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To: Morley Evans

Let's Get Healthy Today!

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I am living proof of what I say. I will be 65 in less than two weeks. My blood pressure is 100/63 which is "the blood pressure of children and athletes." I work out every other day and tan in between. I bench press fifty-pound dumbbells and do other things. I am not the oldest person at the gym. I am not the youngest person at the gym. I am not the strongest person at the gym. I am not the weakest person at the gym. What am I? I am the most improved person at the gym: In June 2000, I was at death's door. I was in a coma after being very sick for the previous eight years: I had iatrogenesis. I weighed 115 pounds when I came home from hospital. I spent the next two years sitting in a Lay-Z-Boy all day unable to do anything else. I slowly recovered my health through nutrition and exercise. At 65, I am healthier today than I was at 56, or 46, or 36, or 26, or 16, or 6! Who else can say that? Can you? Will I live another sixty years? I might not, but it sure feels that way today. Who else can say that? Can you?

Wouldn't you like to be young again? Of course you would!

Exercise is 40%. Nutrition is 60%. Fruits and Vegetables are the foundation of good health!

Like many people today, I spend most of my time pounding on a computer keyboard while sitting at my desk 8 to 12 hours a day. Working out is essential for me as it is for everyone today who doesn't do physical work. But exercise alone is not the answer. Sore muscles? I never get sore muscles (anymore). I take no pharmaceutical drugs or drugs of any kind. Doctors? Fuggetaboutit.

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Do you know anyone with any of these medical conditions? Heart Attack? Diabetes? Macular Degeneration? Multiple Sclerosis? ALS? Chronic fatigue? Cancer? Alzheimer's? Allergies? Asthma? Psoriasis? Migraine? Arthritis? Periodontitis?

Good nutrition, not advertising, doctors and pharmaceuticals, is the answer to bad nutrition — *the source of chronic disease*. Good nutrition is the key to good health. Good food makes us healthy. Pharmaceutical medicine does not help. It often makes things worse. You cannot afford to wait! Start right now. Good health is not something that just happens. You must eliminate the negative and accentuate the positive.

BUY NOW!

You cannot and should not try to do everything at once, but you can start with two capsules of Juice PLUS+ Orchard Blend in the morning and two capsules of Juice PLUS+ Garden Blend in the evening. Can you afford \$2 a day to optimize your health? Yes you can! Watch the videos: www.morleyevansjuiceplus.com Then click the "Store" button and buy JuicePLUS+ from me Today!

What do I know? <http://morleyevans.blogspot.ca/2012/07/what-am-i.html>

I am living proof of what I say! Questions? Talk to me: morleyevans@morleyevans.com

Visit my fitness website: Fitness-Health-Happiness.
