

HEALTH &  
WELLNESS

> CLEANSE

NOURISH

TARGET

1-888-757-7533

Clearstart®

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

# ClearLife

"At the hands of an unknown predator, which turned out to be a parasite in my intestines, I watched my health deteriorate.

Two months after Clearstart, I have my health back and much more."†

Patricia Zito

The ultimate cleansing system

Clearstart® is designed to help your body remove impurities, cleanse your digestive system, and help your body utilize essential nutrients, vitamins, and minerals.



Clearstart should be the first step in any health, weight management, fitness, or beauty regimen.

Getting healthy and staying healthy require cleansing your body of unwanted organisms and waste and keeping your gastrointestinal system running smoothly. Unicity's Clearstart is designed to help your body remove impurities, cleanse your digestive system, and help your body utilize nutrients, vitamins, and minerals essential to health and wellness. Clearstart should be the first step in any health, weight management, fitness, or beauty regimen.

The digestive system performs the important functions of food digestion, nutrient absorption and waste elimination. As the "kitchen" for the rest of the body's systems, the digestive system needs to be kept clean, otherwise it becomes an incubator for pathogens and a potential source of infection to the other body systems. Periodic cleansing of the digestive system may:

- Clear the digestive channels for improved food digestion, nutrient absorption, and waste elimination
- Improve digestive tonus and rejuvenate the system
- Normalize digestive functions and correct imbalances in the digestive tract
- Enhance clearing of debris and toxins from the digestive tract
- Promote weight loss

- Reduce the risk of other digestive disorders, including hemorrhoids
- Improve energy and stamina
- Generate a sense of general well-being

Clearstart contains three of the most powerful cleansing products:

**Your choice of Nature's Tea™ or Classic Natural Tea®**

Nature's Tea helps cleanse the urinary and intestinal tracts and provide additional support for the immune system. This "high-octane" herbal laxative contains senna for when your body needs a completely natural boost in clearing.

More gentle-acting than Nature's Tea, Classic Natural Tea encourages proper elimination and expedient disposal of wastes. It is packed with beneficial herbs and is gentle enough for everyday use.

Tea recommended use:

For ages 12 and up. Begin slowly. Steep one tea bag per cup for 2–5 minutes. Drink after evening meal. Increase steeping time gradually. Drink hot or cold. Not for long-term use.

**Paraway®**

Paraway prepares the digestive tract to eliminate unwanted organisms and wastes while nourishing the digestive and urinary tracts.

Paraway recommended use:

For the first 10 days, take two capsules daily in the morning with a large glass of water. For the next 20 days, take four



capsules daily in the morning with a large glass of water (not to exceed 5 capsules).

**LiFiber™**

A comprehensive blend of 27 herbs, all-natural LiFiber contains the unusually high ratio of 5.6 grams of fibre in every 10-gram serving

LiFiber recommended use:

Add one level tablespoon of LiFiber to 8–10 fl. oz. of water, juice, or the beverage of your choice. Drink immediately.

**Research Brief**

**A Discussion of the Colon**

The colon, or large intestine, is the terminal portion of the gastrointestinal (GI) tract. The colon receives the thoroughly mixed and digested remains of food from the upper portions of the GI tract. Remaining nutrients, primarily in the form of indigestible fibre, is acted upon by intestinal bacteria. These bacteria produce various vitamins, such as vitamin K and biotin, that are absorbed into the blood. In

addition, the colon also absorbs significant amounts of water and electrolytes from the digested food before it is eliminated. Colon health relies on two factors: 1) the health and viability of intestinal bacteria and 2) constant motility to move the contents along the colon. Dietary fibre helps stimulate bacterial fermentation as well as motility. Lack of motility in the colon slows the transit time of digested materials. This leads to an increase in the amount of water reabsorbed and can lead to constipation. On the other hand, greatly increased motility can cause diarrhea, which can lead to severe loss of water and electrolytes.

**Caution:** Nature's Tea™ contains senna dried leaves and frangula bark. Classic Natural Tea® contains frangula bark. Do not use these teas in the presence of abdominal pain, nausea, vomiting or fever. Overuse and extended use may cause dependence for the bowel function. These products should not be used longer than 1 week, unless directed by a physician. Do not take within 2 hours of another medicine because the desired effect of the other medicine may be reduced.

**Sources:** Gruenwald J, Brendler T, Jaenicke C. Physician's Desk Reference for Herbal Medicines. Medical Economics Company, Inc. 1998. The Lawrence Review of Natural Products. Facts and Comparisons, a Wolters Kluwer Company. 1998-1999. Blumenthal M. The Complete German Commission E Monographs, Therapeutic Guide to Herbal Medicines. American Botanical Council. 1998. Schulz V, Hansel R, Tyler VE. Rational Phytotherapy: A Physicians Guide to Herbal Medicine. Springer-Verlag, Heidelberg, Germany. 2001 Katch, F and McArdle, W. Introduction to Nutrition, Exercise and Health, 4ed. Philadelphia:Lea & Febiger; 1993. Guyton, A. Textbook of Medical Physiology, 8ed. Philadelphia: WB Saunders; 1991

“When we started Clearstart® we were finally on the right track. We each lost over 50 pounds and reversed our accumulated health problems.”†

Terri Henderson & Sheri Buckner

“My husband and I love Nature's Tea because we know it works! As we get older, keeping ourselves regular gets more challenging, but Nature's Tea really helps. We love sharing this product with our friends all over the world.”†

Marylou Wilson

“My wife and I both use LiFiber daily, and we wouldn't go without it. This product helps with weight management and cardiovascular health. Whenever anyone tries it, they soon find out for themselves how much better it makes them feel.”†

Tyler Little

†This testimonial reflects the individual's experience with the Unicity product and may not be typical. Individual results may vary.

Clearstart®  
with Classic Natural Tea® or  
with Nature's Tea™

| Nature's Tea<br><b>Ingredients</b>  |        |
|---|--------|
| Medicinal Ingredients:  |        |
| Senna dried leaves ( <i>Cassia acutifolia</i> )   | 976 mg |
| Buckthorn bark ( <i>Rhamnus frangula</i> )  | 280 mg |
| Non-Medicinal Ingredients: Peppermint leaves, caá inhém leaves, uva ursi leaves, orange peel, rose hips fruit, althea root, chamomile flowers and honeysuckle leaves. |        |

| Classic Natural Tea<br><b>Ingredients</b>  |        |
|--|--------|
| Medicinal Ingredients:   |        |
| Buckthorn bark ( <i>Rhamnus frangula</i> )   | 950 mg |
| Dandelion root ( <i>Taraxacum officinale</i> )   | 180 mg |
| Chickweed herb ( <i>Stellaria media</i> )  | 180 mg |
| Non-Medicinal Ingredients: Peppermint leaves, rose hips fruit, orange peel, honeysuckle flower, marshmallow root and chamomile flower. |        |

| LiFiber™<br><b>Ingredients</b>  | Paraway®<br><b>Ingredients</b>   |
|---|--|
| Psyllium husk, fructose, maltodextrin, fructooligosaccharide, caá inhém extract, natural orange flavour, hibiscus flower, natural banana flavour, grapefruit pectin, guar gum, licorice root, alfalfa, black walnut hulls, buchu leaf, burdock root, cape aloe powder, cayenne fruit, chickweed, cinnamon bark, clove seeds, cornsilk, dandelion root, echinacea, fenugreek seed, garlic, ginger root, marshmallow root, papaya fruit, peppermint leaf, pumpkin seed, red raspberry leaf, rhubarb root, slippery elm bark and yucca root. | Green black walnut hulls powder, pumpkin seed powder, knotweed extract, clove flower bud powder, sage leaf powder, gentian root powder, hyssop leaf powder, fenugreek seed powder, chamomile flower extract, black pepper fruit powder, peppermint leaf powder, thyme leaf powder, fennel seed powder, garlic powder and chlorophyll in a gelatin capsule. |

“Within days of starting Clearstart I had more energy than I had had in years. I was doing hard physical labour at that time and my energy did not fail me for the entire month long project. I also noticed other benefits including improved movement in my fingers and lower back, my hair began to thicken, my skin became absolutely radiant and smooth as a baby’s behind, (after a few eruptions cleared). I was no longer irritable and best of all I stopped craving sodas, junk food and high fat foods and even lost a few pounds. I actually look forward to taking Clearstart.”†

Pawnee Jewell

†This testimonial reflects the individual’s experience with the Unicity product and may not be typical. Individual results may vary.