

TARGETED NEEDS

Respiratory Health 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.

RESPIRATORY HEALTH

Most people want to get healthier. Rarely, though, do they think about protecting and maintaining the health of their lungs. The truth is that your lungs, just like your heart, joints, and other parts of your body, age with time. They can become less flexible and lose their strength, and lung function gradually diminishes with age. Some other factors that have an impact on respiratory health are smoking, environmental toxins (like air pollution and smog), being overweight, stress, and a poor diet. Fortunately, by adopting certain healthy habits, you can better maintain the health of your lungs, and keep them working optimally even into your senior years. Filling in the nutritional gaps in your diet is very important in achieving and maintaining optimal respiratory health and wellness.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Respiratory Health**. 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	
Daily Build	GPS Adapt	GoYin	Greens
Organic Sulfur	Immune+	Cleanse	Silver
Fusion*	CalciuMK+	Daily Detox	GPS Circulate
		Probiotic	PurXcel

*Fusion can also be substituted with the individual bottles of Acai, Goji, Noni, and Mangosteen. 4 ounces of Fusion is equal to 1 ounce each of Acai, Goji, Noni, and Mangosteen.

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TOP PRIORITY PRODUCTS FOR RESPIRATORY HEALTH

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

Daily Build

A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. 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. Daily Build contains antioxidants and other ingredients which help promote a healthy inflammatory response. This effect is important in maintaining healthy lung function and respiration. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and setting the stage for optimal results.

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.

Organic Sulfur

Organic Sulfur is both a mineral and an element. It is naturally found in the protein of plants, animals, and humans. Methylsulfonylmethane (MSM), a naturally occurring dietary form of sulfur, is necessary for many important functions in the body. Sulfur is an important element that supports a healthy inflammatory response and may provide relief from multiple health complaints.

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.

Fusion

A powerful comprehensive superfruit blend comprised of Goji, Acai, Mangosteen, and Noni. These superfruits contain antioxidant properties and may help support a healthy inflammatory response and may help support overall respiratory health.

Recommended Use: Take one serving (4 oz.) 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 superfruits. If you chose the individual superfruit bottles instead of fusion, use 1 oz. each of Acai, Goji, Noni, and Mangosteen as a serving.

GPS Adapt

Contains Moomiyo which is a stress adaptogen that has been shown to promote healthy lungs. Studies have also shown cordyceps (a type of mushroom) to enhance oxygen utilization, and the reishi mushroom to support healthy airways. It also contains vasica extract, which may help maintain healthy respiration.

Recommended Use: Take 2 capsules once or twice a day, with or without food, as needed for respiratory health.

Immune+

Immune+ is the daily immune supplement you need to protect your entire family. Immune+ interacts with the human immune defenses to protect the body and support immune function without overstimulating the immune system. Over a dozen clinical trials have shown improvement in immune function and a healthier response to stress. The main ingredient, Wellmune®, provides a broad spectrum of immune and respiratory benefits.

Recommended Use: Take one capsule every day.

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CalciuMK+

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and essential trace minerals for a potent blend the body craves. Calcium is essential in the human body for building and strengthening bones and teeth and facilitating healthy communication between the brain and certain parts of the body. The body also uses calcium to help muscles contract and expand to secrete hormones and send messages through the nervous system. Magnesium and Vitamin K2 contribute to the development of bone and are important for regulating nerve and muscle function, blood sugar levels, and blood pressure already in normal range. Additionally, studies have indicated that magnesium can help relax muscles and help promote restful sleep.

Recommended Use: Take 1 ounce daily, preferably before bedtime.

ADDITIONAL PRODUCTS FOR RESPIRATORY HEALTH

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 nutrients fill in the gaps to help support the immune system and maintain healthy lung function.

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.

Cleanse

Environmental toxins can influence respiratory health. This cleanse is designed to help clean 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. It contains ingredients that may help the body release stored toxins that can contribute to inflammation and can influence lung function and respiratory health.

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. One of the key benefits of eliminating toxins is a strong and healthy digestion system.

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

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Probiotic

Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. A new technology micro-encapsulates the probiotic species, making them more acid-resistant for maximum utilization and potency. This micro-encapsulation ensures that probiotics are well established in the digestive tract. Five out of eight species within Probiotic specifically target the small intestine to maintain a healthy inflammatory response, facilitate nutrient absorption and support the immune system. The remaining three species target the colon (large intestine) to help control unfavorable organisms and assist in proper waste elimination. A healthy gut can enhance immunity, allow the body to efficiently absorb nutrients and maintain a healthy immune system.

Recommended Use: For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach. For children age 4 to 12, take the contents of one capsule daily. To prevent a choking hazard in children, pull apart capsule and mix contents with food or beverage.

Greens

We all know that fruits and vegetables are tried-and-true staples of a healthy, nutritious, and balanced diet and lifestyle. Taking your Greens on a daily basis adds unique nutrient components to your diet that may be lacking in these vitamins and minerals; it ensures that you are getting a full range of nutrients that your body needs to improve respiratory function and overall health. This product contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that are important to maintaining good health and well-being.

Recommended Use: Add one scoop of Greens to 8-12 fl. oz. of water or other healthy beverage (according to taste) and mix thoroughly.

Silver

Silver has been used extensively throughout history! The ancient Greeks, Egyptians, Phoenicians, Romans, and Macedonians all used silver to help keep them well. This product may help support and maintain a healthy immune system which is important in maintaining good respiratory health.

Recommended Use: Mix 1 teaspoon (5 pumps) in water and consume up to three times a day. May also spray into any orifice (eyes, ears, nose, mouth, etc.) as needed to prevent the spread of bacteria and viruses that can cause respiratory illness.

GPS Circulate

This product contains L-Arginine and other amino acids that have been shown to support healthy blood flow to the heart and support vascular pliability.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink.

PurXcel

A proprietary blend of 18 complimentary ingredients that are designed to help cleanse, balance, and build the body through glutathione and superoxide dismutase support and production. PurXcel supports immune health and promotes a healthy inflammatory response which helps maintain respiratory health.

Recommended Use: Take 1 capsule once or twice a day, with or without food.

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FOOD & DIETARY RECOMMENDATIONS

- Decrease carbohydrate intake and increase fat intake. Not only do fats have more calories per gram than carbohydrate to help promote weight maintenance when eating is difficult, fats also produce less carbon dioxide than carbohydrates which may make breathing easier.
- 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 may help thin mucus and improve lung function in addition to other health benefits. 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 or 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.
- Red meat (if permitted) and other animal products should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens feed on 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.
- Avoid fried foods, which also create toxins in the body.

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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