



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.

Lupus

Lupus is a chronic inflammatory disease that can affect many of the body's organs. It is an autoimmune disease. The causes of Lupus are not clear and some suggest an unidentified virus infection, others suggest a heredity cause. Lupus follows a pattern of periodic flare-ups alternating with periods of remission. Many factors such as exposure to sun, infections, pregnancy, childbirth, some drugs, stress, and chemicals may trigger a flare-up. Medication targets the symptoms and will not cure the disease. Lifestyle changes and supplementation may provide help in maintaining the quality of life. To adjust and improve the immune system is the center of the concern of this health problem.

Nutrition – A highly bioavailable liquid vitamin, mineral, and amino acid supplement. Take 1-2 oz a day after meals (try adding an ounce to your ice water). This will help supply commonly deficient essential vitamins and other nutrients to the body.

GoYin – A blend of 20 superfruits, fruits and herbs that brings balance to the body and is rich in antioxidants, provides healthy energy and supports immune system function. Take 2-4 oz in the morning and afternoon.

Açai – Full of powerful anthocyanins (antioxidants), enzymes (SOD) and amino acids, Açai is a powerful tonic for fighting the damage caused by illness, stress and inflammation.* For best results, take mid-day between snacks and meals.

Mangosteen – Enhances and supports the human immune system and cardiovascular health by acting as a free radical scavenger.* Take 1-2 oz on an empty stomach or 15 minutes before a meal.

Noni – Has detoxifying, pH balancing, antibacterial, and antifungal properties.* Noni is a rich source of minerals and may help control infections and boost immunity. Take 1-2 ounces first thing in the morning on an empty stomach.

Goji - Is a strong and very powerful antioxidant that balances your endocrine system by stimulating the pituitary gland.* Take 1-2 oz per day on an empty stomach 10-15 minutes before meals or before bed to enhance sleep.

Fruit and Fiber Mix – A cold-milled flaxseed powder that is very soothing and lubricating to the intestines. It may help to decrease blood sugar and cholesterol by slowing the digestion of carbohydrates, thus minimizing insulin production. It provides enzymes and probiotics beneficial to the body. * Put in juice, smoothies or cereal.

Coral Calcium – Highly absorbable, Coral Calcium supports a healthy strong skeletal, cardiovascular and nervous system. It also provides magnesium and other essential minerals for calcium functions. Take 1 tbsp 2-4 times a day after meals and snacks.



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.

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.