

## The Gift of HEALTH and WELLNESS with Juice Plus+ and Tower Garden



As 2014 races underway, what resolution of health and wellness have you thought about or put into action? Let the team at Back 2 Normal introduce you to two products which can help you **become a healthier version of YOU!**

Healthcare professionals recommend consuming 7-13 servings of fruit and veggies each day from a variety of sources. Whole fruits and vegetables are nutritional powerhouses containing thousands of vitamins, minerals, antioxidants, and phytonutrients that work together synergistically in our bodies. If you're like most people, you don't eat enough fruits or vegetables or enough variety. And those fruits and vegetables that you do eat tend to be over-processed, over-cooked, or too far removed from the field to retain their powerful nutritional benefits. That's where Juice Plus+ can help you bridge the gap!

**If Juice Plus+ is a pill, how can it help?** It is a whole food nutritional product regulated by the FDA! That's right, where as most vitamins are not regulated by the FDA and are considered "supplements", Juice Plus+® is considered a food product. The unique process involves juicing real fruits and vegetables and then drying them into a powder. Thus, your body recognizes Juice Plus as real food where it is easily absorbed. Juice Plus+ contains twenty-five different fruits and vegetables so you can be assured you are getting the full rainbow of colors in a whole food source on a consistent daily basis!

**Who can take Juice Plus+ ?** Anyone over the age of 3 can take Juice Plus+. It is also gluten-free, dairy-free, non-GMO, and kosher. Juice Plus+ is available in capsules or chewables.

**Juice Plus+ makes a great addition to one's daily routine, but how can I grow my own produce?** Meet the Tower Garden, a vertical, aeroponic and easy to use gardening system that allows you to grow abundant fruits, vegetables, and herbs in your own home. Because of its compact vertical design and unique technology, the Tower Garden uses less than 10% of the water and land required by traditional, soil based agriculture. And you can support the "local movement" by eating from "Tower to table".

The aeroponic system eliminates the need for insecticides, herbicides and pesticides, resulting in healthier food – and the ability to eat food at its peak ripeness – as opposed to the fruit or vegetable being picked before ripeness and traveling many miles to reach you – meaning your body is getting the most amount of nutrients in your hand picked produce.

## Frequently Asked Questions

### How Does a Glass of Juice Compare to Juice Plus+

It takes 4 pounds of fruits and vegetables to produce 3 glasses of juice, the nutritional equivalent of 2 Juice Plus+ capsules.



## What do doctors and universities say?

JuicePlus+ has conducted numerous independent clinical research studies that show it effective in reducing oxidative stress, supporting a healthy immune system, heart and gums, sustaining a healthy pregnancy and optimizing recovery periods in athletes.

## What is bioavailability?

Unlike vitamin supplements, real food comes in its "whole package," making it more readily absorbed by the body. Studies have shown that many traditional vitamin supplements are simply passed in the urine rather than used by the body -- and can even be acidic and taxing to the body.

## What can I grow?

The Tower Garden system can grow nearly any type of produce that isn't grown on a tree or under the soil. That means fresh herbs, broccoli, lettuce, zucchini, strawberries, tomatoes and more right outside your doorstep!

## Do I have to have a green thumb?

Absolutely not! There are three simple steps to the Tower Garden system: setup, grow and harvest. Your kit comes with everything you need and, because it is an aeroponic growing system, the system uses no growing medium. The water and nutrients continuously cycle through the Tower.

## Isn't it expensive?

No! The Tower Garden starter kits are affordable in the first place but, in the long run, they are a spectacular investment. Never again will you purchase expensive, poor quality, grocery store produce. Not to mention the money saved on medical bills from a diet lacking in produce. The Tower Garden will pay for itself almost as soon as you start growing!

Every year, approximately 97% of your body is replaced - reconstructed from the foods and beverages you consume. You have a choice to make - what you put in to fuel your body for wellness, for performance, for recovery. Start the year off right by giving yourself the gift of health - JuicePlus+ and the Tower Garden.

Still have questions about whether Juice Plus+ and Tower Garden is the right gift for yourself or a loved one? Visit our website at [www.back2normalpt.com](http://www.back2normalpt.com) or give us a call at (727) 362-6866.

