

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.

High Cholesterol

Hyperlipidemias, High Serum LDL or VLDL, or High Triglycerides

We hear about cholesterol almost daily. High cholesterol affects up to 60 million Americans, and yet there are probably more misconceptions about it than any other body element. High cholesterol on its own is a major factor for coronary heart disease. But, it is also linked to stress. People under stress *with* cholesterol levels over 240 are three times more likely to die of heart disturbances. New research has even linked high cholesterol levels with Alzheimer's disease. Cholesterol itself is a fat-related substance essential to every human function, and is affected by everything you eat. Over-indulgence in artery clogging foods like trans or saturated fats and sugars leads to serious deposits in arterial linings. Cholesterol can also be implicated in gallstones, if your diet lacks good fiber.

Out of the two types of cholesterol in your blood, LDL/VLDL (otherwise known as bad cholesterol) poses the worst threat. LDL-Cholesterol poses a particular threat to the heart because of its tendency to become accumulated in the arteries, and can also lead to high blood pressure. Triglycerides are sugar-related blood fats that usually appear on your thighs and hips. High triglycerides can cause blood cells to stick together, which can then lead to impaired circulation, and can even lead to a heart attack. If your triglyceride levels are over 250, your heart attack risk is twice as high.

Suggested Genesis PURE Products:

- **Noni**– May help to remove harmful fungus and bacteria in the digestive system, as well as in the bloodstream and cells. It is also a high mineral content body builder and may help to control infections. Removing toxins from the digestive system and blood is especially critical for those suffering from arthritis and joint pain. Drink 2 oz, once a day (preferably morning), on an empty stomach. If needed, for an added boost, take another ounce or 2 in the early afternoon. You can gradually work your way up to 2 oz, two times a day.
- **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

- **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 goji'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".
- **CardioClean** - The first heart cleanser and builder made with Genesis PURE's proprietary CardioClean blend and formulated to address all aspects of the entire cardiovascular system in a delicious bioavailable liquid form. Take as directed.
- **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.
- **Mangosteen** - Mangosteen is a fruit that has shown in clinical studies to support the healthy prostaglandin and histamine levels in the body, thereby assisting in the control of inflammation. It was been used for centuries in Southeast Asia and India, and has been studied for many years by universities and world-renowned scientists around the world, working to unlock all of the secrets of the mangosteen fruit. The main compound with makes this fruit so wonderful is called a Xanthone. Xanthoness are extremely powerful antioxidants that are found naturally in nature, 20% of which occur ONLY in the mangosteen fruit. Suggested Serving: Take two ounces per day on an empty stomach. You may take more as needed.
- **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.

Diet Recommendations:

- Alkaline Diet
- 12 Golden Rules
- Cholesterol in foods like eggs is not a culprit. Eggs are a whole food, with phosphatides to help balance the cholesterol. The big contributor to high blood cholesterol levels is saturated fat and overeating. Focus instead on plant foods like red yeast rice. Vegetarians who occasionally eat eggs and small amounts of low fat dairy are at the lowest risk for arterial or heart disease.
- Reducing bad fats and adding high fiber to your diet is still the key to reducing cholesterol. Reducing sugar is the key to lowering triglycerides.
- Foods that lower bad cholesterol include soy foods (isoflavones), olive oil, walnuts, avocados, yams, whole grains like oats, high fiber foods like fruits and vegetables, beans, yogurt and cultured foods.
- Eat smaller meals, especially at night. A little wine with dinner reduces stress and raises HDL's.



Disclaimer

The information provided by Genesis PURE 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.