



Depression

Bi-polar disorder, Paranoia, Mood affective Disorder

Depression is the most common form of adult psychiatric disorder, and it's on the rise worldwide. Today, depression is recognized as one of the top four disabling diseases in the world. Mood disorders affect over 30 million Americans (women more than men, usually) and we spend over \$20 billion on treatments. Two out of three people who are being treated for depression using antidepressant medications are still experiencing depression symptoms. Drug companies are also using these medications to curb shyness for ordinary school children. Clinical depression is much more than just a case of the blues. Depression is both a mental and emotional state, a feeling of being in a box that you cannot escape. There are numerous nutritional changes that you can make to decrease your chances of succumbing to depression symptoms.

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. 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 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 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.**
- **Genesis PURE Calcium** – The first probiotic activated liquid calcium with a 45% absorption rate (530mg per 1 oz serving). This absorption rate is 80 to 90% more bioavailable to the body than calcium in hardened tablet forms. Genesis PURE Calcium contains other vital nutrients needed for calcium digestion, absorption, and assimilation; such as Vitamins A, C, D, and E, and minerals such as magnesium, boron, selenium and zinc. Also included are vital greens such as Kale, Brussels sprouts, and Collard Greens which have been added to this blend because of their high amounts of natural calcium. Genesis PURE Calcium helps to promote a healthy strong skeletal, cardiovascular and nervous system. **Serving suggestion: This is one of our more potent products, so feel free to start with half an ounce daily and gradually increase your intake to 1 full ounce twice a day as your body is able to handle larger amounts.**
- **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
- Avoid all forms of sugar.
- Avoid alcohol, caffeine, and processed foods. Avoid trigger foods such as sugar, aspartame loaded foods, nitrate-reserved meats, MSG, fast food, salty foods, fried foods and cola drinks.



Lifestyle Recommendations:

- Exercise. Give your body plenty of body oxygen.
- Yoga stretches or regular massages can clear the mind and refresh the body.



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.