



Why Am I So Hungry?

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Almost everyone wants to lost weight. Why is it so hard and is there really anything that helps?

With 34 years in the fitness business, I've seen many people struggle with their weight. Fat is now a national health crisis. Studying nutrition for the last 25 years, I had never found anything that made a significant difference in one of the most critical issues in winning the war against fat---HUNGER. When you're hungry, you just can't resist forever. You may last a week or two from sheer willpower, but finally the hunger overwhelms you and you give in and in and in...

I truly believe that we have found a lasting solution

We eat foods that are so low on the nutritional scale that our cells are literally starving for nutrients (vitamins, minerals, and phytonutrients), so they send out the message to keep eating. And boy, we do! But we keep making poor choices. We keep filling our guts with foods that taste great but have little or no substance. We keep eating, but our bodies are screaming, **"I can't get no sat-is-fac-tion."**

What if you could supply the body with great nutrition? How would the body respond? I'm seeing what happens right before my eyes. People that have struggled for years are finally losing weight. The cravings are under control. The plateaus are dissolving. This truly is the best method of weight loss that I have seen in 34 years of helping people.

How does Juice Plus+ help with weight loss?

First of all, Juice Plus+ is not a weight loss product per se. It is a “give your body the nourishment it needs” product. The weight control comes as a byproduct of getting healthier. If you do the right things you won’t have to worry about your weight.

First Step: Be consistent with the capsules. This is the foundation to nutritional satisfaction. You are giving your cells the nutritional essence of 17 fruits, vegetables, grains and 9 berries...over 13,000 phytonutrients! If you miss a dose, take it as soon as possible - even if you have to double up the next day! Keep extras with you in your purse, your briefcase, your office.

Until we give our bodies the nutrients needed to function optimally, our bodies are going to keep telling us to eat. You decide what to put in your mouth. Decide right now to be very consistent with blessing your body with 26 fruits, vegetables, and berries every day. And please remember, as more and more of your cells are replaced with cells made with great nutrition, your cravings will decrease.

Also, do you know how to tell if you’ve eaten enough at any given meal? It’s when enough glucose (sugar) gets into you cells, and the cells send a message to your brain to turn off the hunger drive. Now here’s the problem... Insulin transports glucose into your cells. Ever hear of insulin resistance? It’s currently at epic proportions. ***If your cell is resistant to allowing the insulin in, you can’t get the glucose in, so you keep eating way past the amount that should have made you full.***

Juice Plus+ capsules not only help give you the nutrient satisfaction, but Juice Plus+ contains soluble fiber. This is the fiber, which is most lacking in our Standard American Diet (SAD). This fiber has been shown to be a glucose transporter. In other words, it can help get your food into your cell! So the cell can finally tell the brain, “I’m full!”

The capsules also contain live enzymes and probiotics, which help you to digest food. You have to digest food in order to absorb it! This is also the reason many people notice improvements in gastrointestinal issues after taking Juice Plus+. (Be aware that during the first couple of weeks on Juice Plus+, the body may go through some mild and gentle “cleansing”. This is healthy and a necessary step toward better health. Welcome this cleansing!)

Second Step: The Complete Shake This delicious smoothie mix is a wise choice, loaded with hard-to-find nutrition. It has a great balance – half protein (unique water-washed soy, peas, chickpeas, tofu, rice, and algae) and half complex carbohydrates (ancient grains, organic quinoa, amaranth, and millet, broccoli sprouts, alfalfa sprouts, radish sprouts, pumpkin, pomegranate, spirulina, and yucca). The Complete is deliciously flavored with stevia, monkfruit, and organic cane sugar, only 8 grams of low glycemic sugars per 100 calories). The Complete has 7 grams of fiber and no fat! The Complete is

also gluten-free, as are all of our products. Wow – what a nutrient-dense smoothie.

Want to really satisfy your body long-term? Give it protein and complex carbohydrates as fuel. If you are on an extremely low carb diet, your brain will cannibalize itself for the carbs it needs. Eliminating the white sugar, flour, overly processed food is great, but eliminating fruits, vegetables and grains from your diet is dangerous. Juice Plus+ give you the nutrients of 17 fruits, vegetables, and grains (26 fruits, vegetables, and grains if you're also taking the Vineyard Blend)...all without sugar.

If you are serious about returning your body to health, here is the plan:

- 1. Take 2 Orchard Blend, 2 Garden blend, and 2 Vineyard Blend capsules every day with plenty of water.***
- 2. Drink 1 Complete shake or smoothie per day.*** (I think the best plan would be to drink one Complete shake a day. When you first start on the Complete, it's normal to feel a little hungry, so go ahead and eat something health with it (fruit, a light sandwich with wholegrain bread, etc) Soon, as your body starts getting more satisfied, you'll find the shake to be totally fulfilling.

Remember to fuel your body at regular intervals. Two times per day eat a small healthy snack like a piece of fruit and a handful of nuts (like almonds or walnuts). You'll fuel your body and add Omega 3's at the same time.

Remember this important factor to success: try very hard not to eat after 7pm. If you feel you must, try something light and healthy. What you eat 3 hours or so before you go to bed will stick to you like peanut butter. What most people don't realize is that eating late at night will also reduce your body's ability to release HGH (human growth hormone). HGH slows down the aging process, and who wants to age faster?

Lastly, remember what you're striving for is nutritional satisfaction. These products are important if you really desire long-term success. As you eat healthy and take Juice Plus+, more and more of your cells will be replaced with cells made from great nutrition.

As this occurs, your cravings will change. The longer you are on Juice Plus+, the more obvious the difference will be to you. In 4 months, all of your red blood cells will be replaced. In one year, most of your body (approx 20 trillion cells) will be re-made. Make sure you are giving your body the best building blocks possible. ***So take your Juice Plus+ consistently, drink your Complete nutrient-dense smoothie daily and get satisfied!***