



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.

## ***Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder*** *ADD, ADHD & Other Learning Disabilities*

Hyperactive behavior and learning disorders are very serious – at least one child in every classroom in the US is affected by one form of these disorders. A Mayo clinical study shows that children have a 7.5% chance of being diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) between the ages of 5 and 18. Even worse, studies are now showing that 3 to 7% of all adults in the US may be afflicted with ADHD. ADD (Attention Deficit Disorder) is marked by short attention spans and slow learning, usually attributed to dyslexia. ADHD (Attention Deficit Hyperactivity Disorder) is ADD accompanied by hyperactivity. ADHD exhibits extreme emotional instability, with aggressive, destructive behavior. Victims may also become chronic liars and have difficulty listening, following instructions or finishing tasks. Most exhibit stress syndromes like chronic thirst, colds, sneezing, and coughing.

### **Suggested Genesis PURE products:**

- **Noni** – Noni has a high mineral content which means it can be used as a body builder and pH balancer, and it may also help to control infections and boost immunity. It has over 140 powerful vitamins, minerals, and other nutrients that give the body a natural energized feeling, and takes your immune system to another level. The noni fruit has shown in clinical studies to possess antiviral, antibacterial, anti-fungal, anti-tumor, antihistamine, and anti-inflammatory properties. It is also a powerful digestive bitter. It is accepted that one of noni's major benefits is its relief of most types of pain. It helps to balance serotonin levels in the brain as well, which may improve mood and sleep. Noni is also known to pull sugar from the blood and help to balance internal blood sugar levels. For best results: Take two ounces of Genesis PURE Noni first thing in the morning on an empty stomach. Be sure to take Genesis PURE Noni one hour away from any prescription medications.
- **Liquid Cleanse** – This cleanse will help to clean your entire body and purify all major organs, and will also facilitate 2 to 3 fully formed bowel movements a day. This will allow the avenues of toxic release to flow regularly, preventing toxic build up. One of the goals of this health program is to open all 7 Channels of Elimination: intestines, lungs, skin, kidneys, liver, blood, and lymphatic system. This cleanse contains ingredients not found in other cleanses on the market, such as wasabi, uva ursi leaf, yellow dock, and burdock root. Read label and take as directed.
- **GoYin** - This is a special blend of 20 warm and cool superfruits, herbs, and other fruits which each have their own special benefits. In combination, this formula can induce a systemic whole-body balance which translates into optimal physical and mental function. Clinical studies have even shown significant reductions in tension, depression, fatigue, and confusion as well as an increase in vigor. For best results: Take one to two ounces twice per day, preferably one hour away from meals or medications.
- **Nutrition**– An all around easy to digest, absorb and assimilate liquid 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 with breakfast and 1 oz with lunch.



- **Coral Calcium** – The first probiotic activated liquid calcium with a 45% absorption rate (530mg per 1 oz serving). This absorption rate is 80 to 90% more bioavailable to the body than calcium in hardened tablet forms. Genesis PURE Coral Calcium contains other vital nutrients needed for calcium digestion, absorption, and assimilation; such as Vitamins A, C, D, and E, and minerals such as magnesium, boron, selenium and zinc. Also included are vital greens such as kale, Brussels sprouts, and collard greens which have been added to this blend because of their high amounts of natural calcium. Coral Calcium helps to promote a healthy strong skeletal, cardiovascular and nervous system. Serving suggestion: This is one of our more potent products, so feel free to start with half an ounce daily and gradually increase your intake to 1 full ounce twice a day as your body is able to handle larger amounts.
- **Goji** - Goji has been clinically proven to alleviate depression, increase low sex drive and fertility, discourage premature aging, fight fatigue, improve mental clarity, support healthy blood pressure levels, increase energy levels, improve sleep quality, and support balanced blood sugar. It possesses anti-inflammatory activity, 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 lycium barbarum's five major polysaccharides are the most important compounds and are responsible for much of the goji berry's powerful beneficial effects. What makes this product rise above all others is the fact that nothing else is added to it. No water, no extra fruit juice and no added flavorings. Take two to three ounces per day on an empty stomach. Mix Goji with Noni to create a "Super Tonic".
- **Cell Water** - Cell water effectively transports nutrients, enzymes, and proteins in the cells and also removes waste products and helps maintain proper communication between cells and empowers the body's natural healing processes. Use as directed.

### Lifestyle Recommendations:

- Be patient with your program and please remember that it takes us a lifetime to break our bodies down - give your body the necessary time to build it back up.
- Avoid aspirin and amphetamines if your child has ADHD.

### Diet Recommendations:

- Alkaline Diet
- 12 Golden Rules
- Read food labels carefully. 70% of kids with ADD react to chemical additives.

### **Disclaimer**

The information provided by Genesis PURE and is not medical advice and is not intended to take the place of the care provided by your Medical Doctor. This information is provided for educational purposes only and the intention is to help educate on diet improvements, lifestyle improvements and nutritional supplementation. Genesis PURE does not treat, diagnose, prescribe for, or cure any disease, disorder, deformity or physical or mental condition. Because we are all so different, individual results may vary. Always consult your Doctor prior to starting any new health program.