

TARGETED NEEDS

Healthy Digestion Guide

The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfeeding, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.

HEALTHY DIGESTION

Millions of Americans suffer from some type of digestive complaint. Researchers and physicians have discovered that the gut is responsible for many aspects of our health and, ultimately, the quality of our lives. Along with housing over 70% of our immunity, our gut directly impacts our digestion, lungs, heart, and even our brain. Some complaints that may indicate an unhealthy gut may include occasional abdominal cramps, gas, bloating, weight loss or gain, constipation, fatigue, and a sense of bowel urgency. Many factors contribute to healthy digestion, including a proper diet. Other factors include adequate sleep, increased physical activity, stress management, and other positive lifestyle and dietary changes. Filling in the nutritional gaps with proper supplements is important in order to achieve and maintain optimal digestive health and wellness.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Healthy Digestion**. Below are recommendations to help your body achieve and maintain optimal health. **NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.**

Top Priority Products		Additional Products	
Cleanse	Noni	Daily Build	GPS Hydrate
Daily Detox	Mila®	GoYin	Goji
Probiotic	Mie	Organic Sulfur	

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TOP PRIORITY PRODUCTS FOR HEALTHY DIGESTION

All Foundational **Core** products are recommended for general health purposes. The Core products include **Daily Build, GoYin, and Cleanse**.

Cleanse

This product is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and help minimize toxic build up. The cleanse helps the body release toxins that may contribute to an unhealthy gut, thus maintaining healthy digestion. This product is an all-natural, proprietary blend of herbs and botanicals specifically formulated to feed the gut with nutrients to relieve occasional constipation while eliminating toxins that can irritate the bowel and cause digestive complaints.

Recommended Use: Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every two months.

Daily Detox

The botanicals in Daily Detox support the 3 phases of detoxification. Daily Detox is very effective in supporting these three phases. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are transported and eliminated from the body. Two key benefits of eliminating toxins are a strong and healthy immune system and healthy digestion.

Recommended Use: Take 2 capsules in the morning, preferably with food.

Noni

Noni fruit has been used traditionally to support the liver, gallbladder, and kidneys. It is also a very powerful digestive bitter and enhances digestion. Noni contains over 160 powerful nutrients and trace minerals that help to cleanse, balance, and build the body.

Recommended Use: Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

Mila®

Mila® is a super food that is gluten-free, trans-fat free, sugar-free, and is a superior plant-based source of protein and fiber. Mila® uses different varieties of the chia seed to provide a wide array of nutrients. It contains the omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have illustrated enhanced cardiovascular health among those with a high intake of ALA- containing foods, like Mila®. The fiber found in Mila® is predominantly insoluble fiber, a form of fiber that aids in the relief of occasional constipation. Mila® also contains other important nutrients such as calcium, magnesium, and phosphorous, all of which are important for bone health. The antioxidant Phytonutrients found in chia seeds may also help protect and maintain healthy brain cells. This effect may support healthy cognitive function as we age. Therefore, Mila® is an important whole food source that may help fill in the nutritional gaps required for overall health and wellness.

Recommended Use: Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. Children: Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

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Mie

Mie contains 7 complementary strains of probiotics for achieving gut wellness, including Lactobacillus planetarium HY7714. 17 billion CFUs of friendly gut bacteria help to support and maintain healthy digestion.

Recommended Use: *Mix one packet daily with 8 fl. oz. of cold water. Stir well or shake.*

ADDITIONAL PRODUCTS FOR HEALTHY DIGESTION

Daily Build

This liquid vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, trace mineral blend, bio-protection blend, Phyto-fruit complex, neuroprotective blend, Phyto-vegetable blend, superfood blend, and an Optisorb blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. Those with digestive issues are often nutrient-deficient and may have a weakened immune system. Daily Build may help to provide needed nutrition and immune support.

Recommended Use: *Take one fluid ounce serving daily in conjunction with a well-balanced diet. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.*

GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a systemic whole-body balance, which helps optimize physical and mental function. GoYin contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. These vitamins fill in the gaps to help strengthen the immune system which can become weakened if you have digestive issues.

Recommended Use: *For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired.*

Organic Sulfur

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Sulfur is an important element in the insulin structure, and also helps maintain a healthy inflammatory response within the body which promotes overall health.

Recommended Use: *Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals or on an empty stomach. May choose to increase daily use amount over time to achieve desired results.*

GPS Hydrate

GPS Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water effectively into the cells. May help restore electrolytes lost during bouts of diarrhea.

Recommended Use: *Add 1 packet to 8 fl. oz. of water, mix thoroughly and drink. For optimal results, take 1 serving every 30-45 minutes during physical activity.*

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Goji

As a natural source of Vitamin C and polysaccharides, Goji provides nutrition to help support healthy functions of the digestive system. Goji is also a source of carotenoids, including lutein and zeaxanthin, which may help enhance eye health. Reports have also shown that goji contains high levels of antioxidants, important for protecting the body from free radicals. Finally, goji is also loaded with protective Phytonutrients for health and well-being.

Recommended Use: *Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.*

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FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in fresh fruits (unless Candidiasis or blood sugar issues are present), vegetables, whole grains, beans, and legumes that are in season.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish.
- Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water hydrates the body and helps to flush out toxins. You may want to add GPS Hydrate to your regimen to increase electrolytes during the flushing of toxins.
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid alcohol, caffeine (may substitute ENERGY, PURE Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil. · Minimize land animal consumption, as they are highly inflammatory. If consuming land animal products, they should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens eat bugs, grubs, and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.

LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, causes plaque build-up in the arteries, and may damage vessel lining.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily. Strength training especially may help reduce blood pressure. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Stress is an important factor that contributes to an unhealthy heart. Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching to help reduce stress and tension. Consider other stress reducing activities like taking a walk, reading an inspiring book, or taking a warm bath with lavender.

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