



Introduction to Genki Foods

Keep in mind that Genki Foods products are simply food, but they are powerful. Just as you can eat too many fresh cherries and have diarrhea as a result, you need to determine your own tolerance and your own goals.

General Recommended Usage for Genki Foods Products:

Genki Grains Nutritional Powder - Start by taking 1/4 tsp.(1/2 gm) per day. Over 3 to 4 weeks, gradually increase your serving to 1-3 tsp. per day. This can be mixed with G.O.L.D. liquid or into a smoothie to make a pleasant early day "power" drink. A 165 gram bottle of *Genki Grains* contains 66 servings of 1 tsp. each, a 330 gram bottle contains 132 servings of 1 tsp.each and a 500g bag contains 200 servings of 1 tsp each.

Genki Plus Capsules - Start with 1-2 capsules with meals each day as a powerful boost to the immune system and digestive aid. Increase as you feel comfortable if dealing with Candida or digestive malfunction. For maintenance use 1 capsule per meal, morning and evening.

G.O.L.D. Nutritional Drinks - Start with 1-3 oz. (30 - 90 mls) per day. This can be diluted in water or juice and mixed with Genki Foods powders if desired. Over a number of weeks you may gradually increase your intake for a powerful digestive aid and a larger intake of friendly bacteria. Please note - take only as much as you are able to tolerate comfortably, sometimes it takes the body a while to regain equilibrium after introducing large amounts of friendly bacteria, enzymes and raw nutrients. Discover within a few weeks the benefits of better digestion and elimination. For maintenance, reduce intake to 1-2 oz per day. A 1 litre bottle contains 30 servings of one ounce.

Genki Phyto Powder - Start with 1 teaspoon (2.5 gm) per day or less and adjust as necessary for comfort level. Specifically designed to provide the nutrients for natural progesterone production by the body for both men and women, it is primarily used for female hormonal balance. Progesterone is one of the three primary sex hormones and is needed to balance estrogen and testosterone. A 165 gram bottle contains 22 servings of 1 teaspoon each.

Genki Foods – Candida Cleanse

This cleanse is for those who understand that an overgrowth of Candida is an indication that their **internal ecosystem is out of balance**. Candida albicans is a common yeast microorganism in our bodies and only becomes a problem when other microflora disappear or lose ground to a Candida overgrowth. If there has been a long standing problem, i.e. longer than one year, then it will take time to clear it all out because the spores of Candida spread from the digestive system into the tissues of the body. Intestinal cleansing alone will not cleanse the lymph and tissues. The only way to completely clear Candida problems is to get the Candida into circulation in the body where it can then be eliminated but this takes time. The key point to remember is that we need to provide the body with enough friendly microbes over a certain period of time in order to outnumber the problem causing ones and re-populate their territory.

Ultimately, without getting the dormant candida spores that are resting in the muscle and brain tissue you will never clear the candida from the body. This concept is greatly misunderstood by many. In fact most people will not go through the die-off stage because it can be very severe, however this detox is necessary to clear out your system. If you want a healthy and clean ecology, there will be disruption as the balance gets struck. The rate of detox and die off are directly related to product input and consequently the activation of the dormant spores within the tissues. **The rate of detox and elimination are directly proportionate to the amount you put in.** Die-off and detoxifying can be tempered by the rate at which you ingest Genki Foods.

Compliance to the program is essential to reach the goal. The following suggestions are only guidelines. As everyone is different and the level of infection can range so widely there can be no absolute time set on the cleanse.

Suggested Programs:

Slow Track to Recovery - 5 Week Program

Week 1: Your first sip of *G.O.L.D.* liquid should be a big one - 8oz. For the remainder of this week take 3oz./day. During this time, eliminate all processed/refined foods from your diet and limit your intake of acid-forming foods such as red meat, sugar, and coffee, etc.

Week 2-5: Begin each day with 3oz. of *G.O.L.D.liquid* + 1tsp *Genki Grains Powder* + 3 capsules *Genki Plus*. Later in the day take an additional 3oz. *G.O.L.D.* liquid and 3 capsules *Genki Plus*.

* For the following two weeks, you should continue with a maintenance intake of *G.O.L.D.* liquid (3oz.) daily to ensure that any remaining Candida that is circulating through your blood will be overcome by the good bacteria. The Genki Foods powders will also help support and maintain a stable eco-system.

Fast Track to Recovery - 3 Week Program

Week 1: Your first sip of *G.O.L.D.* liquid should be a big one - 8oz. For the remainder of this week take 3oz./day. During this time, eliminate all processed/refined foods from your diet and limit your intake of acid-forming foods such as red meat, sugar, and coffee, etc.

Week 2-3: Begin each day with 8oz. of *G.O.L.D.* liquid + 2 tsp. *Genki Grains Powder* + 6 capsules *Genki Plus*. Later in the day take an additional 3oz. *G.O.L.D.* liquid and 6 capsules of *Genki Plus*.

* For the following two weeks, you should continue with a maintenance intake of *G.O.L.D. liquid* (3 oz.) daily to ensure that any remaining Candida that is circulating in your blood will be overcome by the good bacteria. The *Genki Grains Powder* will also help support and maintain a stable eco-system.

Remember, the more Genki Foods products you consume, the more you will clear but the rate of cleansing has to be determined by you according to your own personal level of comfort. As mentioned in the introduction, taking too much may bring on flu-like symptoms as you overload the body's detoxification processes. Take only as much as you are able to tolerate. Determine how you are doing by how you feel. You can check your progress by looking at your tongue. If it has a heavy white coating, this may be an indication of Candida overgrowth or digestive insufficiency so as your tongue returns to pink, you're making progress! (Although a white tongue is a very good indicator of Candida overgrowth, it is not always so. For other symptoms please contact our office or your healthcare provider.)

Please Note: Chances are you will feel worse before you feel better. This is the result of Candida "die-off". It is important to let this occur as it is a necessary stage. As long as the Candida is dormant in the tissues, it is impossible to clear completely. The *Genki Grains Nutritional Powder* assists the activation of Candida so it gets into circulation in the body and can then be eliminated. The *G.O.L.D. liquid* is teeming with good bacteria that reduce the number of bad bacteria and pathogens in your system. The *Genki Plus* is a more concentrated form of the *Genki Grains Powder* and containing more bacteria and enzymes. Continue the above program for 7 days even if Candida symptoms are aggravated. Typically a detoxifying reaction occurs within 2-4 days. Most people report that they feel clear of Candida within a 2-3 week period, however, about 15% of people will experience a much longer cleansing time, even up to two months. You will know you are clear of Candida overgrowth when a renewed sense of energy returns and you are able to eat symptom-causing foods without a reaction.

CANDIDA DIE-OFF SYMPTOMS ARE OFTEN MISTAKEN AS A CANDIDA FLARE-UP. PLEASE NOTE THAT WHEN USING GENKI FOODS PRODUCTS, YOU WILL EXPERIENCE DETOX SYMPTOMS IN DIRECT PROPORTION TO THE LEVEL OF CLEANSING THAT IS OCCURRING.

Additional Considerations:

Some people have reported feeling nauseated when initially taking the *G.O.L.D.* liquid. This may be due to an overly acidic condition. *G.O.L.D.* liquid is high in lactic acid with a low pH, and may initially cause an unsettled stomach for a short period of time, but it is important to continue to consume the product as doing so will rebalance a hyper-acidic condition in the gut.

Some people find the powder to be initially constipating. Simply consume more product (preferably Liquid) to increase the number of scrubbers (bacteria & enzymes) working in the guts. If the bowels are too loose then reduce one's intake. This can be related to the liver detoxifying. If loose bowels are a problem for more than two weeks, increase the amount you take for a few days and re-evaluate. If the problem persists, then reduce the amount you take, slow down the process and take your time to cleanse.

It is worth considering adding an omega-3 essential fatty acid source like shelled hemp seed (also known as hemp hearts) or hemp oil to one's diet as well because these essential fatty acids are critical for so many of the body's processes.

One probable cause of digestive disorders is a general deficiency of enzymes and the friendly bacteria that break down food in our gut. Another overall consideration is that if gut flora have been destroyed by chlorine, antibiotics, food preservatives and synthetic Vitamin C (ascorbic acid), there is less protection against pathogenic bacteria setting up house. Genki Foods products supply our bodies with abundant enzymes and friendly bacteria which strengthen and support our digestive system and since our digestive power determines how much nutrition we are able to assimilate from food, nutrient absorption continues to increase and improve in the long run.

Disclaimer: No such statement in this brochure or on the products shall be construed as claims or representation that Genki Foods products which are primarily foods, are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease. Consult a qualified health care practitioner for diagnosis and treatment of any disease or medical condition.



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