



**FUEL YOUR IMMUNE SYSTEM
FOR LIFE !
14 DAY MINI PROGRAM**

Welcome to Fuel Your Immune System 14 Day Mini Program

The CORONAVIRUS or COVID-19 has become a big wake up call for us all. Although we are being told over and over again that what we eat, absorb and fail to excrete becomes how well we are, most of us are not listening!

Every cell in our body is made from the building material we choose to supply. It has taken us a long time but we are just starting to understand Hippocrates when he said, "Let food be thy medicine and medicine be thy food." It is not about how fit we can become, but how fast our body can repair and regenerate. It is this which allows us to build a strong immune system that will give us the strength and endurance to recover after illness, injuries or viruses.

Our mind also plays an important role in how well we feel and how our energy flows. How we handle stress has a direct effect on our health and vitality for life. Research now shows that the health of our gut greatly affects our mind, thought patterns, anxiety levels and moods.

We need to start taking responsibility for our own health and giving both our mind and body the right fuel. We have relied too much on the medical profession and become a nation of prescription drug users.

Good health is not just an absence of disease, it's much more and we should all take personal responsibility. It's just madness to expect different results from doing the same things. It is with this in mind that we have designed this holistic program.

This mini program will take you through 14 days of how you can make a huge difference to your gut health, your immune system and how you look and feel.

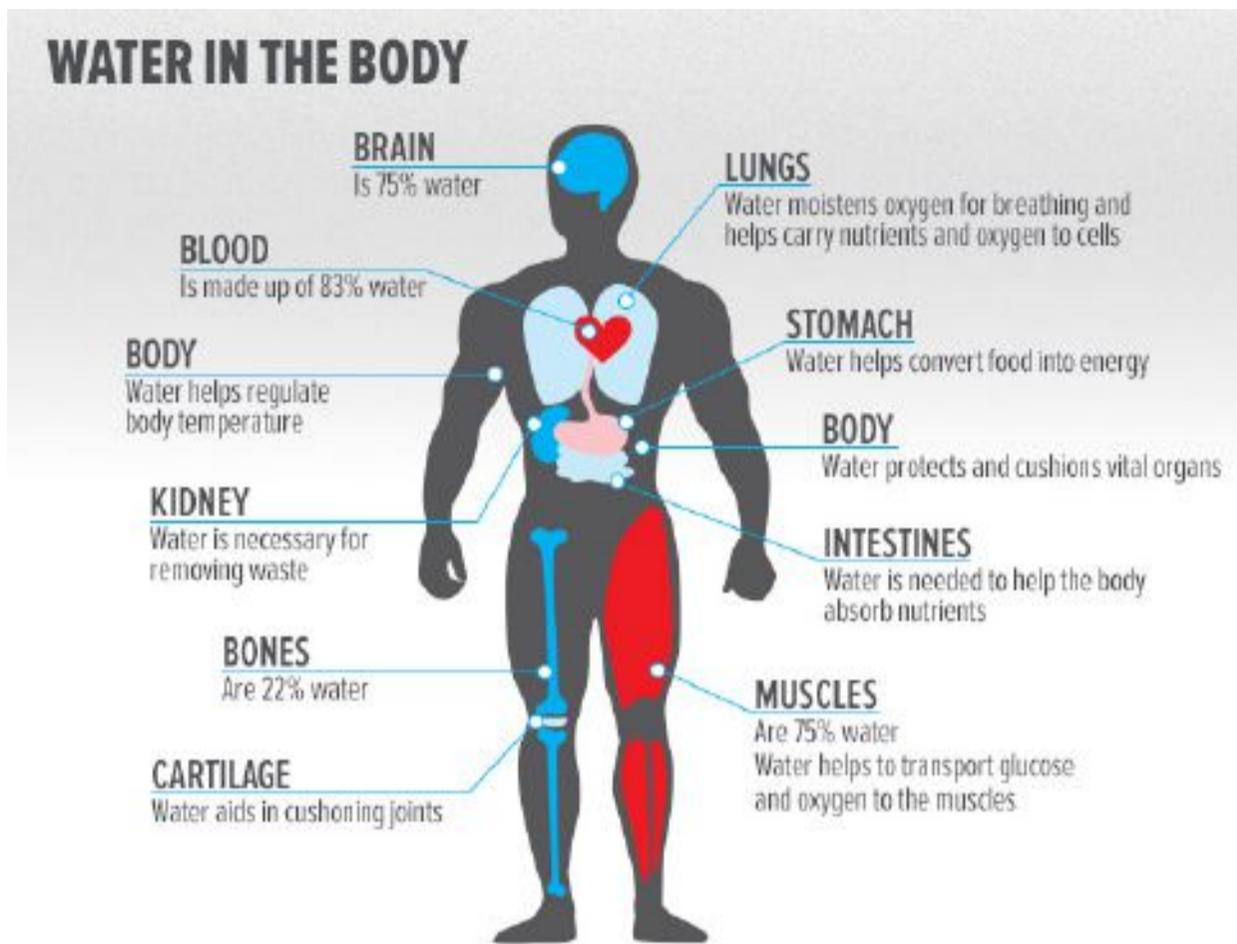
We hope you embrace it, enjoy it and benefit greatly from it.

Sue Worrall

Senior Associate of The Royal Society of Medicine

FOUR IMPORTANT THINGS FOR A STRONG IMMUNE SYSTEM

1. HYDRATION



Hydration is the key to success with any health or weight loss program and nothing hydrates you better than plain water. Even though it is not officially a nutrient, it is essential to life and our good health. Despite science proving how important water is most of us still don't drink enough.

Dehydration causes fatigue and lethargy, so your energy levels suffer and you're less likely to want to exercise. By making sure you get enough water every day, you may be surprised at how much more alert, energised and focused you feel. Mild dehydration is a loss of 1.5 percent of a body's normal water volume. However just one percent below optimal can affect mood, make it more difficult to concentrate, and produce a headache. Our cardiovascular and our waste system need many litres of it to keep us healthy and our brains consist of 80% water. The messages in our brain are transmitted and connected through fluid. It's pretty important that we keep our whole body well hydrated if we want to function at our best both physically and mentally. Water helps to carry oxygen to your body's cells, which results in properly functioning systems. It also works in removing toxins from the body, so drinking more of it will prevent toxins from building up and having a negative effect on your immune system.

2 .QUALITY SLEEP



As Michael Mosley of TV's "Trust Me I am a Doctor" fame says in his latest book (highly recommended) "When the volunteers had reduced sleep, genes associated with inflammation, immune response and response to stress became more active. The team also saw increases in the activity of genes associated with diabetes and risk of cancer. The reverse happened when the volunteers added on an hour of sleep.

So even an hour's extra sleep a night can make a significant difference. Also when it comes to the impact of sleep it's not just about quantity, but quality. A recent study carried out by researchers at the University of Rochester Medical School and published in the journal "Science Advances" showed how much deep sleep you get impacts on the glymphatic system, a network of plumbing in the brain that piggybacks on blood vessels and pumps cerebral spinal fluid through brain tissue to wash away waste and toxic proteins" There is a direct link to sleep deprivation and immune response so - GET MORE SLEEP!

In another study volunteers who had flu virus sprayed in their nostrils were divided into groups and those who had 6 hours or less were 4 times more likely to have flu symptoms. So cut out blue light, don't eat late and when you sleep, ensure you get 7-8 hours and it's in a dark and quiet bedroom.

3. HEALTHY GUT

Research shows that there is a huge amount of interaction between the body's immune system and bacteria in the gut. Beneficial gut bacteria species have been demonstrated to impact both the innate (present right from birth) and acquired immune systems (acquired during the course of life).

They have also been shown to significantly shorten the duration of having a common cold, and decrease the severity of the symptoms. So we need to focus on optimising our gut health, strengthening the gut lining and re-inoculating (re-populating your gut with bacteria by eating prebiotic and probiotic rich foods). When we have a gut bacteria friendly diet this will then help promote a strong immune system.

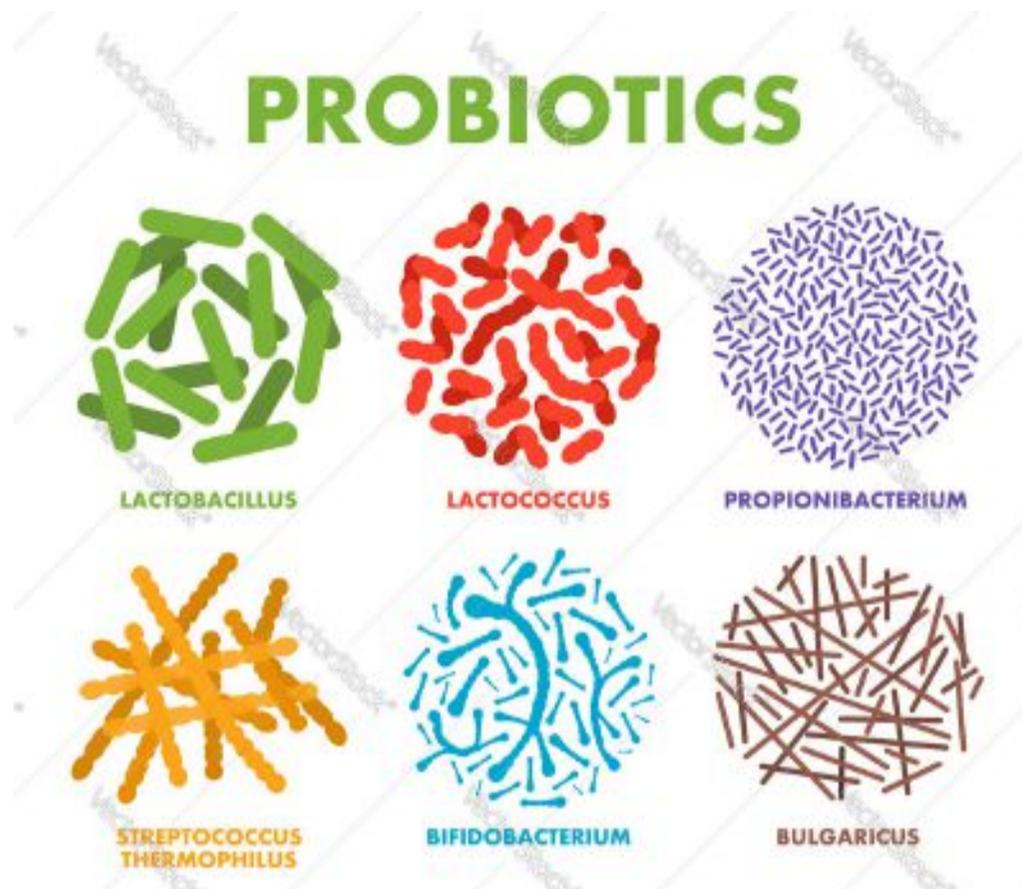
The collection of bacteria living in our guts is called the microbiome, and this consists of approximately a hundred trillion bacteria.

There are ten times more of these cells than there are human body cells, and these genes outnumber your human genes by an incredible 150:1. It is currently believed that factors, such as diet, lifestyle and genetics have the greatest influence on shaping the gut microbiome.

Whilst we can't change our genes, we can affect the composition of the different species of bacteria in our guts, through diet and lifestyle. We need lots of variety when it comes to gut bacteria, so it is important to make sure our guts have as many different bacteria species as possible.

Luckily, for us, this can be achieved by eating a variety of different foods, rich in different species of bacteria - all of which promote a healthy gut lining, microbiome and consequently a healthy immune system. Many studies show that a healthy interaction between our immune system and the gut microbiota is crucial for the maintenance of our body's homeostasis and health. Imbalances in the gut microbiota may disrupt immune responses. This not only weakens our immune responses, but it can lead to the development of chronic inflammatory and autoimmune dysfunctions.

THE ROLL OF PRE-BIOTICS & PROBIOTICS



Prebiotics and probiotics work together to maintain a healthy digestive system and promote a strong immune system. Prebiotics are the non-digestible component of food, which feed the "friendly" gut bacteria.

Prebiotics

A high-fibre diet is naturally rich in prebiotics, and this will help to obtain the subsequent health benefits of probiotics. Best prebiotic food sources: apples, asparagus, artichokes, bananas, broccoli, cauliflower, fennel, garlic, legumes, leeks, onions, pak choi, wheat and oats.

Probiotics

Probiotics are microorganisms and the 'friendly' gut bacteria. They provide many health benefits, such as improving the intestinal microbial balance and boost the immune system. The best probiotic food sources are fermented foods such sauerkraut, fermented tempeh (type of soya), miso, kefir and yogurt. Other good gut health foods, especially for promoting a healthy gut lining, include pumpkin, sweet potatoes, squash, nuts and chicken stock (for the collagen promotes a healthy and strong gut lining). Apples are among the best sources of prebiotic fruits.

4. GOOD NUTRITION



Good nutrition is the foundation of our health. It is the fuel that feeds all our systems that keep us safe and help us live long active lives. Ask yourself are you giving your body the fuel it loves for top performance or the fuel that leads to breakdowns and deterioration?

Antioxidants

One of the most important things we need in our daily food intake are **antioxidants**, we particularly need these for a strong immune system. While there is currently no official recommended daily allowance for antioxidants or antioxidant foods, generally speaking the more you consume each day from real whole-foods in your diet the better.

The following foods are excellent sources of antioxidants: blueberries, green leafy vegetables, such as spinach and kale, onion, oregano, turmeric, cumin, basil, ginger, garlic, cayenne pepper, dark chocolate (70 per cent minimum cocoa solids), plus green and white teas. If you are struggling to eat enough (I recommend 10 - 15 mostly veg but including fruits, berries, whole grains, nuts and seeds) every single day, it is a great idea to take a supplement such as Juice Plus capsules or soft chews. I have done tons of research in my years as a practicing nutritionist and this product is by far the best choice. What's more is that it fulfills my passion for science and has independent published studies proving the bioavailability and absorption of the high quality juice dried powders in a vegan capsule with a high oxygen barrier. This is the most effective solution to bridging the gap between what we need to eat each day and what we actually do eat for good health and especially our immune system. Most fruits, vegetables and herbs contain antioxidants such as vitamin C, vitamin E, lutein, beta-carotene, flavonoids and lycopene and they are the most effective way to boost our antioxidants and our immune system.

Vitamin A

Vitamin A is a group of unsaturated nutritional organic compound that includes retinol, retinal, retinoic acid, and several provitamin A carotenoids (most notably beta-carotene). Vitamin A has multiple functions: it is important for growth and development, for the **maintenance of the immune system**, and for good vision. Beta-Carotene gives yellow and orange fruits and vegetables their rich hues. Beta-carotene is also used to colour foods such as margarine. In the body, beta- carotene **converts into vitamin A** (retinol). Watch video link below:-

Bioavailability of Beta-Carotene | Juice Plus+ <https://www.youtube.com/watch?v=HzaVa0WJhM8>



PRODUCT INFORMATION VIDEOS BY MANFRED LAMPRECHT, Ph.D.

Director, institute of Nutrients Research and Sports Nutrition, Graz, Austria. Director of Clinical Research at The Juice Plus Company

Vitamin C

Vitamin C is also known as ascorbic acid, a water soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. This antioxidant is found in abundance in fruits and vegetables. It is a significant nutrient for **boosting immunity** and may help to reduce the severity and duration of common colds and viruses. We cannot store Vitamin C, so a daily intake is essential. Food sources high in Vitamin C include: broccoli, Brussel sprouts, kale, kiwi fruit and citrus fruits, such as oranges. Watch video link below:-

Bioavailability and Vitamin C | Juice Plus+ <https://www.youtube.com/watch?v=z4xJF4Knds>



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Vitamin E

Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. In the body it helps support the immune system, cell function, and skin health. It is thought it may be beneficial at reducing UV damage. The body also needs vitamin E to **boost its immune system** so that it can fight off invading bacteria and viruses.

Bioavailability of Vitamin E | Juice Plus+ <https://www.youtube.com/watch?v=uy9Jwg-XZP>



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Dr. TAMARA SACHS - THE IMPORTANCE OF WHOLE FOOD NUTRITION.



Dr. Tamara M. Sachs is a practicing physician in functional medicine and integrative care in New Milford, Connecticut. In this video, Dr. Sachs emphasises the importance of diet for optimal cell function and system function.

https://youtu.be/_WzeNN_C2QE

Although vitamins are very important, they are not the whole story and this video on the link above explains. However two very important nutrients are zinc and Vitamin D. Although both are found in our food, many of the tests carried out by doctors in the US and Europe find a great number of us are low in both these nutrients. **(Talk to your GP for more information on whether you need to supplement them)**

Zinc

Zinc is a very important trace mineral needed for a healthy immune system. It keeps the immune system strong, helps heal wounds, and supports normal growth. Food sources include: meat, poultry, seafood, legumes, lentils, cereals and dairy products. In addition to good gut health and a balanced diet, it is also important to consume at least two litres of water a day (ideally filtered), adopting moderate cardio, resistance exercise and reducing stress in your life. Best supplement to take is zinc picolinate as it may be better absorbed.

Vitamin D

We also need vitamin D for our immune system as we cannot make or store it, so we need a daily supply. One of the good sources is mushrooms and a great tip is if you leave them on the windowsill for one hour before you eat then they double in vitamin D.

Be aware that it can be possible to consume too much, which can be damaging to our immune system. You can also obtain it from: sunlight (just going outside for 1/2 an hour) makes a big difference, even on cloudy days.

Eggs - Fortified whole grains - will also provide a great source of vitamin D.

Why 5 A Day is Not Enough For Great Health

In today's world full of air pollution, food additives, medications, pesticides, herbicides and endocrine disruptors in our water we need at least 10 - 15 portions of fresh, ripe, raw portions of fruit and vegetables every day. So the first and most important thing to do is increase our intake of plant foods, especially greens and selected fruits & berries that are as ripe, raw, pesticide and herbicide free as possible.

10 reasons why we need fruits and vegetables for great health:

1. They boost our immune system which means less, or faster recovery from colds, viruses, injuries and surgery. Plus they help build and protect our microbiome which is the key to a good immune system and great long term good health.
2. They are high in nutrients, vitamins and minerals essential to run a healthy and energised body. They have thousands of plant nutrients called micro nutrients that help us absorb and use the nutrition from our food.
3. When raw they have a high level of electrons (they have negative alkalising charge). This can facilitate energetic flow within our body.
4. They contain high amounts of magnesium which is essential to make your heart pump and for elimination of unwanted matter through our waste system.
5. They are packed with chlorophyll which provides us with the essential building blocks for healthy red blood cells (your health and weight loss "currency").
6. They contain high levels of fibre which helps prevent weight gain, aids the digestion, maintains, enhances your microbiota and can help prevent cardiovascular disease, reduce oxidative stress and some cancers.
7. They protect our DNA which means cellular level anti-aging.
8. They are low in fat and sugar - Stage 1 of any weight loss / health building program is to eliminate all processed foods and foods that have a mainly fat and sugar composition. Most plants contain very little fat and those that do like nuts, seeds & avocado contain much needed good fats.
9. They protect our gums by preventing and reversing gum disease.
10. They protect our heart and vascular system which is an essential transportation system for every single cell in our body and especially for our brain.

BALANCE YOUR FOOD GROUPS FOR IMMUNE PROTECTION

The best way to 'eat for immunity' is to balance calories and ensure you get plenty of good fats, fibre, quality carbs, diverse protein sources and phyto-nutrients (biologically active chemical compounds found in plants). So ensure your plate is filled with these five Fs (OK, one is a Ph but it still counts...!).

ESSENTIAL FATS - Carefully select the most beneficial, such as polyunsaturated and monounsaturated fats, found in olive oils, oily fish, avocados, seeds and nuts. **Essential Fatty acids** are known to play diverse roles in immune cells. They are important as a source of energy, as structural components of cell membranes, as signaling molecules and as precursors for the synthesis of eicosanoids and similar mediators. New research shows long chain omega-3 fatty acids may help to boost the immune system by enhancing the functioning of immune cells.

PHYTONUTRIENTS - My super foods. They act as a natural pesticide, helping to protect plants from predators. So it's no surprise that regular consumption helps to prevent us from getting sick, too. There are over 25,000 different ones recorded across many foods - not only in fruits and veg, but in pulses, tea, coffee, red wine, cacao, herbs, spices and olive oil. It's the collective power of phytonutrients that we are after, and, as a rule of thumb, more colourful fruit and veg equals more phytonutrients.

FIBRE - is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules, fibre cannot and instead passes through the body undigested. Fibre is also very important in regulating the body's use of sugars, helping to keep hunger and blood sugar in check. This provides great fodder for all the different beneficial micro-organisms living in us, and might just be the life-saving food 90 per cent of us aren't eating enough of. Get it from fruit, veg, nuts and seeds, oats, lentils and rice, as well as cooked and cooled white potatoes.

HOW TO GET STARTED ON YOUR 14 DAYS OF IMMUNE BOOSTING CHANGES

1. READ AND WATCH ALL THE INFORMATION ON THE HIGHLY RECOMMENDED SUPPLEMENTS.

Why I Highly Recommend Juice Plus+ Whole Food Supplements

QUALITY STANDARDS

Benefits of Juice Plus+ Capsules

- They contain 30 different types of fruits, vegetables and berries, juice dried from a harvest by growers, plus some extra vitamins.
- They are **free** from gluten, lactose, artificial aromas, colours and chemical stabilisers
- All the Juice Plus capsules are vegetarian / vegan friendly
- The capsule itself is made from Pullulan, which is fermented tapioca and provides the even oxygen barrier as the most effective pharmaceutical gel capsules.
- The fruits, vegetable and berry powders are high quality and Juice Plus+ uses farms that grow the most nutritious variety.
- The powders contain the stalks and pips of all the products that are suitable
- Juice Plus+ capsules help bridge the gap between what we should eat and we actually manage to eat every day
- All capsules are under the constant control of :- SGS INSTITUTE FRESENIUS

SGS is the world's leading inspection, verification, testing and certification company. SGS is recognised as the global benchmark for quality and integrity.



Contents Tested & Certified

Expert-Tested and Expert-Approved To Ensure The Best Nutrition

Careful testing and independent experts ensure the natural purity of our finished products. Juice Plus+ is produced at state-of-the-art facilities that meet or exceed highest food industry standards for blending, encapsulating, and packaging. Our standards are reviewed and our facilities inspected by **NSF** the public health and safety company. Not-for-profit NSF also inspects and certifies our products, as confirmed by the **NSF seal on every Juice Plus+ bottle or pouch**. As NSF-certified products, all Juice Plus+ products undergo independent testing that ensures they meet and exceed strict guidelines and deliver only the best quality nutrition.

[CLICK HERE TO SEE HOW THEY ARE MADE](https://youtu.be/jzWHTGc9Wmc)
<https://youtu.be/jzWHTGc9Wmc>

[CLICK HERE TO SEE HOW THEY ARE FARMED](https://youtu.be/qGqXODm9X9k)
<https://youtu.be/qGqXODm9X9k>



KEY FACTS ABOUT JUICE PLUS CAPSULES

- Carefully produced to maximise the quality of the whole-food nutrition the capsules deliver.
- The capsules deliver a unique blend of 30 different fruits, vegetables and berries
- They're combined with additional complementary plant nutrients and vitamins to create a high quality, unique food supplement
- The whole-food, plant-based, minimally processed ingredients work in synergy to deliver a range of healthy benefits
- Supported by over 35 published research studies on www.PubMed.com
- Suitable for vegans
- Gluten-free
- Made without GMO ingredients
- The products not only help greatly increase your nutritional intake they help you crave good foods and stop craving harmful foods.
- The Juice Plus+ Premium Capsules are certified with Informed Choice - the global standard in sports nutrition quality control.



Science behind Juice Plus+ , Studies and Bioavailability

Research conducted at The University of Parma and the University of Graz shows that Juice Plus+ provides important polyphenols to the body. These are important in helping aid cardiovascular health and oxidative stress.



To watch click on link below:- <https://youtu.be/w43BIQCkJX4>

Over 35 Peer Reviewed, Double Blind Cross Over Studies Published on www.pubmed.com

2. Choose from any of the following Product Combinations :-

Platinum Package



Product A plus B Complete Macro Nutrients and the Juice Plus+ fruit, vegetable & berry capsules.

Gold Package



Product A plus C Complete Macro Nutrients and the Juice Plus+ fruit, vegetable capsules.

Silver Package



Product A plus B Complete Macro Nutrients and the Juice Plus+ Omega blend capsules

Bronze Package



Product A Juice Plus Complete Macro Nutrient and Juice Plus+ berry capsules

Basic Package



Product A Juice Plus Complete Macro Nutrients

If you would like other options, please let us know before you place an order

Taking Juice Plus+ gives us a foundation which boosts our immune system and bridges the gap between what we should eat and what we actually do eat everyday. The Omega 3 blended ingredients are carefully selected and not fractionated, this ensures that it's kept at it's purest. ALL the Juice Plus+ capsules are made from fermented tapioca. Omega capsules do not need heat sealing and therefore the risk of the precious oils being damaged are reduced.

When you place your order you will be sent a copy of the Step By Step Program which includes:-

Exercise

Mindfulness

Overnight fasting regime

What and What NOT to Eat

Breakfast, Lunch, Dinner recipe booklets

TO ORDER GO TO : <http://jblackler.juiceplus.com>

If you aren't in the UK, please change your country of residence by clicking the globe at the top right corner of your screen

PRODUCTS DETAILS FOR

“FUEL YOUR IMMUNE SYSTEM FOR LIFE MINI PROGRAM”



A

JP Complete Macro Nutrient Powder consists of:

1 box with 6 Pouches of Vanilla, Chocolate flavoured Macro Nutrient Powder. =

**Each Pouch will supply 15 servings. Delivered every 4 months
Full payment: £133 or 4 instalments £34.85 - around £1.16 a**



Fruit, Vegetable & Berry delivery consists of :

2 tubs of Juice PLUS+ selected vegetables

2 tubs of Juice PLUS+ selected fruits

2 tubs of Juice PLUS+ selected berries

**Each tub contains 120 capsules. Delivered every 4 months.
Full payment: £241 or 4 instalments £61.75 -around £2.00 a day**



Omega Blend delivery consists of :

2 tubs of Juice PLUS+ Omega Blend

**Each tub contains 120 capsules. Delivered every 4 months
Full payment: £139 or 4 instalments £36.25 - around £1.16 a day**



Berries delivery consists of :

2 tubs of Juice PLUS+ selected berries

Each tub contains 120 capsules. Delivered

Full payment: £83 or 4 instalments £22.25 - around 59p a day



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Omega Blend delivery consists of :

2 tubs of Juice PLUS+ Omega Blend

**Each tub contains 120 capsules. Delivered every 4 months
Full payment: £139 or 4 instalments £36.25 - around £1.16 a day**



**PROGRAM DEVISED AND DESIGNED BY
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**THE HEALTH HUB
CLUB**

A Health Hub Club Publication

**For more information, booklets or any other health issues
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