



HEALTH & HEALING

Eat your fruits and vegetables

by **Mike Ventresca**
Vital Choice

How many times have you heard “Eat your fruits and vegetables?” According to recent statistics, Americans fall well short of the 5 to 9 servings a day recommendation. In fact, if you remove potatoes—which experts say should really be considered a starch—the average gets even worse. And now, recent research is beginning to uncover why our lack of consumption of fruits and veggies may be leading to increased complaints of anxiety and learning disorders as well as many diseases.



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All of this has to do with an enzyme produced by the liver called PON1. PON1 acts as an antioxidant and promotes cellular detoxification. Decreased PON1 activity is associated with a higher incidence of heart attacks, high cholesterol, and diabetes. PON1 also plays an important role in detoxification of the body including pesticides and insecticides. Experts note that a reduced ability to remove these types of toxins may lead to a state of anxiety in the short term, and in the long term learn-

ing disorders and neurodegenerative diseases like Parkinson’s and Alzheimer’s can develop.

Thankfully, Mother Nature has given us a way to increase PON1—eat more organic fruits and vegetables! Now I have to admit, although I know how good they are, I still find it difficult to get 5-9 organic servings per day. That’s why I take a product called Berry Green.

Berry Green is a combination of 20 different USDA certified organic vegetables and fruits and is available in capsules or as a powder. Can Berry Green help? In a recent pilot study, one serving of Berry Green was shown to stimulate activity of PON1 up to 19% during the first 90 minutes following ingestion.

Given the research, Berry Green is not only a great addition for adults, but may be even more so for children who are not getting the recommended “5-9 a day.”

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton’s Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



Learn. Shop...be healthy!

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