



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.

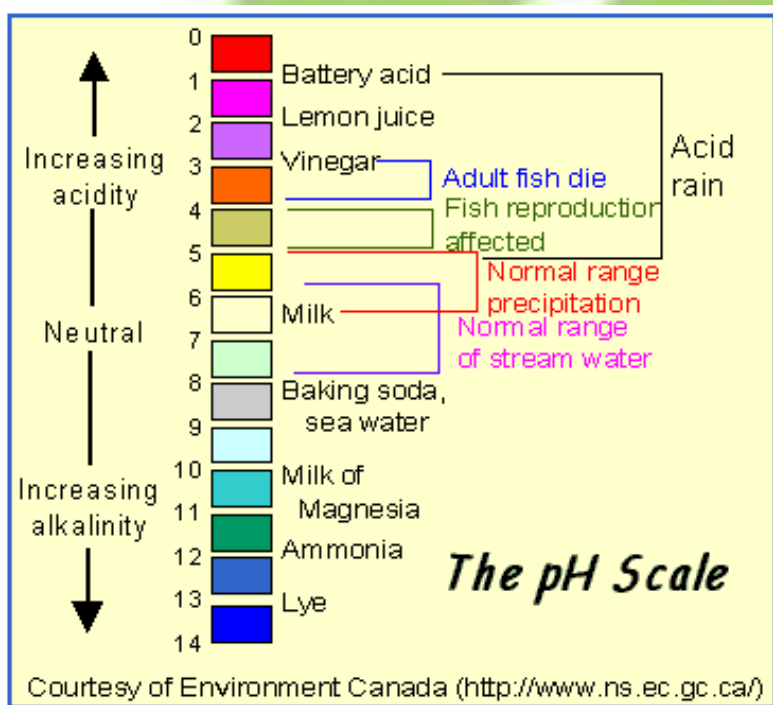
Mixed Martial Arts (MMA) Training

Although the following protocol is directed towards a very specific type of professional sport, the information provided can easily be applied to any athlete looking to maintain and improve their trade.

As a professional athlete, the basics of health and fitness are presumably being followed: you're super fit; exercising daily; and eating well. As an MMA fighter, there are several items that should be addressed: joint pain, and nutrient timing that can help with recovery, performance, and overall sense of wellness.

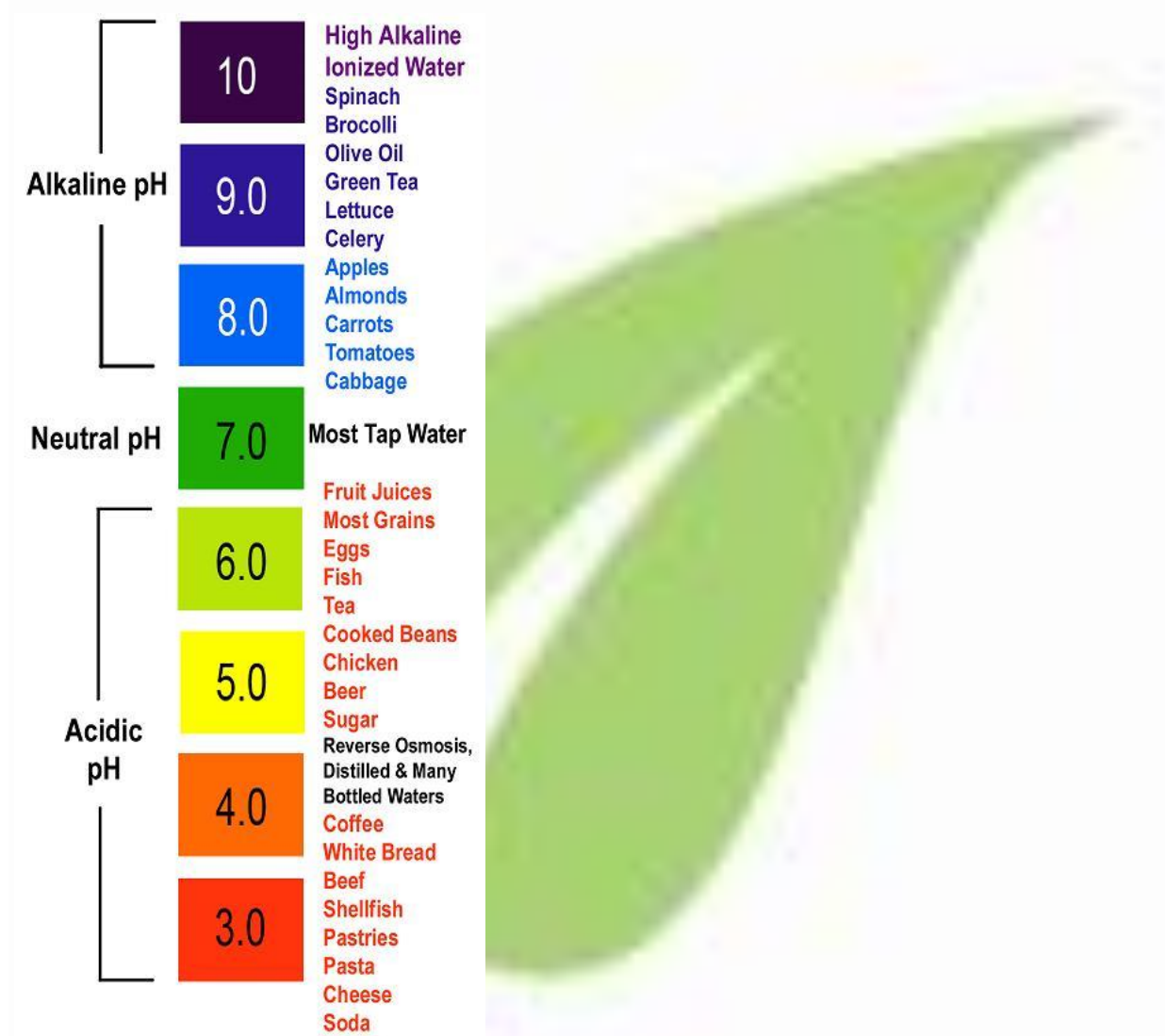
Joint pain is obviously the result of all the injury and trauma your body has sustained. The body is very resilient, and can heal and recover from these injuries, but it must have the nutrients available to do so. The joints as well as the cartilage between the joints and vertebrae need nutrients to stay strong and lots of them if you tend to burn more calories per day than the average person! Furthermore, the acid pH balance of the body will also affect the health of the bones and joints.

Arthritis (or osteoarthritis), once thought to be the result of normal "wear and tear" and injury, is now believed to be due to a lack of nutrients and an overly acidic body pH. You may know of the acid-alkaline pH scale from early chemistry classes that taught us that the low end of the continuum (or acidic end) is where battery acid would be, and the high end (alkaline end) is where lye would be, with water right in the middle with a neutral pH.





The same scale can be used for foods. As you can see, lemon juice, and vinegar are also acidic on this scale. However, when metabolized (used) by the body, the ash or chemical byproduct released is more alkaline. Most foods tend to be acid-forming when metabolized in the body, whereas the fruit and vegetables tend to be more alkaline-forming in the body (see below):



Note: this scale has acid at the bottom rather than at the top in the first picture.

As you can see, the alkalizing foods consists of fruits and veggies, but the highly alkalizing foods are the dark green vegetables, spinach and broccoli (and even more so are the leafy greens, kale, chard, mustard greens, and even asparagus). Acid-forming foods include some of the grains, eggs, beans, chicken and beef, which means these should be balanced with alkalizing foods so the body can remain in pH balance.



Balancing alkaline foods with acid forming foods is important because the body has to try to maintain a very small pH range in the blood and tissues or else enzymes and cells can't function properly. There are certain mechanisms the body can use to get rid of excess acid, such as secreting bicarbonate from the pancreas, and even blowing off more carbon dioxide to get rid of the acid. But if the body is still overly acidic (usually from the lack of alkalizing vegetables), the blood may leach minerals from the bones to buffer the acid. With bones and joints that need healing, you will want the minerals to stay in the bones so that they can remain strong!

Diet isn't the only factor affecting body pH. An acidic pH can also occur from emotional stress, a history of multiple medications, past surgeries, toxicity from chemicals or heavy metals, underlying infection, and any immune reaction or any process that deprives the cells of oxygen and other nutrients. It is important to realize that exercise is a stressor, a good one that we can gain healthy physiological adaptations from, but only to a certain point. With the chronic stress of intense exercise, insufficient calorie intake, inadequate sleep or recovery, and the mental pressures for the body to perform (sometimes in a suboptimal nutritional state), the body perceives stress on a constant basis. In such cases, *overtraining* can occur. Professional athletes must be very careful to avoid overtraining, since in some circumstances, the stress and strain on the body can result in injury that can cost a whole season, or paying jobs, and the money that comes with them!

To avoid overtraining, it will be helpful to make sure your nutritional intake is appropriate for your exercise frequency, intensity, and duration. The type of exercise you do also determines the type of foods you need. You want to be sure you are getting enough protein and healthy fats, but the intense exercise and explosive movements require carbohydrates, particularly immediately following the activity. You can still have carbs and remain lean, but they must be timed appropriately.

Here are some general rules about workout nutrition. Most of this information can be found in a little book called, "Nutrient Timing," by John Ivy (a sports nutrition expert at UT Austin, TX).

Your exercise pre- and post- workout nutrition depends on the type and intensity of exercise. Intense exercise (sprinting, explosive jumps, punches, or lifts, and motocross jumps, etc.) uses carbs stored in muscles (called glycogen) and ATP stores as fuel, requiring more carbohydrate in the diet and some supplemental carbohydrate during the activity. On the other hand, long and slow exercise (jogging, stair master, etc) sessions use more stored fat and some stored carbs as fuel, and often require less carbohydrate in the post-workout meal and no supplementation during the workout.

The basic rules on nutrient timing for exercise are:

"High Intensity" Workouts (i.e. sprinting, explosive jumps, punches, weights) and High Performance: Sip on a carbohydrate-water beverage during the activity to provide energy for performance. Your body will use it as fuel. During intense activities, you aren't burning fat, but your quick energy stores, such as carbohydrate and ATP stores. The good news is that the muscle you may be building during these kinds of activities help you to burn fat at rest!

"Low to Moderate Cardio" Sessions:

All carbohydrates should be avoided before and during cardio workouts if *fat-burning* is desired - this is different for endurance performance or for long-distance running and cycling, in which performance becomes very important. These sessions are for getting leaner, thinner, and more ripped, and to help increase endurance during long events.



After the Workout:

Immediately following a workout, you should have some carbohydrate with some protein. According to researcher (and Academic veteran of Sports and Exercise Physiology), John Ivy at UT Austin, an ideal carbohydrate to protein ratio of 2.5-3 to 1 (example, 37.5g-45g carbs to 15g protein) is a MUST immediately (within one hour) following your workout. Doing this one hour after your workouts is called, the "critical window of recovery," which is the time your muscles are most receptive to taking nutrition in and can store more there for maximum recovery and your next bout of exercise. If you wait too long outside this window, the muscles will lose their ability to take in glucose, and less glycogen will be stored there, resulting in less fuel for the next workout and inadequate recovery.

When exercising (or doing any stuntwork or motocross, etc.) in the heat, you will also need electrolytes in your water. Electrolytes help you to rehydrate more effectively, and will also prevent muscle cramping. Try these:

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:

This list is long so acquire these over time by trying 2-3 at a time.

Your body needs a multivitamin since your high activity level causes your body to use them at a much faster rate.

Nutrition – The best way to strengthen and enhance the immune system is to supply a full spectrum of essential vitamins and minerals that many don't or can't obtain from their diets. This is an all around easy to digest, absorb, and assimilate liquid daily vitamin and mineral drink complete with an amino acid blend, sea vegetable blend, and anti-oxidant blend. Proper nutrients, minerals and vitamins are essential to build and strengthen all of our body's internal organs, cells, and tissues. Take 1 oz (2 Tbsp) straight or in a glass of water with breakfast and with dinner.

If you have joint pain due to inflammation, the following would be helpful:

Mangosteen – Shown in the research to exhibit powerful cancer-fighting properties, Mangosteen is believed to enhance and support the human immune system and cardiovascular health by acting as a free radical scavenger. It may also help to fight inflammation by inhibiting inflammatory prostaglandins, COX enzymes, and histamine levels; prevent premature cellular aging; and support youthful cellular regeneration. It has also been found to possess antibacterial, antifungal, anti-viral, and antihistamine properties, which may provide nutritional support to help strengthen the immune system and combat infections, fever, and fatigue. Take 1 oz once or twice a day, on an empty stomach or 10-15 minutes before meals.



For Help with Exercise Recovery

Goji - Goji has been clinically proven to alleviate depression, increase sex drive and fertility, discourage premature aging, fight fatigue, improve mental clarity, support healthy blood pressure and cholesterol levels, increase energy levels, improve sleep quality and good vision, improve blood flow and cardiovascular health, support blood sugar balance, and help with exercise recovery. It possesses anti-inflammatory properties, and is a strong and very powerful antioxidant. Goji juice contains the following naturally occurring organic elements: 19 Amino Acids, 21 trace minerals, more Vitamin C than oranges, Vitamin E and Solavetivone, a powerful anti-fungal and anti-bacterial compound. The four Lycium Barbarum Polysaccharides are the most important compounds and responsible for much of Goji's powerful beneficial effects. It has been used for centuries in Chinese Medicine as a hormone secretagogue and to nourish the glandular systems of the body, including the thyroid. Take 1-2 oz per day on an empty stomach, 10-15 minutes before meals or before bed to enhance sleep.

CardioClean – A combination of ingredients specifically selected to support cardiovascular and heart health, CardioClean consists of a base of aged Noni and pomegranate fruit, with 3 different carnitines (play an important role in lipid metabolism), vitamins B₆, B₁₂, and folate, CoQ10 & Hawthorn berries (strengthen heart and arteries, healthy support for stress/anxiety, blood pressure and atrial fibrillation), D-ribose (energy), polycosinol, dandelion leaf powder and parsley (clean the blood), capsicum, Elderberry, and a bioflavonoid complex (all ingredients added are therapeutic doses). Works great over time, and will help to reduce high cholesterol levels with a healthy diet. Take 1-2 oz per day.

HealthTrim® Meal Replacement Shake (Berry or Cacao flavors) - an all-natural high protein, high fiber, meal replacement weight loss shake that features all the benefits of having generous amounts of protein (all the essential amino acids), a blend of Goji and acai berries, whole mangosteen and noni fruit, vitamins, minerals, and ingredients that help to burn fat, control sugar cravings, balance blood sugar and increase energy. It contains a protein blend of soy, casein, whey, pea, and rice proteins (not for those with milk allergies), chlorella, barley grass, spirulina, coconut oil, and thermogenic ingredients such as cacao, guarana seed extract, green tea extract, cinnamon twig extract, cayenne pepper, garcinia cambogia fruit extract, gymnema leaf extract, and flaxseed powder. There is also milk thistle seed extract, cardamom seeds, dandelion leaf, stevia for flavor, and digestive enzymes. Add to water and stir, or make a delicious sugar-free smoothie by adding 1-2 scoops to 8 oz chocolate or vanilla unsweetened almond milk + 2 Tbsp walnuts + 1 Tbsp almond or cashew butter + 1 scoop Fruit & Fiber + 6 ice cubes and blend.

GoYin - a juice composed of balanced superfruits and adaptogenic herbs. This juice is uniquely formulated based on a theory from Traditional Asian Medicine (TAM) that originated thousands of years ago. In this theory, it views the universe as a balance that is composed by two opposites: yin and yang. Everything in nature including our human body has to be in harmony of yin and yang to become perfect. Every day we face many challenges and attacks from the environment. Especially in MMA sports, people will face significant stress before and during a fight. GoYin helps our body to deal with the stress. One study has been done with GoYin on healthy stressed and over stressed athletes. GoYin has shown to significantly improve the Global Mood State in healthy subjects and marathon runners. Tension, depression, anger, fatigue and confusion have been significantly reduced. Vigor has been significantly enhanced in GoYin drinkers. It is suggested to take 1 to 2 ounces each time twice a day, one in morning and one in the afternoon.



These are Helpful to Alkalize the Body:

Coral Calcium – Calcium is one of the hardest minerals to digest and metabolize; therefore, we always suggest the liquid form over all other tablets, capsules or powder forms. Calcium is critical for almost every single function in the human body and may help you to wake up feeling more rested upon waking if taken at night before bed. The magnesium is a mineral that will help to calm restless nerves and muscles. Drink 1-2 oz before bed or mix with Nutrition.

Noni – The noni fruit juice has a high mineral content and acts as a detoxifier and a pH balancer that may help to control infections and boost immunity. It has over 140 powerful vitamins, minerals, and other nutrients that can help energize the body, and take your immune system to another level. It has been shown to possess antiviral, antibacterial, anti-fungal, anti-tumor, and pain killing properties. It is also a powerful healing bitter, and has been used for thousands of years as a natural antiseptic, and to alleviate pain, balance serotonin levels in the brain (improving mood and sleep), and for balancing blood sugar levels. For best results: take 1-2 oz of Noni first thing in the morning on an empty stomach, 10-15 minutes before meals.

Also, make sure you use a high quality omega-3 fatty acid supplement, such as high-quality grade fish oil.

GENERAL LIFESTYLE AND DIET RECOMMENDATIONS

Aim for at least half your body weight in ounces of water daily, and even more with exercise!

The bare minimum for protein for athletes should be at least half your body weight for grams of protein, daily, up to 1 gram per pound of body weight. Be sure to balance all this protein with colorful and dark green and leafy vegetables and lots of water. Try to rotate *lean, hormone-free, organic sources* of animal protein, including lean bison and beef, chicken, turkey, lamb (fat removed), fish, seafood (scallops, shrimp, lobster, etc.), and eggs (egg white omelets, hard-boiled eggs), etc., and try to aim for *at least 8 oz* for lunches and dinners, and also use protein for your snacks (suggestions below). Again, be sure to balance all protein meals and snacks with veggies to remain in pH balance.

Try to buy and consume carbohydrates/starches that have 3 grams of fiber or more per serving, including organic high fiber cereals, oats, wild brown rice, millet grain, quinoa grain, buckwheat kasha, and organic beans, black-eyed peas, and lentils. Save the pasta, white rice, and potatoes for immediately after your intense exercise sessions or events.

Increase vegetable intake! Vegetables alkalize the body and neutralize the acid-forming foods we eat (foods other than veggies), which helps to reduce joint pain. The most acid-forming substances are sugar, coffee, soda, alcohol, meats, artificial sweeteners, and medications. If we get too many of these, our blood pH drops (resulting in acid wastes leading to joint pain, osteoporosis, uric acid (gout), cholesterol, and stones). The body compensates by pulling minerals from the bones to buffer the acid. Fresh veggies buffer the acid. Experiment with trying various veggies, prepared a variety of different ways, such as marinated and grilled, stir-fried, sautéed, steamed, quick-boiled and eaten cold in salads (such as cold kale, broccoli, or asparagus salads with almonds and sweet dressings), or raw for snacks, such as sticks of carrots, celery, zucchini dipped in organic nut butter or hummus - or just snack on plum tomatoes or snap peas. The more you try them, the more you acquire a taste for them. Try a new veggie twice a week, even if it is just 1-2 bites. Overtime, you'll find that they aren't so bad!



Make sure you have liberal amounts of healthy fats with your salads and veggies (but NOT with carbs, or else you have the equivalent of a dessert!). This will increase sense of fullness, decrease cravings, and can even help with burning body fat. Healthy fats include fish oil (usually as a supplement but can add it to home-made salad dressings); avocados, avocado oil, walnut oil, olive oil, walnuts, raw nuts and seeds, and MCT oil (straight or used in Coconut oil for cooking and sautéing veggies). Healthy fats are also anti-inflammatory and help to oxygenate the blood.

Carry your food with you in a cooler, if necessary. Purchase a soft, insulated, 12 or 24 can cooler and freezer bricks that you can unpack and refreeze nightly as you unpack your lunch cooler. Plan your meals and snacks, and shop in advance. Prepare or cook in batches (bake or crock-pot all your meat), cut up veggies and build salads ahead of time. Store lunches and snacks in airtight containers to pull out of the fridge and throw in the cooler every morning. Important: never heat food in plastic! Always transfer food to be reheated or already hot food into a glass dish or bowl.

Eat smaller amounts, more frequently to increase your metabolism. Eat carb-free snacks every 2-3 hours. This type of eating turns you into a calorie “burner” rather than a “storer.” Do not skip meals or go 5-6 hours without eating. This causes overeating, fatigue, and a sluggish metabolism.

For snacks try 2 Tbsp of nuts or seeds, olives, organic lunch meat (turkey, chicken, ham - try wrapping it in lettuce), 1-2 hard-boiled eggs, an ORGANIC sausage patty or 2 links, 2-3 slices turkey bacon (organic), 2 oz of ORGANIC kielbasa coins, shrimp cocktail, and veggies: cold broccoli or kale salads, cabbage slaw, or raw veggies. Try raw plum tomatoes, snap peas, or sticks of carrots, celery, and zucchini dipped in hummus or organic nut butters, and protein shakes.

Eat a whole foods diet (NO processed, packaged, or junk foods)! Whole foods do not contain added sodium and provide more nutrients. Organically grown foods are void of the chemicals, genetic modifications, pesticides, herbicides, and antibiotics that can all disrupt a healthy immune system.

Caffeine in your coffee exacerbates your anxiety and stimulates the release of stress hormones, and is very acidic! Begin to reduce and eventually eliminate coffee and switch to teas. Coffee can cause and aggravate joint pain and leach minerals from the bones.

Make sure you eat enough calories! Calorie totals can be higher with higher protein diets.

Lifestyle Recommendations

To be on the lookout for overtraining, monitor your heart rate. If you have palpitations or a high heart rate (pulse) at rest (over 75 or so), or if you can't get your heart rate elevated during exercise, or if it is very high at low intensity exercise, these could be signs of adrenal fatigue and overtraining. Overtraining is a form of long-term stress. If adrenal fatigued or overtrained, there will be a frequent secretion of stress hormones which can cause the suppression of thyroid hormone and testosterone. If this ever happens, check out local pharmacies for their hormone tests, and their natural, compounded formulations.

If you find yourself highly stressed, unable to sleep, or highly anxious, practice deep breathing exercises to help instantly calm yourself: 1) exhale out all of your air – keep pushing until it is all out, 2) inhale deeply through your nose, filling up the belly (let the belly drop out), 3) hold your breath for a count of six, and 4) exhale, blowing out all your air. Repeat 4 times.



Muscle imbalances can also pull on joints causing joint pain. Make sure to work all the body parts in the gym, and you may also want to get regular massage to work out tight muscles. Massage should not be viewed as an “indulgent” luxury service, but as a realistic and valuable tool for healing, and is perfect for muscle and joint pain. But I’m sure you already knew this.

Avoid antacids. They often do more harm than good by neutralizing the stomach HCl. Suppressing HCl in the stomach also causes poor digestion of foods, improper sterilization of foods, lack of protection from parasites and bacteria piggybacking on foods, inadequate secretion of factors for vitamin absorption, inhibited release of digestive enzymes, and causes an unfavorable environment in the intestinal tract that promotes the overgrowth of bad bacteria, yeast, molds, and parasites. In fact, as we age, we need to increase our HCL.

For body aches, joint pains, and soreness, soak in a tub with Epsom’s salts (or better yet, get the unique sea salts from organic markets). Sea salt mineral baths are a great way of replacing minerals lost through exercise. You can also soak in a bath tub with 1-2 c apple cider vinegar – another great way to detoxify.

*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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