

# TARGETED NEEDS

## Stress Management 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.

## STRESS MANAGEMENT

At times, everyone feels stressed or worried. These feelings are usually short-lived and go away within a few days. However, prolonged periods of stress or "internal nervousness" can interfere with daily life, causing discomfort for both you and those who care about you. Stress can interfere with a person's ability to work, sleep, study, eat, and enjoy pleasurable activities. It can even prevent a person from functioning optimally. Many medical practitioners agree that a poor diet and physical inactivity can be contributing factors of stress. Managing daily stress is the key to optimizing overall health and wellness.

## TARGETED NEEDS PRODUCTS

**Targeted Needs Products** are those that have been shown to be the most effective for **Stress Management**. 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	
GoYin	ENERGY	Daily Build	Mila®
CalciuMK+	Probiotic	Cleanse	GPS Hydrate
Serene	Immune+	Daily Detox	GPS Energize
Fusion*		Organic Sulfur	

\*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 STRESS MANAGEMENT**

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

### **GoYin**

GoYin is a special blend of 20 warming and cooling superfruits and herbs that create whole-body balance, which helps optimize physical and mental function. In addition to supporting healthy energy, GoYin has shown to reduce the perception of stress, tension, fatigue, and confusion. This comprehensive formulation helps to balance stress hormones and improve mood, thus enhancing feelings of mental and physical well-being.

***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.

### **CalciuMK+**

Calcium is a key player in both stress relief and stress reduction, working closely with magnesium, Vitamin D, and potassium to maximize its benefits. CalciuMK+ contains the correct ratio of these nutrients to help maintain calmness and serve as a sleep aid when taken before bedtime.

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

### **Serene**

Provides the body with important Phytonutrients for hormonal support, while calming the body to facilitate healthy sleep. Contains a unique blend of adaptogenic herbs which may balance mood, minimize the negative effects of stress, and may enhance feelings of overall well-being.

***Recommended Use:*** Take 2 capsules prior to bedtime. May take 2 capsules in the morning if desired.

### **Fusion**

A powerful comprehensive superfruit blend comprised of Goji, Acai, Mangosteen, and Noni. This product contains powerful antioxidants that may help balance neurotransmitters that enhance mood and have been shown to support cognitive function and minimize the effects of stress. These superfruits may help maintain a healthy mood and promote healthy sleep.

***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.

### **ENERGY**

Some studies indicate those who experience the negative effects of stress may be lacking in amino acids. ENERGY provides amino acids that may help calm and focus the mind. It also contains an adrenal support blend, an alkalizing blend, a nutrient-rich vitality blend and antioxidants for immune health. Contains natural caffeine and chlorogenic acid, both of which have been linked to feelings of well-being. Caffeine may make symptoms of stress worse in some; discontinue use if you experience increased feelings of imbalance.

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

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## Probiotic

The gut is the center of the immune system. Probiotic helps improve and maintain appropriate levels of healthy bacteria and balance gut flora. Studies have shown a correlation between healthy brain function and digestive health, so creating a healthy environment within the intestines may help maintain a sense of calmness. Healthy intestinal bacteria has been shown to provide nutritional support for stress.

**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.*

## 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.*

## **ADDITIONAL PRODUCTS FOR STRESS MANAGEMENT**

### Daily Build

Not getting adequate amounts of vitamins and minerals can be contributing factors for stress. Studies have shown that supplementation may decrease reliance on medications and minimize the effects of stress. Daily Build contains a proprietary ingredient blend, and twenty-three essential vitamins and minerals support immune, nervous system, cardiovascular health and more. Contains a neuroprotective blend that supports and maintains a healthy brain and nervous system. L-theanine, inositol and PABA (para-amino benzoic acid) help you perform at your best mentally by fighting against occasional nervousness and stress. Contains Methylated B Vitamins which may elevate mood and contribute to a sense of calmness.

**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.*

### Cleanse

Environmental toxins are thought to contribute to stress complaints. This cleanse 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 minimize toxic build up. It contains ingredients that help the body release stored toxins that may contribute to mental and physical stress.

**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. 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

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transported and eliminated from the body. One of the key benefits of eliminating toxins is improved feelings of mental and physical well-being.

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

### **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.

### **Mila®**

Clinical studies have shown a direct correlation between decreased Omega-3 fatty acids and mental health. Mila® is an organic chia seed varietal that contains Omega-3 fatty acids, fiber, and Phytonutrients. The antioxidant Phytonutrients found in chia seeds may 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.

### **GPS Hydrate**

Proper hydration is essential for maintaining a healthy mind. It supplies the body with electrolytes and methylated B12 Vitamins needed for healthy cognitive function.

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

### **GPS Energize**

Packed with antioxidants, botanicals, and natural sources of caffeine, GPS Energize helps stimulate alertness, ease fatigue, and supports mental and physical health.

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

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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, 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. While the immediate sensation of nicotine may help improve symptoms of anxiety, it deprives the body of oxygen, which starves the brain and contributes to stress and inflammation.
- 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). Don't exceed more than 9 hours regularly, however, as too much sleep may make symptoms of stress worse.
- Spend time outside during the day. Adequate sun exposure during the day may improve symptoms of stress.
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Use mindfulness activities like yoga, meditation, or gentle stretching to help reduce stress and tension.
- Write a list daily of all the things you are grateful for. This list does not have to be anything spectacular and could be as simple as "I got out of bed this morning." Starting and ending each day by making this list may help you stay focused on the positive things in your life.
- Place things around you that make you feel happy – your favorite photographs, pictures of places you've been or would like to go, green plants, fresh flowers, etc.
- Share something positive about your day with someone else. Talking generates serotonin, which may help curb symptoms of anxiety.

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