



HEALTH & HEALING

We must eat more...

by **Mike Ventresca**
Vital Choice

How would you like to detoxify your body of pesticides and insecticides while reducing your risk of suffering from anxiety, high cholesterol, heart disease and diabetes? What if I told you the same magic substance that can help do this



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has been shown to balance hormones, protect against cancers and help with weight management, would you be interested?

What is this magic substance? The answer is...vegetables! That's right, the consumption of vegetables has been shown to detoxify the body, balance hormones

and reduce the risk of many diseases. So what does it say that a recent survey found our average daily consumption of vegetables is 0.4 servings! To make matters worse, most of us are consuming vegetables that are not organic. So instead of removing pesticides and insecticides, many of us eat vegetables that actually may contain them!

To better understand the relationship between vegetables and our health, researchers are taking a deeper look at an enzyme called PON-1. PON-1 helps

detoxify the body. When PON-1 is low, researchers report a higher incidence of heart attacks, high cholesterol, diabetes and other health concerns. When we eat vegetables we increase our PON-1.

This is all well and good but let's face it – consuming dark green leafy organic vegetables (and fruits for that matter) can be difficult. With this in mind, I take a product called Berry Green™. Berry Green is a combination of 20 different USDA certified organic vegetables and fruits and provides roughly 2 servings of these critical foods. Just like eating vegetables, taking Berry Green has been shown to increase PON-1.

I recently convinced a friend of mine to try Berry Green. After only a few weeks she called to say she feels better than she has in years, has more energy and actually looks forward to taking it! Berry Green's also a great option for kids.

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. 00137585



Learn. Shop...be healthy!

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