

# Rich daily source of nutrients

**W**ELLNESS Juicing, comprising BarleyGreen, Beta Carrot and Beta Beet is an excellent source of nutrients as juice is separated from fibre and a great majority of nutrients stay in the juice. As fibre has been removed, these fresh, living nutrients get into the bloodstream and to the cellular level in minutes, minus the energy-depleting process of digestion.

## Benefits of Wellness Juicing:

**1. Certified Organic**  
Quality assured and safe for consumption, Wellness Juicing comes with higher nutritional ingredients from organic farm products.

Organic product procedures work in harmony with nature, therefore preserving the diversity of product.

**2. Multiple types of live enzymes**

Wellness Juicing contains a multitude of the body's spark plugs - enzymes. Enzymes supply the sparks that start the essential chemical reactions our bodies need to live. Without these sparks, and these chemical reactions, we would be unable to walk, talk, blink, or breathe. One enzyme in particular that has been studied a lot is the super oxide dismutase (SOD). The ageing process has been directly linked to the decreasing amount of SOD in our system. Increased amounts of SOD causes our body to repair itself quicker. Additionally, SOD acts as an anti-inflammatory enzyme and cancer preventive enzyme.

Another enzyme is P4DI, isolated in a laboratory in California in the 1980s in barley juice. P4DI is the substance to actually stimulate repair of the DNA molecule. It is possible that disease cells can be repaired with P4DI so that when they reproduce, they will actually produce good cells.

**3. High alkalinity level**

Our body cells cannot adequately function if the pH ranges do not lie within pH7.35 to 7.45 alkaline levels. When our body pH is more acidic, we are more susceptible to diseases. Most processed foods we consume today are acidic. To obtain a balanced pH, it would require a diet of 70% to 80% raw fruits and vegetables. The high alkalinity of juicing is very

useful in balancing the acidity of our bodies.

**4. Wholesome**

The real power of Wellness Juicing is found in the combination of its many nutrients. Wellness Juicing contains the proper balance of nutrients, including vitamins and minerals. It is this special combination of nutrients and phytochemicals working together as antioxidants that provides protection against free radicals. It is as close to its natural state as possible due to its unique patented processing method.

**5. The Assimilation Factor**

"You are what you eat." Since Wellness Juicing uses a unique patented processing method

(Explanation: Blends plants into juice, and uses low temperature to spray dry into powder form), it retains the original nutrients found in the plants. These nutrients (natural vitamins, minerals, amino acids, protein and live enzymes) are readily assimilated by our bodies and complete our daily diet. Two glasses of Wellness Juicing a day keeps doctor away.



Cheers to good health

## Why we need Wellness Juicing

The ideal daily diet ratio is 80% alkaline foods and 20% acidic foods.

**Acidic food:** rice, white bread, biscuits, noodles, coffee and tea, white sugar, meats and meat product and fried foods.

**Alkaline foods:** fruits and vegetables.

While modern technologies have improved the quality of lifestyles, it has resulted in the decline of health. The daily diet of an urbanite is close to 80% in acidic food and 20% in alkaline food. This diet intake will expose them to modern degenerative diseases such as cardiovascular diseases, diabetes, atherosclerosis, immune dysfunction, and ageing.

If we are unable to change our current diet and busy lifestyle, the best solution is Wellness Juicing. Wellness Juicing is 20 times concentrated - two glasses a day is equivalent to five servings of vegetables and fruits. This is the best way to maintain optimum health, especially for meat lovers. What you need is just a shaker, mix it with water, and it turns into "salad in the glass"

For details, call 03-2273 5255, 04-655 4505. The office is located at 80 & 82 Ground Floor, Jalan Tun Sambanthan, KL.