



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.

### ***Migraines***

Migraines are extremely severe paroxysmal headaches that are usually confined to one side of the head and often associated with nausea. The cause for migraines is unknown although the most proposed theory is that migraines are a disorder of the serotonergic control system. Many environmental factors and life changes may also trigger the disease.

Prevention is a very important way to reduce the reoccurrence of migraines. Making lifestyle changes to avoid factors triggering the disease is important and has shown to reduce the reoccurrence of migraines. Nutritional supplements are also beneficial to reduce migraine reoccurrence.

#### **Lifestyle modifications:**

- Avoid alcohol
- Avoid smoking
- Eat less salt, and red meats
- Eat small meals with nutrients filled foods
- Do not skip meals
- No gluten in diet
- Drink plenty water, more than 8 cups each day
- Moderate exercise 30 minutes a day five days a week

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** - provides calcium, magnesium and other minerals to calm the nervous system and regulate muscle tone.
- **Nutrition** - provides vitamins in an easily absorbed formula including B vitamins which are important for nervous system health.
- **GoYin** - provides superfruits and adaptogenic herbs to help body function in a balanced state.
- **Cell Water** - may provide more oxygen to the brain to reduce the pain occurring.
- **Goji** - a natural superfruit that enhances the mood and immune system.

#### **Other supplements suggested:**

- Feverfew – an herb that has shown to reduce migraine reoccurrence.
- Lecithin – large doses have shown to aid in reducing migraine reoccurrence.
- Ginkgo Biloba – enhances cerebral circulation.
- Cordyceps – a Chinese herb used to help reduce anxiety and stress as well as promote sound sleep.
- Soft music is proven to help calm down the nervous system.

\*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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