

JuicePlus+ and You!

Perfect Together

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I think it would be safe to say that I was the poster boy for poor nutrition. At least that's how I saw myself before starting with JuicePlus+. I just never really understood the value of good nutrition. Let me tell you my story and you'll understand what I mean.



I had always been a bit intimidated by nutrition. I wanted to understand, but when I would go into a supermarket or natural foods store, I'd actually feel overwhelmed. So many choices, so many products making so many claims, how would I know what's really best for me. I really didn't know where to start, so I just bought what I was familiar with.

My confusion was eased to a degree because I've always been healthy, so it wasn't like I felt as if I were significantly missing out on anything. I knew that good nutrition was important but wasn't very concerned, figuring since I was healthy while eating poorly most of my life, that I was doing ok.

who I've really come to respect for her professionalism and insight, Dr. Marla Friedman. We became friendly and I asked if I could set up an appointment to learn about nutrition. Among the many questions she asked concerned my diet and the types of food I was currently eating. I replied eggs, tuna, pasta, chicken, cereal, turkey, etc. I generally only had fruits and/or vegetables on occasion and rarely more than once or a week. In addition, I've always loved cakes, cookies and ice cream since I was a small child and enjoyed them regularly. Dr. Friedman looked at me rather incredulously and stated "I'm amazed at how healthy you are - you must be plugged into a whole different source of energy." In fact, I was, because of all the healing work I do with my clients - but I realized later on, that I wasn't as healthy as I thought. There were some things going on that I just assumed were due to normal aging (I'm 52) and not poor nutrition, such as tired legs and a memory that wasn't as sharp as I would have liked it to be. I'll talk more about this in a moment.

As we spoke further that day, I saw some bottles of JuicePlus+ on her desk and asked what they were. She explained briefly that they were fruits and vegetables in capsule form. I didn't pursue it and she didn't push, she did however give me two cd's to listen to as I left her office.

In April 2009, I met a Certified Nutritionist

I went home that day thinking about what

we had discussed and some of the recommendations she had made, but didn't listen to the cd's until two weeks later.

One Saturday afternoon, I was sitting around the house feeling bored and thought, well let me see what these cd's are about. The first one was by Dr. Delia Garcia (an Oncologist) who spoke about protecting oneself from Cancer through good nutrition. The second was by Dr. Tamara Sachs (a Cardiologist) and she spoke of how cardiovascular disease can be slowed and offset by good nutrition as well. In particular, they were both extolling the benefits of JuicePlus+ as an effective means for the prevention of Cancer and Heart disease. It was through these cd's that I began to learn of the significant, gold standard, medical research on this product and how it makes it stand out as the most thoroughly researched nutritional product in the world.

As I listened to these cd's, I unexpectedly, felt a sense of excitement growing stronger and stronger within me. It felt as if my inner self was saying YES! This is right for you! Go for it! I decided right there and then that I was ready to take the plunge.

I called Dr. Friedman and asked her how I could order the product and how much it would cost. I was prepared to pay up to \$100 per bottle but thrilled when I heard that it was much less.

I received my order in about 4 days and immediately began taking 2 fruit and 2 vegetable capsules each day. Within the first 30 days I saw a number of things change. My tired legs became refreshed and full of spring again and my memory was steadily growing sharper. As I now understand it, both my tired legs and slowing memory were the result of poor nutrition - and I thought I was healthy, boy was I surprised.

Here is a list of the many changes I saw in myself after about 45 days on JuicePlus (in no particular order):

1. Cleared out the lactic acid buildup from my legs
2. My desire for junk food was reduced by 98%
3. By reducing my desire for junk food, I am more in touch with the subtle energies in my healing work and the benefits my clients receive have increased
4. My memory improved and is still improving
5. My skin is clearer and I regularly receive compliments on it
6. Reduced wrinkles (crows feet) around the eyes
7. I became more regular
8. My hands look younger and more

supple

9. My eyes are clearer than ever before
10. My need for sleep was significantly reduced
11. I can get out of bed and ready to start the day in just 2 - 3 minutes
12. No more bleeding gums
13. More energy for physical activity
14. Greater desire for fruits and vegetables

I've been taking JuicePlus+ every day for the past 6 months and I'm thrilled with the results. Considering how little I understood nutrition, I would've never believed fruits and vegetables could have offered me as much as I've received on both the physical and cellular levels. I'm hooked on the JuicePlus+ habit and it's something I happily share with my friends and family.

Simply put, for the benefits of this product and its relatively minimal cost, I wouldn't stop taking it for the world.

I hope you'll consider Juiceplus+ for yourself and your family. I've shared how it helped me and I'm sure it will do the same for you.

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