



Dr. Shoemaker's recommendations for:

Unicity Cleanse

Since the standard American diet leads us towards the standard American disease, we need to periodically clean out our system to optimize our health and Wellness.

That is why the Paraway Pack was developed... to literally recondition the walls of your colon so you can once again absorb the vital nutrients from your food.

The usual time frame is 30 days with 60 days recommended for those stubborn cases.

There are four components:

1. Unicity Paraway Plus capsules to clear out intestinal parasites
2. Fiber to scrub your colon
3. Tea to act as an accelerant
4. Water to properly hydrate you

Take two capsules in the morning along with one scoop of fiber mixed in 8 ounces of water. Then drink the tea at night, before bedtime. On the eleventh day of your cleanse take two capsules, twice a day, but continue to only do the fiber with the morning capsules.

Steep the tea for **2 minutes only** to begin. You may adjust the steeping time to control the bowel movement frequency in the morning. Be sure to drink plenty of water throughout the day.

I recommend starting on Friday so you can get a feel of how your body will react before going to work on Monday morning. It is not uncommon to have multiple Bal movements each morning.

You may continue the daily fiber after the program ends to ensure ongoing success and the tea as needed.