



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.

CONSTIPATION

Genesis PURE products are designed to improve overall body health by Cleansing, Balancing, and Building. **They are not used to treat any diseases.** Longtime use of Genesis PURE products may help the body handle imbalanced health problems more effectively.

Suggested Genesis PURE Products:

Genesis PURE Liquid Cleanse – Helps to cleanse the entire body through the seven channels of elimination, purify all major organs, and facilitate 2-3 healthy bowel movements a day, allowing for the release of toxins.* Take as directed.

Genesis PURE Noni – Has detoxifying, pH balancing, antibacterial and antifungal properties.* Take 1-2 ounces first thing in the morning on an empty stomach.

Genesis PURE Mangosteen– Has powerful anti-inflammatory, anti-bacterial, anti-fungal, and anti-histamine properties.* Take 1-2 oz 10-15 minutes before meals.

Genesis PURE Goji- Is a strong and very powerful antioxidant that balances your endocrine system by stimulating the pituitary gland and has an anti-constipation effect. The goji berry has been used for thousands of years to promote whole body health. It supports the immune, cardiovascular, and nervous systems as well as a healthy mood.* Take 1-2 oz per day on an empty stomach 10-15 minutes before meals or before bed to enhance sleep.

Genesis PURE Fruit and Fiber Mix– A high quality source of fiber from a variety of sources such as flaxseed, rice oat, and soy for the best fiber health benefits. The enzymes and probiotics will greatly enhance digestive function. * Put in juice, smoothies or cereal.

General Diet Recommendations

Try organic prunes or flaxseed broths. Simply boil them in purified water, strain the solids and reserve the liquid into a pitcher. Drink 2 oz before bed. Also sprinkle 1 tsp of whole flaxseeds on your cereal and salads and have breakfast at the same time daily.

Mix 30g organic honey and 30g black sesame seed powder then bake and grind into a powder with about 8 oz of water to make it a paste. Take it in the morning and at night.

Eighty percent of your diet should consist of alkalizing foods, including vegetables, sprouts, fruits, brown rice, tofu, miso and sea vegetables. Twenty percent of your diet should consist of acid-forming foods. Avoid soda (regular and diet), junk and fast-foods, overly-refined carbohydrates and processed foods. Monitor your intake of meats, poultry, eggs, lentils, peanuts, cheeses, yeasted breads and most condiments.



Lifestyle Recommendations

Exercise 3-4 days a week for at least 20 minutes. Exercise oxygenates the cells and tissues and encourages detoxification.* At least twice a week you should participate in extensive exercise which causes you to sweat to stimulate blood circulation and eliminate toxins.

Find ways to manage stress and tension, avoid over-consumption, and excess of sweets, fried foods, tobacco and alcohol, as all of these factors contribute to a stressed and immune-compromised body. This can result in vitamin and mineral deficiencies, leaving you vulnerable to illness. Rest, drink plenty of water, and exercise at a light to moderate intensity.

*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.