



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.

Food Allergies

Food allergies are abnormal responses of the body's immune system to the foods consumed. It is a complicated issue since we eat a variety of foods and many of them are possible causes. If we do not know which food(s) we are allergic to, we do not know how to treat it.

Obviously the best way to avoid symptoms associated with food allergies is to identify what foods are causing the reaction and then avoid them. However, many times we may have hard times to identifying them.

The causes of food allergies are not really clear and the current research has shown that the immune system and heredity are involved. Why some proteins in foods are not digested well and get into our bloodstream is not clear yet. It might involve a lack of enzymes or leakage of our digestive tract and none of them have been confirmed.

Genesis PURE products are designed for the promotion of whole body health with the concept of Cleanse, Balance and Build. We believe when we cleanse and then build with superior nutrients, we will have a much better whole body function to fight many unknowns that cause various unhealthy conditions.

Suggested Genesis PURE products:

- **Liquid Cleanse** – to eliminate toxins from the body that may trigger abnormal reactions
- **GoYin** – provide body with superfruits and adaptogenic herbs for proper body functions
- **Goji** – an amazing fruits juice, to adjust body immune system, enhance body energy, and mood. Great antioxidants
- **Fruit & Fiber Mix** – provide fruits, high quality fibers, enzymes and probiotics
- **Nutrition** – provide essential vitamins, minerals, amino acids and phyto nutrients

It may be necessary to introduce the products one by one and start with a low dose to see if the body reacts to these products abnormally. A child of 12 years old may take half of the dose and a 6 year-old may take ¼ of adult dose recommended on the label. The dose may be much lower to test.

It is also suggested to take some fruits like pineapple and papaya between meals. Pineapple contains an enzyme called bromelain. **Do not take it if it upsets stomach or when taking blood thinner medication.** Papaya contains an enzyme called papain. These enzymes are proteinase that may help cleans the undigested proteins.

GENERAL LIFESTYLE AND DIET RECOMMENDATIONS

Eat a low fat, high in fiber, low in salt, and low animal protein diet. 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.