

# ClearStart Natural Cleanse and Detox Program



## Frequently Asked Questions (FAQs)

**Q.** Can I keep taking LiFiber™ even after I've completed the ClearStart® program?

**A.** Absolutely! In fact, we encourage you to do so. Fibre should become a regular part of your daily routine. Just like your body needs vitamin C every day to stay healthy, you also need a continuous source of fibre.

**Q.** Will I have cleared my system of parasites in 30 days?

**A.** It's hard to say. Because nature works more slowly than a chemical-based parasite program, an herbal program will take quite a bit longer. Exactly how long will depend upon the individual and their level of health. ClearStart is designed for 30 day cycles but you can customize a 30, 60 or even a 90 day program. You may decide that you want to continue - that's up to you. If you wish, a health care practitioner can also help provide more information to help you decide.

**Q.** How do I kill parasites that I may have?

**A.** Actually, you won't kill them. If a parasite dies while still in your gastrointestinal tract, it may release a host of toxins which your body will reabsorb. Ultimately you want to eliminate the parasites before they die. The best way to do this is to relax the parasites so that they release their grip on your tissue. Your body can then dispose of them through normal channels.

**Q.** Can I give the Paraway® to my pets?

**A.** Yes. We can get parasites that have been passed to us from cats and dogs. For that reason, it's a good idea to put your pets on the parasite program at the same time. If you make the effort to clear your own system, but fail to address the same needs in your pet, you may be setting yourself up for reinfestation. Liquid extracts are generally easier to administer and may be very effective.

**Q.** I've gone through the clearing process once. Can I take it again in the future?

**A.** Yes. To stay clear of parasites you will need to repeat the process periodically. Clearing twice a year is a good idea. An easy way to remember to clear is to treat it as your "spring" and "fall" cleanse. As for LiFiber™ and tea, these should become a regular part of your daily routine. To keep your colon healthy day-to-day, you need adequate fibre and your bowels need to move regularly. In addition to these products, you can also take Aloe on a daily basis. Aloe may help your body absorb nutrients, enhancing the assimilation of your supplements.

**Q.** Can I take other herbs while I'm on ClearStart®?

**A.** Yes, but with caution. If you have not taken herbs before, we recommend you complete at least one ClearStart® program prior to beginning with other herbs. Your body cannot extract nourishment from the food and herbs you consume if you have parasites, or if your digestive tract is clogged. Should you choose to begin with other herbs immediately, you will not hamper the clearing process; on the other hand, you may not get the full benefit of the other herbs until you are clear.

**Q.** Is there anyone who cannot take ClearStart®?

**A.** Yes. We do not recommend this program for pregnant or nursing women and children.

## Recommended Audience

- **Primary** - Men and women who want to rid their digestive systems of unwanted organisms; to improve regularity; to clear the digestive tract of built-up waste, toxins and debris.
- **Secondary** - Men and women who seek herbal alternatives to address allergies, bloating, chronic fatigue, constipation, depressed immune function, diarrhea, excessive hunger, flu symptoms, gas, grinding teeth at night, hives, irritable bowel syndrome, joint and muscle aches/pains, reddened eyes, sleep disturbances, weight gain, or weight loss.
- **Tertiary** - Pets (mammal) that have unwanted organisms in their digestive systems. Please check with your veterinarian for dosage and use.

## Benefits and Features

- Helps eliminate unwanted organisms
- Helps remove toxins and waste
- Helps cleanse the colon
- Promotes regularity
- Addresses a variety of health concerns resulting from a poor digestive system

## Recommended Usage

- Take 2 Paraway capsules between days 1-10 and increase the amount to 5 capsules between days 11-30. Preferably take Paraway before breakfast.
- Take LiFiber as directed on the canister. For optimal results take LiFiber roughly 1/2 hour after the Paraway.
- Drink 1 cup of tea (Classic Natural Tea or Nature's Tea) or Aloe Vera Capsules as directed on the label, preferably after your evening meal, right before going to bed.

## Ingredients

See individual product for ingredient listing.

[www.clearlifenet.com](http://www.clearlifenet.com)

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