

Dr. Lindsey Duncan's 6 Step Health Program

Though this is considered a "six-step" program, all of these steps are meant to be done simultaneously.

Step 1: The first essential step in any complete nutritional program is to *Cleanse and Detoxify* the entire body.

This is done using two products called **4Total Cleanse** and **4Fiber**.

4Total Cleanse is a two part cleanse. Part 1 contains 30 different herbs that help purify the blood, tissues, cells and all major bodily organs. Part 2 contains 15 different herbs and will help your body have the natural peristaltic actions that result in bowel movements. The ultimate goal of this cleanse is to retrain your body to have 2-3 full and complete bowel movements a day, which will allow the avenue of toxin release to flow regularly, preventing toxic build up. **Take 4Total Cleanse as directed on label and on the insert from box.**

4Fiber is a very gentle, soothing fiber product which has natural oils that help lubricate the intestines and contains no harsh, depleting or irritating ingredients. This is a Genesis Today Proprietary Fiber and Blood Sugar Regulation Blend of 100% raw, cold-milled flax seed powder and 100% raw, cold-milled hemp seed powder which are the most concentrated, complete and balanced sources of essential fatty acids (EFAs) and amino acids. "Cold-milled" ensures that valuable enzymes are not destroyed and vitamins, minerals and nutrients remain intact.

Other important **4Fiber** ingredients and their benefits are:

Rice bran – helps fight high cholesterol.

Noni fruit fiber – helps to stimulate digestion and helps to fight Candida, yeast and has anti-bacterial and anti-viral capabilities.

Noni leaf powder – helps to balance the pH and is high in trace minerals.

Oat fiber – a soluble fiber that helps to lower blood cholesterol.

Carrot fiber - an insoluble fiber which is an important aid in bowel function.

Beet fiber – an insoluble fiber, a powerful cancer fighting agent and antioxidant enzyme.

Guar gum – used to bind and enhance water-soluble content.

Slippery elm bark – helps to form a protective coating for soothing irritated or inflamed mucous membranes along the throat, digestive and gastrointestinal tract, can help with the discomforts of gastritis, Chron's disease, irritable bowel syndrome (IBS), and ulcerative colitis.

Cat's claw – helps to boost the immune system and acts as an anti-inflammatory for arthritis, colitis, and IBS and a complementary therapy for cancer.

Nopal – has 18 amino acids and helps to strengthen the liver, digestion, kidney and pancreas; helps to decrease blood sugar, lowers fat and cholesterol by slowing the digestion of carbohydrates and slowing insulin production.

Cumin – stimulates digestion and helps relieve bloating.

Boldo – helps with liver disease and gallstones, stimulates digestion and helps the production and secretion of bile; has anti-inflammatory properties.

FOS or Fructooligosaccharides – a probiotic, a non-digestible fiber that is used to keep the stomach and bowels healthy, and to nourish and promote friendly bacteria. Has been added to 4Fiber because it facilitates calcium absorption in the intestines and plays a protective role against colon cancer.

Ginger root – helps with inflammation and is heat generating which stimulates digestion.

Stevia leaf extract – helps to balance blood sugar, is a natural anti-bacterial and anti-fungal, lowers blood pressure and helps with lowering weight since it is a non-caloric, natural sweetener.

Gymnema sylvestre – helps with sugar cravings and helps to remove sugar from the blood, supports proper digestion and supports glucose regulation.

Bitter melon fruit extract – helps to reduce blood sugar, acts as a detoxifier, reduces blood pressure and is a good anti-bacterial and anti-viral.

4Fiber is six supplements in one: a heart supplement, a brain supplement, an intestinal cleanse, a fiber supplement, an acidophilus supplement and a blood sugar supplement.

Mix 4Fiber with warm water or sprinkle on your favorite salad or yogurt - one scoop, one or more times a day. The 4Fiber is an excellent way to maintain a healthy body and can be taken indefinitely.

Total Cleanse should be taken as long as it takes to retrain the body to have 2-3 natural bowel movements each day. Thereafter, it is recommended to cleanse twice a year.

4Total Cleanse and **4Fiber** accomplish the first element of **Dr. Lindsey's Six-Step Health Program** – Total Body Purification.

Step 2: A strong digestive system is critical in Dr. Lindsey's Six-Step Health Program. Proper digestion, assimilation and absorption of foods must be a part of every health program. If our digestive systems are weak and not functioning properly, our entire body will be affected in many ways.

- Lowered energy levels because your body cannot assimilate the nutrients from your diet.
- Toxic build up of decaying food in your intestines.
- Constipation and other poor bowel conditions.
- Poor health conditions due to nutrient deficiencies.

4Digestion gives the digestive system the kind of support it needs to help repair and rebuild itself. The digestive system is like an oven inside the body. Your digestive oven needs heat to

“cook” the foods you eat for proper break-down and assimilation. 4Digestion contains heat generating herbs like cayenne, ginger, and cumin. Proper digestion is crucial in order to strengthen and renew the body.

Take 2 capsules before every meal. As we age our digestive system weakens. In fact, a 65 year old has 85% less Hydrochloric Acid (HCL) than they did at 35. The formula for 4Digestion includes enzymes and herbs such as Betain Hydrochloride, a powerful enzyme that acidifies foods in the stomach and is especially helpful in breaking down protein and flesh foods. Bromelain is another powerful enzyme that aids in the digestion of fats and reduces inflammation and irritation in the digestive tract. Turmeric helps to promote bile flow. Centaury helps to strengthen the digestive system. Orange peel soothes indigestion, gas and overall digestive disorders. L-Glutamine is an amino acid that helps to reduce sugar cravings. Cardamon was added to help trigger the flow of saliva and stomach secretions needed to break down food. Cloves were added to increase blood circulation and because they help promote proper digestion.

4Digestion is a supplement that can and should be taken indefinitely.

Step 3: Purification of your digestive and glandular systems and proper intake of nutrients and minerals are essential to get the body to its optimal level of wellness. **Noni 100** may help to remove harmful fungus and bacteria in the digestive system as well as in the bloodstream and cells. Noni100 also has a high mineral content (it has over 140 powerful vitamins, minerals, and other nutrients), is a body builder and may help to control infections. It is accepted that one of Noni100's major benefits is its relief of most types of pain associated with arthritis, fibromyalgia, and other conditions associated with an over acidic body chemistry. Noni100 also helps to balance serotonin levels in the brain, which help with mood and sleep.

Start by taking 2 oz. of Noni100 first thing in the morning on an empty stomach. You can work up to higher doses of Noni100 if you want or need to. Always take Noni100 on an empty stomach and do not take it too late in the afternoon as it may keep you up at night, due to the fact that it supplies your body with so many nutrients and minerals, which gives your body a boost of natural energy.

Take Noni100 one (1) hour before or after any prescription medications. Noni acts as a catalyst and can increase the effectiveness of anything taken along with it. Noni100 is very beneficial to the body and can also be taken for a lifetime.

Those who are on kidney dialysis should NOT take Noni100. The potassium levels in Noni100 are too high for this condition.

Step 4: Cellular health, proper liver function and a positive attitude, mood and outlook on life are essential to every complete health program. With alternative and natural healing, all aspects of mind, body, and spirit play an equally important role. **Goji100** has been clinically proven to help fight depression (by aiding with balanced serotonin levels in the brain), low sex drive, and premature aging by stimulating the secretion of hGH(human growth hormone), the “youth

hormone.” Goji100 also may help to alleviate fatigue and mental confusion, reduce high blood pressure, increase energy levels and balance blood sugar.

The Goji berry has anti-inflammatory properties and much more. Goji juice contains the following naturally-occurring organic elements: 19 Amino Acids, 21 trace minerals, has 5000 times more Vitamin C per ounce than oranges, Vitamin E and Solavetivone, a powerful anti-fungal and anti-bacterial compound. The four Lycium Barbarum Polysaccharides (powerful cell nutrients) are the most important compounds and are responsible for much of Goji100’s beneficial effects.

Start using Goji100 by mixing 1-2 oz. with your Noni100 first thing in the morning. Two ounces is a recommended dose for a healthy body. If a body needs extra help fighting a disease, an additional 2 oz. can be taken. As Dr. Lindsey says, “Mixing two ounces of Noni100 with two ounces of Goji100 together is the most potent ‘super tonic’ that any person can take on a daily basis.”

Step 5: Excess acid in the body can cause a wide array of health challenges and conditions, including arthritis and Candida Albicans. Having a balanced acid level in the body is essential to keep these and other conditions under control and to support a healthy lifestyle. The Genesis Today Alkaline Diet can help you maintain healthy pH levels, which is an important key in any health building program.

Step 6: The Genesis Today12 Golden Rules provide simple, easy to follow steps to enhance your lifestyle in terms of diet, lifestyle, exercise, water intake and other basic health maintenance.