



Arthritis

Osteoarthritis, Rheumatoid Arthritis, and other joint & connective tissue disorders

The term arthritis (inflammation of the joints) refers to over 100 diseases that attack the joints and their connective tissues. Degenerative joint and rheumatic diseases also include gout, lupus, arthritic spine, psoriatic arthritis (which affects the skin and joints), bacterial infective arthritis, fibromyalgia, and rheumatism. Arthritis is the leading cause of disability in the US today, affecting up to 80% of people over the age of 50. Estimates say that this number is still rising.

Arthritis is not a simple disease. It can affect the bones, joints, blood vessels, kidneys, skin, eyes, brain, and immune system. NSAIDs (non-steroidal anti-inflammatory drugs) are commonly used to relieve the aches and pains that a person may be experiencing, but these drugs can also cause complications of their own, such as heart attacks, blood clots, and sometimes even strokes. Natural therapies based on lifestyle changes seem to help far more than the conventional “hero” medicine, and there are even some supplements that have shown to regenerate the joint and connective tissues, as well as to prevent further destruction within the joints.

Supplement Recommendations:

CLEANSE:

- **Genesis PURE Noni**– May help to remove harmful fungus and bacteria in the digestive system, as well as in the bloodstream and cells. It is also a high mineral content body builder and may help to control infections. Removing toxins from the digestive system and blood is especially critical for those suffering from arthritis and joint pain. **Drink 2 oz, once a day (preferably morning), on an empty stomach. If needed, for an added boost, take another ounce or 2 in the early afternoon. You can gradually work your way up to 2 oz, two times a day.**
- **Liquid Cleanse™** – This cleanse will help to clean your entire body and purify all major organs, and will also facilitate **2 to 3 fully formed bowel movements a day.** This will allow the avenues of toxic release to flow regularly, preventing toxic build up. One of the goals of this health program is to open all 7 Channels of Elimination: intestines, lungs, skin, kidneys, liver, blood, and lymphatic system. This cleanse contains ingredients not found in other cleanses on the market, such as Wasabi, Uva Ursi leaf, Yellow Dock, and Burdock Root. **Read label and take as directed.**

BALANCE:

- **GoYin™** - This is a special blend of 20 warm and cool superfruits, herbs, and other fruits which each have their own special benefits. In combination, this formula can induce a systemic whole-body balance which translates into optimal physical and mental function. Clinical studies have even shown significant reductions in tension, depression, fatigue, and confusion as well as an increase in vigor. **For best results: Take one to two ounces twice per day, preferably one hour away from meals or medications**



BUILD:

- **Genesis PURE Mangosteen** - Mangosteen is a fruit that has shown in clinical studies to support the healthy prostaglandin and histamine levels in the body, thereby assisting in the control of inflammation. It was been used for centuries in Southeast Asia and India, and has been studied for many years by universities and world-renowned scientists around the world, working to unlock all of the secrets of the mangosteen fruit. The main compound with makes this fruit so wonderful is called a Xanthone. Xanthones are extremely powerful antioxidants that are found naturally in nature, 20% of which occur ONLY in the mangosteen fruit. **Suggested Serving: Take two ounces per day on an empty stomach. You may take more as needed.**
- **Genesis PURE Acai** – The Acai berry is known in Brazil as the “Beauty Berry” but is also an excellent source of potassium, essential amino acids and essential fatty acids. It provides support for the brain, central nervous system, heart and liver and may promote enhanced immunity and bowel health. This dark purple juice is full of powerful anthocyanins (special anti-oxidants) and enzymes (superoxide dismutase, or SOD, which is a powerful free radical scavenger) and makes for a powerful tonic for fighting the damage from stress, inflammation, cancer and other stresses to the body. **Take one ounce once or twice a day.**
- **Genesis PURE Coral Calcium** – Calcium is one of the hardest minerals to digest and metabolize; therefore, we always suggest the liquid form over all other tablets, capsules or powder forms. Calcium is critical for almost every single function in the human body and is especially important for those with arthritis and joint pain. **Drink 2 to 4 ounces, twice a day; morning & evening.**
- **Genesis PURE Goji** - Goji has been clinically proven to alleviate depression, increase low sex drive and fertility, discourage premature aging, fight fatigue, improve mental clarity, support healthy blood pressure levels, increase energy levels, improve sleep quality, and support balanced blood sugar. It possesses anti-inflammatory activity, and is a strong and very powerful antioxidant. Goji juice contains the following naturally occurring organic elements: 19 Amino Acids, 21 trace minerals, more Vitamin C than oranges, Vitamin E and Solavetivone, a powerful anti-fungal and anti-bacterial compound. The Lycium Barbarum’s five major Polysaccharides are the most important compounds and are responsible for much of Goji’s powerful beneficial effects. What makes this product rise above all others is the fact that **NOTHING** else is added to it. No water, no extra fruit juice and no added flavorings. **Take two to three ounces per day on an empty stomach. Mix Genesis PURE Goji with Genesis PURE Noni to create a "Super Tonic".**
- **Genesis PURE Nutrition**– An all around easy to digest, absorb and assimilate liquid vitamin and mineral drink complete with an amino acid blend, sea vegetable blend, and anti-oxidant blend. Proper nutrients, minerals and vitamins are essential to build and strengthen all of our body’s internal organs, cells, and tissues. **Take 1 oz with breakfast and 1 oz with lunch.**

Diet Recommendations:

- Alkaline Diet
- 12 Golden Rules
- Avoid arthritis trigger foods: corn, wheat, rye breads, bacon and pork, beef, eggs, coffee, oranges, milk, peppers, eggplant, tomatoes and potatoes, mustard, sodas, & chocolate.
- Add body balancing foods: green tea, cherries, cabbages, brown rice, shiitake mushrooms, fish, sea greens, fresh fruits, vegetables, leafy greens, garlic, onions, olive oil, sweet potatoes, squashes, ginger and parsley.

Disclaimer

The information provided by Lindsey Duncan ND, CN is not medical advice and is not intended to take the place of the care provided by your Medical Doctor. This information is provided for educational purposes only and the intention is to help educate on diet improvements, lifestyle improvements and nutritional supplementation. Genesis PURE and Lindsey Duncan ND, CN do not treat, diagnose, prescribe for, or



cure any disease, disorder, deformity or physical or mental condition. Because we are all so different, individual results may vary. Always consult your Doctor prior to starting any new health program.

