

Cleansing & Detoxing Guidelines for the Most Effective Results from LiFiber®/Paraway Pack®

Congratulations on beginning your Wellness Program!! A properly functioning intestinal system is essential to vibrant health. Cleansing is considered the foundation of good health and a necessary first step in ridding the body of harmful impurities allowing it to run energized and heal itself from health issues.

What others have experienced:

According to the Journal of American Medicine 25-30 grams of fiber daily offers you a 41% risk reduction of cardiovascular disease.

"Within a week on the Paraway Pack I began to see and feel the results. Being clean on the inside, with a great elimination system fixed my constant headaches, gave me more energy, better skin and eyes, and the big bonus was I lost weight which was always a battle with me." - Sam Goodhand

"Cleansing the body of toxins has improved my health dramatically! Energy, weight loss, better sleep and clarity of thinking are some of the benefits I have experienced." - Gary Ostby

Introducing LiFiber into Your Diet

Be sure to introduce any fiber foods or product into your diet gradually. This is because it takes a few weeks for your digestive system to fully adjust to the change.

- Fiber is absolutely essential for good health.
- To avoid uncomfortable bloating, start with small amounts of LiFiber mixed in filtered water or your favorite juice.
- Daily Intake** - start slowly. 1st week - ¼ - ½ of the blue scoop, found in the container, daily. After the first week gradually increase the amount as your body tolerance increases to 1-2 scoops daily. For additional comfort your daily intake could be split between A.M. and P.M. These are only guidelines, as everyone tolerates the increase in fiber differently. Take your time if you need to.
- Note:** For the safe and effective use of LiFiber, it should be mixed with at least 8 to 10 ounces of liquid. Drink immediately. Followed by one 8-ounce glass of filtered water.
- It is a good idea to drink at least 8 glasses of filtered water a day. Drinking adequate water keeps the fiber moving.

Using LiFiber with Medications

If you are taking medication that can be taken with food, you can take it with the LiFiber supplement. If your medicine should be taken on an empty stomach, then do not take it close to the time you use LiFiber. It is recommended these medications be taken at least one hour before, or two hours after using LiFiber to avoid impeding the medication.

This document was produced by an Independent Business Owner. This information is for educational purposes only, and is not intended to diagnose, prescribe or treat any illness.

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LiFiber: A psyllium-based powdered mix enhanced with 27 herbs provide a balanced blend of soluble and insoluble fiber to nourish the colon back to health! The psyllium base provides **eight times more soluble fiber than oat bran.** A special dietary fiber called FOS is included which nourishes healthful intestinal bacteria that support your immune and digestive systems. High fiber diets have been known to reduce the risk of heart disease, lower blood cholesterol, regulate blood sugar, aid digestion, promote regularity and contribute to bowel cleansing.

Additional Tips

- Use the aid of a shaker cup, blender or drink mixer to enhance the consistency and flavor of LiFiber. Always put liquid in first, then add LiFiber.
- For appetite control LiFiber is best taken 20 minutes prior to your meal.
- Cleansing responses are different from person to person. Refer to the *Paraway Program Guide* for what to expect and other educational tips.
- Serving sizes are based on a body weight of 150 lbs and can be adjusted accordingly. For a weight of 75 lbs: 50% serving.

More ways to enjoy your LiFiber:

- Breakfast Drink: in blender, mix 1 cup juice or any beverage of your choice, 1 banana, 1 cup frozen or fresh fruit (strawberries, peaches); crush above ingredients, then add LiFiber. Blend and drink immediately. For best results follow with one 8-ounce glass filtered water.
- Sprinkle LiFiber on your favorite cereal and eat (creative option for children)

Using LiFiber with Nutritional Supplements

It is OK to take your nutritional supplements before or at the same time as you take LiFiber. When you are not able to take your nutritional supplements at the same time, then wait two hours to assure proper nutrient absorption.

If you have questions, do not hesitate to call:

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

Paraway Plus

LiFiber

Nature's Tea

Water

Paraway Plus® Parasites will infect three out of five North Americans at some point in their lives, robbing their bodies of essential nutrients, as well as taxing and overwhelming their immune systems. Parasites flourish in an unclean environment where they will embed themselves in the intestinal wall and hide behind a layer of mucous and encrusted waste matter. Paraway Program teams up the Paraway Plus with LiFiber and Nature's Tea. Together they work to soften and remove the encrusted matter and sweep out excess mucous and parasites. Cleansing prevents future infestation by creating an inner environment in which parasites are less likely to thrive. Paraway Plus is a potent combination of herbs designed to assist the body in ridding itself of toxins and parasites.

Introducing Paraway Plus into Your Diet

- ❑ **Days 1 - 10:** Take two (2) Paraway Plus capsules first thing in the morning, **before breakfast**, with a minimum of **8 ounces** of water.
- ❑ **Days 11 - 30:** Take five (5) Paraway Plus capsules first thing in the morning, **before breakfast**. Continue on five capsules per day until bottle is finished.

These are guidelines, as everyone tolerates the increase of Paraway Plus differently. Take your time **if you need to**, increasing gradually from 2 to 3 to 4 and then to 5.

TIP

To track your progress simply remove the duplicate calendar from the center of the *Program Guide*, and enter the date you start as Day 1. Post on your refrigerator or other prominent place and check off the days as you progress towards detoxing and cleansing your body.

Additional Tips

- ❑ **Timing is important.** For optimal results with the Paraway Program take your LiFiber approx. ½ hour **after** your Paraway Plus (this timeframe allows intestinal parasites to be exposed to the anti-parasite formula **alone**).
- ❑ Parasites can spread between family members through normal contact. You may want the whole family to target parasites at the same time. Otherwise you may do the program only to be re-infected in a short period of time by an infected family member.
- ❑ Filtered water is extremely important because bacteria, contaminants, and parasites can slip through municipal water treatment facilities.
- ❑ Many experts recommend **thorough** targeting of all stages of parasite development (adults, larvae and eggs) to **reduce the risk** of re-infection. This will require **3 Paraway Packs** that can be used **consecutively**. Maintain the five caps per day of Paraway Plus after completing the 1st bottle.



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Nature's Tea® Much of what is considered "normal food" (high-fat, high-carbohydrate, highly processed foods) in North America can **overwhelm your digestive system**. As a result, your digestive system can begin to malfunction, leaving your liver, gallbladder and kidneys stressed. If the by-products of digestion are not excreted quickly and efficiently, toxic substances build up within your body.

All-natural, caffeine free Nature's Tea is a superb tasting blend of trusted herbs that assist digestion, cleansing, water retention, appetite control, energy and promotes regularity. Nature's Tea has the addition of Senna, traditionally used for its natural laxative properties.

Introducing Nature's Tea into Your Diet

- ❑ The objective is to achieve and maintain a healthy elimination of two to three normal stools per day.
- ❑ Drink one cup after your evening meal or before going to bed.
- ❑ Start slowly, one or two minutes steeping time (set a timer), to see how your body responds.
- ❑ Tea for 2 or more: To start, in tea pot steep one tea bag in four cups of boiled water for five minutes. Leftover tea can be refrigerated and enjoyed another time. Pour ½ of a cup and top it off with boiled water!
- ❑ **GRADUALLY** increase the steeping time to assist your body in meeting the objective. Some people require it stronger, some weaker.

Additional Tips

- ❑ The natural cleansing effect of Nature's Tea helps eliminate digestive barriers built up in the body.
- ❑ Do not warm tea in the microwave because the active enzymes in the tea will be destroyed
- ❑ Note: Everyone's body is different. Therefore some will notice the tea's effects more quickly than others.
- ❑ Enjoy drinking Nature's Tea either hot or cold.
- ❑ Individuals looking to support weight management often choose to increase to 2 cups per day.

Beyond the Paraway Program

Use LiFiber daily and Nature's Tea, as required by your body, **to support regular elimination of toxins and waste.**

- ❑ The air, water and food we take in daily exposes our bodies to toxins. Day in and day out. Toxins reduce our body's ability to remove allergens, chemical toxins, bacteria and parasites that contribute to illness and degenerative conditions.
- ❑ Obtaining the recommended fiber intake from your diet alone is extremely difficult, if not impossible. The Heart Foundation, Cancer Society and health experts recommend a daily intake of 25 to 35 grams of fiber to **reduce your risk** of cancer's and heart disease. **If this is important to you**, making LiFiber a part of your daily routine is a vital addition to achieving these health benefits.