



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.

Menopause

Menstrual problems

Menopause, by nature, is intended to be a gradual reduction of estrogen by the ovaries, with few side effects. In a well-nourished, vibrant woman, the adrenals and other glands pick up the job of estrogen secretion to keep her active after menopause. Our modern, stressful lifestyles and poor eating habits today mean that many women reach their menopausal years prematurely with worn out adrenals and poor liver function, where estrogen is not being processed correctly, so hormone fluctuations are magnified.

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.
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- **CardioClean** - The first heart cleanser and builder made with Genesis PURE's proprietary CardioClean blend and formulated to address all aspects of the entire cardio vascular system in a delicious bioavailable liquid form. Take 1 – 2 ounces per day. (Not to be used with hypertension, cardiac or anti-depression drugs – due to the Hawthorne berry).

- **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.
- **Açaí** – The açai berry is known in Brazil as the “beauty berry” but is also an excellent source of potassium, essential amino acids and essential fatty acids. It provides support for the brain, central nervous system, heart and liver and may promote enhanced immunity and bowel health. This dark purple juice is full of powerful anthocyanins (special antioxidants) and enzymes (superoxide dismutase, or SOD, which is a powerful free radical scavenger) and makes for a powerful tonic for fighting the damage from stress, inflammation, cancer and other stresses to the body. Take one ounce once or twice a day.
- **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 which makes this fruit so wonderful is called a Xanthone. Xanthones 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.
- **Coral Calcium** – Calcium is one of the hardest minerals to digest and metabolize; therefore, we always suggest the liquid form over all other tablets, capsules or powder forms. Calcium is critical for almost every single function in the human body and is especially important for those with arthritis and joint pain. 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 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."
- **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
- Add cold water fish, like tuna or salmon, to your diet.
- Add bioflavonoids, structurally similar to the body's estrogen, such as whole grain fiber, fresh fruits and vegetables.

Lifestyle Recommendations:

- Exercise regularly, especially outdoors to get the advantages of natural vitamin D for bone health.
- Weight training and aerobic exercise is a good way to keep skin from sagging.
- Stop smoking

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.