



This is a simplified health program to help support the body to heal naturally. Please be advised that the lifestyle changes and supplements suggested are not for treating the disease but are only for a support to health.

Autism

Autism is a developmental brain disorder that we have little understanding about it. It is estimated that about 400,000 people in US are affected by autism. The symptoms of individuals who are diagnosed as autistic vary widely. It is usually diagnosed in early childhood and is characterized by a marked unresponsiveness to other people and to the surrounding environment. The causes of autism are unknown and some suspect it is a result of neurological imbalance or malfunction. Behavioral training and management along with specialized therapies are very important in managing autism and should be included in various aspects of the treatment program.

Genesis PURE products are designed to improve overall body health by Cleansing, Balancing and Building. **They are not used to treat any diseases.** A long time use of Genesis PURE products may help the body handle imbalanced health problems more effectively.

Suggested Genesis PURE products:

- **Nutrition** – provide essential vitamins, minerals, bioactive compounds and amino acids for brain and body functions
- **Liquid Cleanse** – eliminate toxins from body through various channels
- **Coral Calcium** – Essential for brain and nervous system function
- **GoYin** – provide superfruits and adaptogenic herbs for body balanced function
- **Goji** – Enhance brain function and immune system
- **Fruit & Fiber Mix** – provide superfruits and high quality fibers plus food enzymes and probiotics

Lifestyle modifications:

- Eat high fiber diet
- Eat fish once a week
- Eliminate alcohol, and canned foods
- Do not drink carbonated drinks
- Avoid fried and fatty foods
- Do not eat wheat and products with wheat
- Moderate exercise routinely
- Try to avoid milk and dairy products to see if it helps (may take yogurt with probiotics)

GENERAL LIFESTYLE AND DIET RECOMMENDATIONS

Eat a low fat, high in fiber, low in salt, and low animal protein diet. Frequently eat pineapple to provide bromelain – (an enzyme excellent for reducing inflammation). Make sure to get plenty of rest and regular moderate exercise that promotes muscle tone and fitness. Avoid strong sunlight and use protection from the sun. Use hypoallergenic soaps and cosmetics.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

No information contained here is meant to replace the advice of your doctor or health care practitioner. The data and opinions appearing in this document are solely for informational and educational purposes. Genesis PURE does not offer medical advice and Genesis PURE encourages readers to seek advice from qualified health professionals.