

Wellness Plus  
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## Here's to Your Health

### Eat Healthy...

**Little steps take you a long way, so add these to your daily routine and start this year on the right path!**

**Water - It is almost impossible to achieve good health or lose weight without an ample supply of water.**

Water brings nutrients to the cells and carries away toxins. Divide your weight by 2 and drink that number of ounces of water each day. I recommend drinking water that has no chlorine, fluoride, or other contaminants.

**Fruits and Vegetables - The brain only has one means of telling your body it needs nutrients--by sending hunger pangs!** Since fruits and vegetables bring the nutrients your body needs, they help turn the "I'm hungry" message off in your brain. Secondly, they are rich in fiber, helping you feel "full" or at least "satisfied." You need at least 5-9 servings every day (combined)!

**Protein - Each meal should include some protein. Believe it or not, there is a substantial amount of protein in vegetables!** Legumes (beans, lentils, etc.) are a great source. A serving would fit into the palm of your hand.

**Complex Carbohydrates - If you've heard the high-protein and "no-" or "low-" carb dogma, BEWARE!**

Simple carbohydrates (like French bread, pasta, rice, most cereals, etc.) turn to sugar if your body doesn't have an immediate demand for the energy they provide...and that gets stored as fat! Go for complex carbohydrates. Those with high fiber like fruits, vegetables and whole grains. Fiber slows the uptake of carbohydrates, allowing your body to use these calories over a longer period. If you love carbs, start reading labels. A good ratio between carbohydrates and fiber is no greater than 5:1. For example: If a slice of bread has 20 grams of carbohydrate, it should have at least 4 grams of fiber. If you're trying to lose weight, consider lowering that ratio even further. Most vegetables have a 2:1 or 3:1 carb-to-fiber ratio. There are specialty breads and other grain products available with similar ratios.

**Fats - You should eat healthy fats every day! Why? It takes fat to effectively burn fat (i.e., use it as an energy source).** What is a healthy fat? One that isn't cooked! Cold pressed olive oil, raw nuts, avocados, flax seeds are all good--you don't need a lot. A tablespoon or two of olive oil on your salad or a handful of raw nuts will give you what you need. What fats should you avoid? Animal fats hydrogenated fats and fried foods. What about low-fat or fat-free goods? They're usually loaded with sugar—and that turns to fat in the body anyway!

**And Finally...Juice Plus+! - Juice Plus+ capsules provide the equivalent of juicing nearly 6 pounds of raw fruits and vegetables every day!** Take two vegetable capsules in the morning with a big glass of water and two fruits at noon or dinner. Juice Plus+ Complete fuels your body with complex carbohydrates, vegetable proteins, fiber, probiotics, enzymes, and minerals!

*--Maureen*