



This is a simple health program to guide you in your natural healing process. This program indicates which groups of products are most effective for:

CYSTIC FIBROSIS

Cystic Fibrosis (CF) is a genetic condition with “autosomal recessive inheritance,” meaning recipients carry the Cystic fibrosis gene. The condition can be diagnosed at birth, but often manifests itself later in life.

CF is characterized by the persistent secretion of abnormally thick, tenacious mucus excreted by exocrine glands of the body which can lead to the obstruction of glands and ducts. The affected organs include the liver, pancreas, intestine, respiratory and reproductive organs, and the sweat and salivary glands.

Pulmonary complications include chronic bronchitis, bronchiectasis and pneumonia. Approximately 85% of individuals with CF have pancreatic insufficiency, since plugs of thick mucus reduce the quantity of digestive enzymes and bicarbonate released from the pancreas to the small intestine. This can lead to poor digestion and malabsorption of nutrients. Likewise, the presence of excessive mucus lining the small intestine may interfere with the absorption of nutrients. Subsequently, those with CF have very high caloric needs and require enzyme supplementation.

Because mucus traps bacteria, increasing susceptibility to infections, conventional medical management typically includes oral and aerosol antibiotics, as well as inhaled medications, physical therapy on the chest and back and, worst case scenario, oral or GI tube feeding.

The first step to ensuring proper nutrition and growth is pancreatic enzyme replacement therapy to correct poor digestion. The quantity of enzymes to be taken with food depends on the degree of pancreatic insufficiency (digestive symptoms), the quantity of food eaten, the amount of fat and protein consumed and the type of enzymes used.

Although a full-spectrum enzyme preparation is needed to provide enzymes for digesting proteins, carbohydrates and fats, the enzymes for digesting fats (“Lipase”) are required in high amounts, as much as 2500 lipase units per kg of body weight per meal in order to control fat malabsorption (steatorrhea).

Normal activities can be maintained if adequate calorie and fat intake is provided. Typically, dietary protein and fat levels are increased. Protein consumption can be moderately high, and the fat should provide as much as 35-40% or more of the total calorie intake for each day to ensure adequate absorption of essential fatty acids. Signs of fat intolerance include an increase in the number of stools, greasy stools or abdominal cramping.

Studies that measure fecal fat and nitrogen balance can help to evaluate the adequacy of enzyme supplementation. Chronic constipation may be common, so adequate enzymes, fiber, fluids, exercise and colon tonifiers may be necessary to prevent obstruction.

Suggestions for Supplementation

Mix the first two together to help support healthy intestinal inflammatory and healing processes:

Genesis PURE™ Acai (pronounced ah-sah-ee) - The Acai berry is known in Brazil as the “beauty berry” since it helps with enhancing the health of the skin, hair, and nails. The berry juice is 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. Due to the dark purple color, the acai berries are full of powerful anthocyanins (special antioxidants) and enzymes (superoxide dismutase, or SOD, which is a powerful free radical scavenger), which makes it a powerful tonic for fighting the damage from stress and inflammation. **Take 1-2 oz of our pure Acai once or twice a day about 15 minutes before breakfast, between snacks or before bed.**

Genesis PURE Mangosteen – Research has shown the mangosteen fruit possesses very powerful anti-bacterial, anti-fungal, anti-parasitic, anti-histamine and anti-inflammatory properties. It also helps to enhance and support the immune system and cardiovascular health by acting as a free radical scavenger. It can be used topically on the skin for infections and internally for nutritional support to help combat infections, inflammation, fever and fatigue. **Take 1-2 oz of our pure Mangosteen once or twice a day about 15 minutes before breakfast, between snacks or before bed.**

Genesis PURE 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.**

Genesis PURE Coral Calcium– The first probiotic activated liquid calcium (lactate) with a 45% absorption rate (530mg elemental calcium per 1 oz serving). This product contains other vital nutrients needed for calcium digestion, absorption and assimilation. These include Vitamins A, C, D and E, and minerals such as magnesium, boron, selenium and zinc. Vital greens such as kale, brussels sprouts and collard greens have been added to this blend because of their high amounts of natural calcium. Coral Calcium helps to promote healthy and strong skeletal, cardiovascular and nervous systems. Magnesium is a smooth mineral and will help to calm restless nerves and muscles. **Take 1 Tbsp 2-4 times a day after meals and snacks.**

Genesis PURE Colloidal Silver – This is beneficial in fighting many types of fungus, bacteria, viruses, yeast, amoebas and more. Use this for a few months when combating yeast or during the early stages of bacterial and viral infections. It can be used with a neti pot to clear sinuses, as an eyewash and topically for acne. **Take 2 droppers-full, on an empty stomach, once a day in conjunction with a yeast program or 3-4 droppers-full per day for acute infections.**

The following supplements can be added to your Genesis PURE products:

Flax Oil- take 2-3 Tbsp per day

Fish Oil - take 2-3 Tbsp per day

Vitamin D₃ = 1,000 mg/day

Vitamin E = 800-1,000 I/day

Vitamin K = 2.5-5mg 2x/week + lots of leafy greens

Oleuropein (Olive Leaf extract)- take as directed for 1-3 months or use as needed when fighting acute infections.

Diet Recommendations

- **Absolutely no milk or dairy products!** Not only is lactose intolerance common (due to the lack of lactase enzyme), cow's milk and dairy products are extremely mucus producing.

- **Avoid wheat** (wheat cereals, flours, and grains) since it increases mucus due to its allergen-inducing properties. Better grains include barley, corn, buckwheat, quinoa and millet as these are slightly drying or warming.
- **Beans and legumes**, such as black beans, black-eyed peas and lentils, are good carb choices.
- Other carbs that may be acceptable are country wild brown rice, corn, and peas.
- Limit all carbs to first thing in the morning and after exercise if weight gain is a problem.
- Do not combine any fats with carbs if weight gain, high cholesterol or diabetes is a problem.
- Prioritize rotated hormone-free meats, poultry and fish with fresh, organic vegetables and healthy fats- all in large amounts –for all meals and snacks (the exception: no fats with carbs).
- **For snacks** try 2 Tbsp of nuts or seeds, organic turkey and chicken lunch meat (try wrapping it in lettuce), hard-boiled eggs, an ORGANIC sausage patty or 2 links, 1-2 slices of pre-fried turkey bacon (organic), 2oz of ORGANIC kielbasa, shrimp cocktail, cabbage slaw or salads and raw veggies (snap peas, cabbage slaws, broccoli and kale salads, or sticks of carrots, celery and zucchini dipped in generous amounts of hummus or organic nut butters).
- **Eat a whole foods diet** (NO processed, packaged or junk foods)! Whole foods do not contain added sodium and provide more nutrients. Organically grown foods are void of the chemicals, genetic modifications, pesticides, herbicides and antibiotics that can all disrupt a healthy immune system.
- **For Dessert:** try 1 cup of soy yogurt (no dairy) + 1 scoop of Fruit & Fiber + 1 tsp of Ghiradell's unsweetened cocoa powder; mix and enjoy OR try a sugar-free protein smoothie made with 8 oz of chocolate unsweetened almond milk + 2 Tbsp walnuts + 1 Tbsp nut butter + 2 scoops Whey or egg white protein, add 6 ice cubes and blend.
- **Use cold, unprocessed oils**, such as flax, fish oil, avocado oil and walnut oil, and use coconut oil for cooking with high heats (such as when sauteeing vegetables or animal protein).
- **Spices:** Include all spices except for salt. Salt increases water retention and mucus whereas spices increase warmth in the body.
- **Vegetables:** Increase asparagus, beetroots, broccoli, cabbage, carrot, cauliflower, celery, garlic, ginger, green leaves, kale, onion, potato, pumpkin, radish and sprouts. Reduce okra, olives, tomatoes, cucumbers, sweet potatoes and summer squash as these increase fluids.

Lifestyle Recommendations

- Keep a journal logging all foods and beverages consumed with times of excess mucus secretion and poor digestion. Certain foods that cause excess mucus are tied in with food sensitivities. You may, overtime, find a pattern of certain foods cause excess mucus, and you may need to eliminate them from your diet.
- Percussion (hand-slapping/pounding) on the chest and back may be necessary to loosen stubborn mucus. You may be able to request this type of percussion from a massage therapist if you do not have a family member to do this for you.
- Regular exercise can help to loosen and clear mucus, but be sure your airways are clear for exercise. Be sure you rest if you feel light-headed or feel like you aren't getting enough air.