

Following Your Program

The ClearStart® Program is simple to follow. Each day, you take the same four basic components:

**Paraway®
LiFiber™
Classic Natural Tea®, Nature's Tea™ or Aloe Vera capsules
Filtered Water**

The biggest variation is the number of Paraway capsules you take. You also may choose to slowly increase the amount of LiFiber you take and the strength of your tea over the first few days.

Whether this is the first time you've ever taken herbs, or you've been using herbs for years, we recommend you begin slowly with the Paraway, increasing the number of capsules you take after Day 10. We've included a handy printable calendar on the next page so you can keep track of where you are on the program, as well as to ensure you take enough of each of the components daily.

ClearStart® Schedule

- Take 2 Paraway capsules daily between days 1-10 and increase the amount to 5 capsules daily between days 11-30.
- Take LiFiber as directed on the canister. For optimal results, take LiFiber roughly 1/2 hour after the Paraway.
- Drink 1 cup of tea or take Aloe Vera capsules, preferably after your evening meal, right before going to bed.
- During the day, drink at least 8-10 250mL (8 oz.) glasses of filtered water.

If you find yourself unable to stick to the suggested time, don't give up! The most important thing is to stay on the program, even if that means adjusting the amounts to suit your own needs. You deserve optimal health; clearing is the most important step in achieving that goal.

30 Day ClearStart® Calendar

Go to www.unicity.net/canada for more information.

<p>Over 34 million North Americans suffer from digestive disorders.</p>	<p>Day 1   </p> <p>A well-nourished body, cleansed from toxins, will not be a comfortable home for parasites and worms.</p>	<p>Day 2   </p>	<p>Day 3   </p> <p>Food may take anywhere from 4-72 hours to pass through the large intestine.</p>	<p>Day 4   </p> <p>Over 50% of North Americans show evidence of having had at least one parasitic infection.</p>	<p>Day 5   </p>	<p>Day 6   </p> <p>The cecum, colon and rectum form the large intestine, which is about 1.5m (5 ft.) long.</p>
<p>Day 7   </p> <p>The average North American consumes 13 g of fiber daily, but health experts suggest North Americans should virtually double this, because of a wide range of physiological benefits.</p>	<p>Day 8   </p>	<p>Day 9   </p>	<p>Day 10   </p> <p>Even well-cooked pork harbours viable trichina worms.</p>	<p>Day 11   </p> <p>Increase Paraway®</p>	<p>Day 12   </p> <p>The American Cancer Society, the National Cancer Institute and the National Academy of Sciences ALL recommend increasing your fiber intake as one natural way of reducing the risk of cancer.</p>	<p>Day 13   </p>
<p>Day 14   </p> <p>The Ebers Papyrus, written about 1553 BC, contains several prescriptions for constipation.</p>	<p>Day 15   </p> <p>About 23% of women report a chronic stomach ailment in any given year, compared to 15% of men.</p>	<p>Day 16   </p> <p>In the mid '60s, Dr. Denis Burkitt, a British surgeon, was the first to propose that many disorders, including diverticulitis, hemorrhoids, constipation and bowel cancer could be traced to a lack of dietary fiber.</p>	<p>Day 17   </p>	<p>Day 18   </p> <p>Of the 560 million pounds of pesticides used annually by American farmers, 375 million pounds may be carcinogenic.</p>	<p>Day 19   </p> <p>Fiber may decrease calcium absorption. If you take a calcium supplement, don't take it at the same time you take your fiber.</p>	<p>Day 20   </p>
<p>Day 21   </p> <p>Absorption of water maintaining the body's water balance is greatest in the cecum and ascending colon.</p>	<p>Day 22   </p> <p>Bilharzia (schistosomiasis), freshwater-borne parasites found in the Caribbean, South America, Africa, the Middle East & Southeast Asia, can penetrate unbroken skin and cause an infection of the bowel or the bladder.</p>	<p>Day 23   </p>	<p>Day 24   </p> <p>Digestive disorders are the 2nd leading reason for hospitalization among North Americans age 45-64.</p>	<p>Day 25   </p>	<p>Day 26   </p> <p>Do Personal Assessment & place order.</p>	<p>Day 27   </p> <p>About 63% of your body weight is water.</p>
<p>Day 28   </p> <p>Gentian root is said to improve both the appetite and the digestion by increasing the flow of gastric juice.</p>	<p>Day 29   </p> <p>Over 75% of women 65 and older report having frequent constipation.</p>	<p>Day 30   </p> <p>If stretched flat, the surface area of your small intestines would cover about 3,889 square feet. The surface area of your skin is about 15 square feet.</p>	<p>Paraway®  LIFiber™  Classic Natural Tea®  Nature's Tea™ or  Aloe Vera Water</p>			

Complementary Foods

You can increase the effectiveness of a cleansing program by choosing your food wisely while on it. We've provided the following list to assist you in choosing complementary foods wherever possible. The lists are not all-inclusive and are to be used only as a general guideline.

Complementary Foods that may aid cleansing:

- almonds
- apples
- apricots
- aragula
- artichokes
- asparagus
- avocado
- beans (dried)
- beets
- berries
- broccoli
- brown rice
- brussel sprouts
- buckwheat
- butter
- cabbage
- carrots
- celery
- cherries
- chives
- collard
- corn
- cucumbers
- dandelion
- eggplant
- eggs (whole)
- endive
- escarole
- garlic
- green beans
- kale
- kholrabi
- lentils
- lettuce
- millet
- mustard greens
- nuts (most)
- okra
- olive oil
- onions
- parsley
- parsnips
- peaches
- pears
- peas (dried)
- peas (green, fresh)
- peppermint
- peppers (green, red)
- plums
- popcorn
- potatoes (baked)
- prunes
- pumpkin
- radicchio
- radishes
- rhubarb
- rutabagas
- sorrel
- soy beans
- spinach
- tomatoes (fresh)
- turnips
- watercress
- wheat germ
- whole grains

Non- Complementary Foods that may hamper cleansing:

- bananas
- brown sugar
- buttermilk
- cake
- candy
- cereal
- cheese
- cottage cheese
- currants
- dates & figs
- flour (white)
- fruit juice
- grapes
- honey
- ice cream
- jams & jellies
- maple syrup
- melons
- molasses
- mushrooms
- pasta
- pastries
- peanuts
- pie
- pineapple
- pop
- raisins
- seafood (shell fish)
- white sugar
- yogurt

Note: Your ClearStart Program will still be effective even if you consume non-complementary foods. The benefits to be gained by cleansing far outweigh the downside from not cleansing.

FAQ's

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 LifAloe™ on a daily basis. LifAloe may help your body absorb nutrients, enhancing the assimilation of your Unicity 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.