



A Catalyst for Better Health

“Healthy Habits” by: Kim Renne  
A Quarterly Newsletter to Inspire Healthy Living

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Antioxidants work by neutralizing highly reactive, destructive compounds called free radicals. We all produce free radicals daily. The goal is to consume enough antioxidants to “clean up” the excess free radicals so they do not spiral out of control. Yukie Niwa MD, an experienced free-radical researcher, estimates that at least 85% of chronic and degenerative diseases result from oxidative (free radical) damage.



### Antioxidants Measure Up

#### Foods

#### ORAC (Oxygen Radical Absorbance Capacity)

To determine an ORAC score, a food is mixed with chemicals that produce free radicals. Researchers then measure how well that particular food reduces them. The higher the score the better.

1 cup blueberries	13,427
½ cup kidney beans	13,259
1-cup artichoke hearts	7,904
1 cup blackberries	7,701
1 cup raspberries	6,058
1 cup strawberries	5,938
1 plum	4,844
1 apple	3,578
1 avocado	3,344
1 navel orange	2,540
½ cup black-eyed peas	2,258
1 clove garlic	1,662

#### Fruit Trifle Salad

2 cups of seedless grapes  
 1 pint of blueberries  
 1 cord of pineapple  
 1 pint of strawberries  
*Wash and dry fruit and cut into bite-sized pieces. Layer fruit in trifle bowl.*  
Topping:  
 1 ¼ cup milk  
 ½ cup sour cream  
 1 small instant banana pudding  
 1 small can of crushed pineapple  
*Mix first three ingredients and allow to set. Stir in pineapple. Pour mixture over fruit. Eat and ENJOY!*

#### WHAT IS JUICE PLUS?

Juice Plus+ is a superior product of concentrated food, not vitamins and minerals. **Much of our disease conditions are characterized with inflammation. Juice Plus+ has the wonderful propensity to reduce, limit or totally eliminate inflammation.** The primary function of this product, however, is to protect organs, blood vessels and all functions of the body from attack by free radicals and the damage that they create. (Tom Copelli, M.D.)

To find out more information on how to add 8 fruits, 7 vegetables and 2 grains to your daily diet go to [www.getmyJP.com](http://www.getmyJP.com)

”All that mankind needs for good health and healing is provided in nature...the challenge to science is to find it.”