequences of not cleansing the body are actually far more severe, long-lasting and symptoms get worse with time. Imagine you can have a clean running river of lymphatic fluid running thru the body with optimal nutrition or you can have debris piling up in the river and blockages over time and, because the lymph cleanses nearly every cell in your body, symptoms of chronic lymph blockage are

diverse such as allergies and food sensitivities, frequent cold and flu infections, joint pain, headaches and migraines, menstrual cramps, arthritis, fibrocystic breasts, breast tenderness, sinusitis, GI issues, muscle cramping, tissue swelling, fatigue, mental fuzziness, mood irregularities, depression, parasites, skin breakouts, and acne to name a few.

It is best to try to rest, breathe deeply, and drink lots of water to help the body eliminate toxins as quickly as possible and then you can enjoy the long term benefits of Juice Plus.

If you have a hectic workload you might want to back off on Juice Plus[®] and take a smaller dosage for a short period and then work your way back up to 2 fruits, veggies and vineyard capsules. The most important thing to remember is to not quit as once you are thru this phase, you will experience the long term results with Juice Plus[®].

-Dr. Mitra Ray