



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.

Gallstones

It has been estimated that 20 million Americans have gallstones. Most gallstones are made up of cholesterol and other compounds in the body. They are formed in the gallbladder when metabolic imbalance occurs. Initially, gallstones do not cause any symptoms. When the stones grow to a certain size it may cause intense pain in the upper abdominal region as the stone is pushed out of the gallbladder and lodges in the bile duct. The symptoms often occur after a person eats fried or fatty foods.

The causes of gallstones are not clear and many factors may be involved. Being overweight and consuming fatty foods may contribute to the formation of gallstones. Rapid weight changes (i.e. losing weight and gaining weight repeatedly) may be also related to gallstone formation.

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:

- **Liquid Cleanse** – to help liver in cleansing toxins from the body
- **GoYin:** to provide superfruits and adaptogenic herbs for proper body metabolism
- **Nutrition:** to provide vitamins, minerals and amino acids for body function
- **Goji:** to provide high antioxidants enhance energy and immune system
- **Noni:** to help detoxify the body, provide anti-inflammation support and enhance immune system function

Lifestyle modifications:

- Eat more fruits and raw vegetables
- Avoid or reduce consumption of sugar
- Avoid or reduce animal fats and meats
- Do not eat fried foods
- Do not overeat, and try to eat 70% of fullness

Additional suggestions to eliminate gallstones:

Take 3 tablespoon olive oil with the juice of a lemon or grapefruit before bed and in the morning. Stones may be passed in stool by this technique.\

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.