

Blue Jeans & Berries

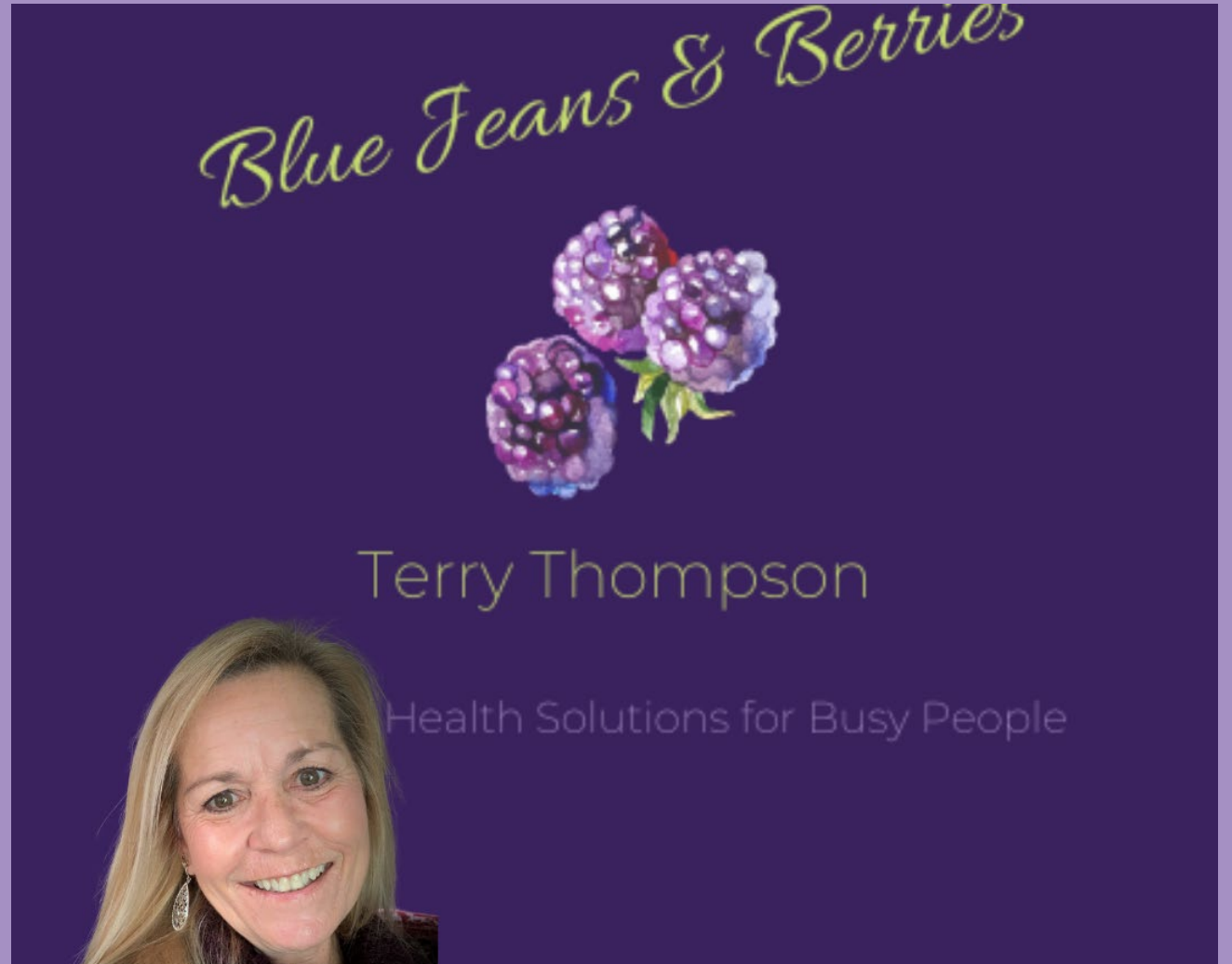


Terry Thompson

Simple Health Solutions for Busy People

I am Terry, a dedicated advocate for health and wellness.

- In essence, my role is to serve as a guide through the complexities of nutrition, offering insights into the benefits of whole and functional foods.
- My motivation stems from a profound desire to witness individuals flourish in both their personal and professional endeavors.
- Whether you're a seasoned entrepreneur or a dynamic business owner, my aim is to equip you with the knowledge and tools necessary to optimize your health and performance.
- Together, we'll embark on a journey towards enhanced vitality and well-being, navigating the intricacies of modern-day nutrition with precision and purpose.



Why I do what I do

More than 12 years ago, my path into the realm of nutrition was shaped by a profound personal experience: my mother's diagnosis of terminal brain cancer. Witnessing her battle ignited a deep-seated desire within me to explore every avenue of health and wellness. As I delved into the intricacies of nutrition, I uncovered a transformative path to personal well-being. My journey began not solely from my own health concerns but from a place of love and determination to make a difference. Today, armed with knowledge and fueled by a mission, I am committed to empowering others to take charge of their health and rewrite their stories of vitality and resilience.



Embarking on a quest for vitality

•**Confronting a myriad of health challenges:** At the outset, I found myself grappling with chronic migraines, arthritis in my hands, knee inflammation, acid reflux, and excess weight, seemingly resigned to these ailments as an unavoidable part of aging.

•**A turning point:** However, inspired by my mother's resilience and fueled by a fervent desire for change, I delved into the science of nutrition, determined to find answers so my children would not have to watch me suffer the same fate as my mom.

•**Discovery and transformation:** Through relentless research, experimentation, and unwavering dedication, I unearthed the transformative power of whole foods and functional nutrition, experiencing firsthand the profound impact on my own well-being.

•**From struggle to triumph:** Today, as I stand before you, I am living proof that with knowledge, perseverance, and a commitment to holistic health, we can rewrite our health narratives and embrace lives of vitality and resilience.

Terry Thompson



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Fueling My Journey: Introducing Juice Plus+

•**Harnessing the power of functional nutrition:** As I embarked on my journey to wellness, I discovered a vital ally in Juice Plus+—a cutting-edge whole food nutritional supplement that transcends traditional vitamins and minerals.

•**Nature's bounty encapsulated:** Juice Plus+ encapsulates the essence of fruits, vegetables, berries, and seeds into convenient forms, ensuring that the goodness of nature is readily accessible to support our well-being.


•**Backed by science:** Notably, Juice Plus+ stands as the most thoroughly researched product of its kind, with an impressive 48 publications in esteemed medical journals attesting to its efficacy and benefits.

•**A cornerstone of my wellness regimen:** Personally, incorporating Juice Plus+ into my daily routine has been instrumental in augmenting my health journey, providing me with a convenient and effective way to bridge nutritional gaps and fortify my body from within.

•**Empowering health from the inside out:** With Juice Plus+ as my trusted companion, I am equipped with the essential nutrients needed to thrive, allowing me to embrace each day with vitality and resilience.

JUICE PLUS+ ESSENTIALS CAPSULES


BREAKING DOWN THE BLENDS



**juice plus+
ESSENTIALS**

Fruit Blend
Blended Fruit & Vegetable Juice Powders


120 CAPSULES - NET WT. 3.6 oz (102g)



**juice plus+
ESSENTIALS**

Vegetable Blend
Blended Fruit & Vegetable Juice Powders


120 CAPSULES - NET WT. 3.5 oz (99g)



**juice plus+
ESSENTIALS**

Berry Blend
Blended Fruit & Vegetable Juice Powders












120 CAPSULES - NET WT. 3.4 oz (97g)



























**juice plus+
ESSENTIALS**







Omega Blend
Plant-Based Omega Supplement

120 CAPSULES - NET WT. 3.8 oz (107g)

		
ACEROLA CHERRY	ORANGE	APPLE
		
PEACH	LEMON PEEL	PINEAPPLE
		
CRANBERRY	BEEF	DATE
		
MANGO	PRUNE	

		
BEEF	SPINACH	LEMON PEEL
		
ACEROLA CHERRY	CABBAGE	KALE
		
TOMATO	PARSLEY	BROCCOLI
		
RICE BRAN	CARROT	GARLIC

		
BLUEBERRY	BLACK CURRANT	BLACK CURRANT
		
CONCORD GRAPE	POMEGRANATE	ACEROLA CHERRY
		
ELDERBERRY	CRANBERRY	BLACKBERRY
		
COCOA	RASPBERRY	ARTICHOKE

	
SAFFLOWER SEED OIL	RASPBERRY SEED OIL
	
SEA BUCKTHORN BERRY OIL	POMEGRANATE SEED OIL
	
ALGAL OIL	TOMATO SEED OIL

Juice Plus+ Essentials Capsules are whole food based, providing added nutrition from a wide variety of 30 different fruits, vegetables, and berries, plus a blend of omega fatty acids sourced from plants, seeds, and algae.

Services Offered: Empowering Your Journey to Wellness

- **Tailored nutrition education and counseling:** Whether for families or individuals, I offer personalized nutrition education and counseling to empower you with the knowledge and tools needed to optimize your health and well-being.
- **Gut health optimization:** Delve into the intricacies of gut health as we work together to restore balance and vitality from within, addressing issues such as digestion, inflammation, and immune function.
- **Gentle detox programs:** Experience the rejuvenating effects of gentle detox programs designed to cleanse and revitalize your body, promoting overall wellness and vitality.
- **Weight management support:** Navigate the complexities of weight management with personalized guidance and support, helping you achieve and maintain your health and fitness goals.
- **Label reading and recipe overhaul:** Master the art of label reading and overhaul your recipe repertoire with nutritious and delicious alternatives, ensuring that every bite supports your journey to wellness.
- **Comprehensive health coaching:** Benefit from one-on-one health coaching sessions tailored to your unique needs, providing guidance, accountability, and encouragement every step of the way.
- **Expert aeroponic gardening:** Explore the world of aeroponic gardening with expert guidance and support, harnessing the power of fresh, homegrown produce to nourish your body and soul.
- **Free resources and support:** As part of my commitment to your well-being, I offer complimentary 30-minute health coaching sessions and a wealth of free resources, including digital recipe books and health webinars presented by esteemed medical professionals.

How to reach me

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"Health is not merely the absence of disease, but the presence of vitality, resilience, and joy in living. As we journey together towards wellness, let us embrace the power of nutrition to nourish our bodies, minds, and spirits, and unlock the boundless potential that resides within each of us."

~Terry Thompson