

APRIL 2014 NEWSLETTER



5 Reasons to Grow Good Health with Tower Garden

As a Juice Plus+® customer, you likely know—and appreciate—that Juice Plus+ is an easy solution to help bridge the gap between what we *should* eat and what we actually do. But it's important to also minimize that gap as much as possible. By allowing you to grow up to 20 plants—including almost any vegetable, herb, flower and many fruits—Tower Garden® is a fun way to do that.

- + Makes gardening easier.**
The farm-to-table movement has never been so convenient! With aeroponic technology, Tower Garden eliminates soil-based gardening hassles, such as tilling, weeding, watering and controlling ground pests and plant diseases. Small enough to fit on a sunny balcony, porch or rooftop, Tower Garden offers the perfect gardening solution for those without the space for a traditional garden.
- + Provides fresh, tasty produce—right outside your back door.**
Much of the produce available in grocery stores is days or even weeks old, lacking in nutrition, and may have been treated with chemicals you would prefer to avoid. But when you grow your food with Tower Garden, you know what is—and isn't—in your food. And there's nothing quite like walking only a few feet to harvest a juicy, vine-ripened tomato or crisp head of lettuce.

[Discover 3 more reasons on JuicePlus.com](#)



Catch Up with the Community

Here's a look at a few recent blog posts of interest:



[Childhood Obesity Rates Are Dropping »](#)



[3 Tips for Obtaining Great Skin »](#)



[Healthy Living during Spring Break »](#)

FARM TO CAPSULE



Speaking of growing produce, did you know Juice Plus+ starts with farm fresh fruits and vegetables?

[SEE HOW JUICE PLUS+ IS MADE](#)

SMART KIDS



Renowned pediatrician Dr. Bill Sears recently discussed the importance of good nutrition and daily activity for raising smarter children on TV.

[WATCH THE VIDEO](#)

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