



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.

Infertility

Twenty percent of married couples in the U.S. today are affected by some kind of fertility problem. Many current conventional fertility treatments have many drawbacks. In vitro fertilization often results in multiple pregnancies and tough decisions for expectant parents. Evidence also shows Intracytoplasmic Sperm Injection (ICSI), introduced in 1993 to boost sperm count may cause abnormalities in embryos and even slow development in children.

Common Causes: Internal toxicity; poor nutrition and stress are at the base of most fertility problems. For men; zinc deficiency; a fast food diet, heavy metal toxicity, stress, bacterial infections and too much alcohol or marijuana. For women; anxiety, emotional stress or depression; severe anemia, polycystic ovary syndrome, hormonal imbalance. Hormone mimics from pollutants and chemical are linked to infertility in both sexes.

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:

- **Noni** – Helps our body destroy harmful fungus and bacteria and remove toxins in the digestive system, as well as in the bloodstream and cells. It is also very high in organic minerals and helps to build up our organs and may help to control infections. Removing toxins from the digestive system and blood is especially critical for those suffering from infertility.
- **Liquid Cleanse** – Will help cleanse the whole body and purify all major organs and helps to ensure **2 to 3 bowel movements a day**, which is essential for everyone, but is especially important for those with infertility.
- **Nutrition** - An all around easy to digest, absorb and assimilate liquid vitamin and mineral drink. The long list of nutrients (over 130) in this product, are critical for rebuilding the body while dealing with infertility.
- **GoYin** – provide superfruits and adaptogenic herbs for body balanced function
- **Mangosteen** – Helps to fight free radical damage that causes premature aging and the break down of many of our most important organs, as well as a multitude of additional benefits.
- **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)
- Do not smoke; avoid secondary smoke

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.