



Constipation and Waste Management

Colon and Bowel Health

Most poor health conditions stem from poor elimination in some way. Naturopaths believe that old, infected material in bowel pockets causes as much as 90% of all diseases in the body. The colon and bowel are the depository for all waste material after food nutrients are extracted and sent into the blood stream. Decaying food ferments and forms toxic gases, which are then recirculated two or even three times over back into to blood stream and other local organs. The colon can then become a breeding ground for putrefactive bacteria, viruses, parasites, yeasts and more. This is especially dangerous for your health because healthy intestines act as your body's second immune system. Ideally, we should be eliminating after each meal, just as babies and our pets do, but some experts are saying that we are 50,000 bowel movements short over a lifetime because of sluggish bowels. Constipation is the Number 1 gastrointestinal complaint in the US, affecting almost 5 million people, and hospitalizing over 100,000 each year. Signs of IBS include infrequent elimination, fatigue, irritability, headaches, mental dullness, gas, nausea, depressing, coated tongue, bad breath, body odor, and sallow skin.

Supplement Recommendations:

CLEANSE:

- **Genesis PURE Noni**– Noni has a high mineral content which means it can be used as a body builder and pH balancer, and it may also help to control infections and boost immunity. It has over 140 powerful vitamins, minerals, and other nutrients that give the body a natural energized feeling, and takes your immune system to another level. The Noni fruit has shown in clinical studies to possess antiviral, antibacterial, anti-fungal, anti-tumor, antihistamine, and anti-inflammatory properties. It is also a powerful digestive bitter. It is accepted that one of Noni's major benefits is its relief of most types of pain. It helps to balance serotonin levels in the brain as well, which may improve mood and sleep. Noni is also known to pull sugar from the blood and help to balance internal blood sugar levels. **For best results: Take two ounces of Genesis PURE Noni first thing in the morning on an empty stomach. Be sure to take Genesis PURE Noni one hour away from any prescription medications.**
- **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 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. 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 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 Silver**– Our Silver contains 40 mcg of silver and is manufactured under the strictest and cleanest manufacturing and laboratory conditions available. It may be beneficial in fighting many types of fungus, bacteria, viruses, amoebas and more. Those with cancer may benefit especially from Colloidal Silver. **Read label and take as directed.**
- **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.**
- **Cell Water** - Cell water effectively transports nutrients, enzymes, and proteins in the cells and also removes waste products and helps maintain proper communication between cells and empowers the body's natural healing processes. **Use as directed.**

Diet Recommendations:

- Alkaline Diet
- 12 Golden Rules
- Add more fiber, especially from fresh foods. Have a salad every day. Add often to the diet: whole grains, green vegetables, brown rice, sprouts, yogurt and kefir, and apples.

Lifestyle Recommendations:

- Take a daily walk to stimulate regularity.
- Have a regular time for elimination.
- Massage lower back to ease passage of waste.
- Do not ignore the feeling to defecate. Bowel movement suppression contributes to chronic constipation.

Disclaimer

The information provided by Genesis PURE 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 does 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.