



The Healthy 3%

**17 Fruits & Vegetables That Must
Be Organic**



Stoop Juice

EATING CLEAN
BALANCED LIVING

JOSE FRANCO



CONSCIOUSNESS

EXERCISE & EATING CLEAN IN 2019

Jose Franco, owner of Stoop Juice believes maintaining a healthy balanced routine, keeps him happy. Jose has written articles on [consciousness](#), [exercise](#) and [eating clean](#) with two purposes. 1. to create content for himself in order to remain motivated. 2. to share this information with the rest of the world with the hopes others find it useful. Additional opinion articles on [business & politics](#).

"Negative thoughts can be paralyzing and make you your own worst enemy. As I began to take notice of my thoughts and how I spoke, I realized how negative I was about most things. How I felt was influencing my food choices. I was very judgmental and opinionated about things I've yet to try or experience. I also had no structure or strategy of how to reach my goal. I had no vision, no ideal or idea what I had to do."



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SELF MOTIVATED

Seeing yourself having a balanced healthy lifestyle will go a long way in determining how long it will take to for it to become a realization. The clearer the vision, the easier it will be [Continue reading](#)



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BENEFITS OF SELF TALK

You did it! You've reached your ideal weight through the latest diet craze, let's call it "the Park Slope Diet" and what have you realized? Regardless of a person's social status or affluence, it's tough to be constantly at your ideal weight and at times [Continue reading](#)



the Healthy 3

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THE HEALTHY 3%

Brooklynites, prior to getting a free juice cleanse consultation at Park Slope's Stoop Juice, patrons are asked to list the foods and drinks they regularly eat. Most of these customers opt to return with the completed food list the following [Continue reading](#)



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INTERMITTENT FASTING

Back in 2011, I lost 70 pounds in 120 days by juice cleansing after experiencing a paradigm shift in how I saw myself in relationship to external things. The realization I'll always be both [Continue reading](#)

Be Organic



Stoop

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VEGETABLES THAT MUST BE ORGANIC

Apples are a popular fruit, but unfortunately, they usually rank among the 12 top fruits and vegetables contaminated by pesticides in tests run by the nonprofit Environmental Working [Continue reading](#)