



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.

### ***Insomnia***

Insomnia may be caused by many factors and is usually difficult to correct. It affects approximately 40 million Americans.

### **Lifestyle modifications**

- Exercise regularly in the late afternoon or early evening
- Take a hot bath an hour or two before bedtime

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:**

- **Coral Calcium** - for calcium and magnesium and essential trace minerals
- **Fusion** – taken for phyto nutrients
- **GoYin** – will give you an overall balance of the body. Take it 3 oz. in the morning and 3 oz. in the afternoon

### ***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.