



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.

Parkinson's Disease

Parkinson's disease is a degenerative disease affecting the nervous system with no clear cause known. It has been found that the section of the brain where dopamine is made is damaged in Parkinson's patients and their ability to make dopamine is lost. Dopamine is a neurotransmitter and has to be balanced with acetyl choline for proper brain and nervous functions.

Although the causes are not clear, some hypothesize that the brain cells are destroyed by toxins in the body when the liver detoxifying function is reduced in the process of aging.

Parkinson's disease is one of the most common debilitating diseases in US and about one in 200 people of over the age of 60 are affected.

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:** accumulated toxins in the brain may be part of the causes for this degenerative health problem. Liquid Cleanse removes toxins from the body through all seven channels of elimination
- **Nutrition:** provides essential vitamins, minerals, trace minerals and amino acids for body and brain metabolism
- **GoYin:** provides superfruits and adaptogenic herbs for body to function properly
- **Cell Water:** for better cell communication
- **Coral Calcium:** to provide high quality calcium, magnesium and vitamin D to body. People with Parkinson's disease often develop porous bones and are in danger of fractures. Calcium also supports the nervous system.
- **Goji:** a great natural fruit juice with many benefits to body functions. Provides high antioxidants, enhances immune system function, and promotes a positive mood

Lifestyle modifications:

- Eat more raw vegetables and fruits
- Reduce intake of animal proteins
- Regular moderate exercise every day for normal muscle tone and function
- Physical therapy to work out the muscles affected



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.

