

GET A VIEW

THREE QUESTIONS FOR GOOD HEALTH

THE BATTLE BETWEEN FREE RADICALS AND ANTIOXIDANTS

Have you ever wondered why fruits and vegetables are so important to good health? One of the main reasons is because these natural foods contain something called antioxidants. Antioxidants are helpful molecules that grab the harmful molecules—called free radicals—and neutralize them.

Your cells are being attacked by free radicals every day and most of us don't even know it's happening. This battle is a natural part of metabolism. Every time you generate energy, your body creates free radicals. They are little rogue atoms that attack healthy cells. It's like when you cut open an apple and notice that after a few minutes it starts to turn brown. That brown color is evidence of free radicals at work.

The majority of the population is antioxidant deficient. That means, for many people the free radicals are ahead. Everyone needs between 9 to 13 servings of fruits and vegetables every day in order to get enough antioxidants to win. But most people are only getting two servings of fruits and vegetables a day, or even fewer. They are losing the battle.



THE FIRST VIEW OF YOUR INTERNAL HEALTH

Have you ever weighed yourself? Almost everybody has. When you step on the scale and see that number, or you look in the mirror and notice how your pants are fitting, you are getting an idea about your external health. But what about knowing how healthy you are in the inside? Until now, you haven't had a good way to understand your internal health. The VIEW has changed that. Now, for the first time, you are able to really see how well you are doing in that battle between free radicals and antioxidants.

If you get scanned with a VIEW device and your score is red, orange, or yellow, you are actually losing the war against free radicals. But, if your score is blue, green, or purple, you are winning the war. Knowing where you stand is vitally important. Once you know your score you can work to increase your intake of fruits and vegetables to get the necessary amount of antioxidants.



QUESTION 1: DO YOU KNOW YOUR ANTIOXIDANT SCORE?

Most people you talk to would say that they would like to improve their health. Most of the time, if you ask someone the question: "Do you know your antioxidant score?" they won't know the answer. Asking may pique their curiosity, however. Most people will respond with, "No, what is that?" Because almost everyone wants to improve their health, this is a very effective ice breaker. The VIEW is an amazing tool to help people understand how to take their health to the next level. Simply scan them with your VIEW device and tell them their score.

QUESTION 2: WHAT DOES YOUR SCORE MEAN?

Once you have given someone their score, the next questions that will probably come up is "What does my score mean?" The explanation is pretty simple. If they are red, orange, or yellow, that means that they have more free radicals in their body than antioxidants. They are losing the battle. Most people will probably be in this category. However, if they are green, blue, or purple they are winning the war by having more antioxidants than free radicals.

The goal is simply for them to raise their score so they are in the green, blue, or purple range. If they are red, orange, or yellow, you just need to help them develop strategies to raise their score.



QUESTION 3: HOW DO YOU RAISE YOUR SCORE?

The best way to help people develop strategies to raise their score is to first ask them how many fruits and vegetables they think they could eat every day. If they say they are already getting two to three servings a day, they may be willing to commit to getting a couple more servings every day. That's a good start. Where it becomes difficult for most people is increasing their intake to the necessary 9 to 13 servings of fruits and vegetables a day.

MonaVie is the solution. Just four ounces of MonaVie MX or MonaVie Active a day will allow them to get the antioxidant equivalent to about 13 servings of fruits and vegetables. It's very simple. Just tell them to do the best they can to get the fruits and vegetables they need, and then drink four ounces of MonaVie to make up the difference. Not only will you know that their score will go up, it's guaranteed or their money back!

