



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.

Gout

Gout is caused by too much uric acid in the blood, tissues and urine. People who have gout do not have enough of an enzyme to oxidize relatively insoluble uric acid into a highly soluble compound. As a result, uric acid accumulates in the blood and tissues. The most affected organs are the big toe, then other joints like mid-foot, ankle, knee, wrist and even the fingers. Uric acid is a byproduct of certain foods and diet will greatly affect the process of gout.

Dietary suggestions:

- Eat more alfalfa that contains many minerals and other nutrients
- Eat raw fruits and vegetables for two weeks when gout attacks
- Maintain a diet low in purines at all time. Purines are organic compounds that contribute to uric acid formation. Foods have high purines are meats, some fish, mushrooms, peanuts, and you may check the internet to find more.
- Drink lots of water with added Cell Water (from Genesis PURE)
- Do not drink alcohol
- Do not eat fried foods

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** – eliminate toxins from body through various channels.
- **Nutrition** – provide essential vitamins, minerals, bioactive compounds and amino acids for brain and body functions
- **GoYin** – provides superfruits and adaptogenic herbs
- **Goji, Acai, Mangosteen, and Noni** – may take 1 oz each in the morning and 1 oz each in the afternoon per day. These juices contain many antioxidants and other phyto nutrients to help the body. Extended use of these products will help build your body.
- **Fruit & Fiber Mix** – provide fruits, and high quality fibers plus food enzymes and 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.

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