

Client: _____

Date: _____

Mini Para-Cleanse Program: (thru day 25)

Aggressive Para-Cleanse Program: (thru day 40)

Product	7am	Brk.	10a	12p	Lun.	3pm	6pm	Dnr.	9pm	B.T.
Days 1 through 10, do the following: (10 days)										
Para-Cleanse		1 Pk						Pk		
High Potency Garlic		1						1		
Days 11 through 15, do the following: (5 days)										
High Potency Garlic		1						1		
Days 16 through 25, do the following: (10 days)										
Para-Cleanse		1 Pk						Pk		
High Potency Garlic		1						1		
Artemisia Comb		1/2/3			1/2/3			1/2/3		
	Every 3 days, increase the dosage as follows: 1/1/1, 2/2/2, 3/3/3									
Days 26 through 30, do the following: (5 days)										
High Potency Garlic		1						1		
Days 31 through 40, do the following: (10 days)										
Para-Cleanse		1 Pk						Pk		
High Potency Garlic		1						1		
Artemisia Comb		2			2			2		
Clove Essential Oil	Mix Pure Essential Oil of Clove with a carrier oil (1:1 ratio) (Coconut, Almond, etc.). Place 2 drops of mixture around the belly button. (If rash occurs, discontinue)									

Sunshine Herbs Health Store, 1205-H N. Saginaw Blvd. Saginaw, TX 76179, Ph. 817-232-HERB (4372)

- 1) Drink only pure water: (most city water is too polluted) We have great water here.
Formula for water: $\text{Weight}/2 = \text{oz per day}$. (i.e. $150 \text{ lbs}/2 = 75 \text{ oz per day}$. ($128 \text{ oz} = 1 \text{ gallon}$))
- 2) Laugh and smile at stress: Laughter eliminates acidity in the body. "Laughter does the body good like a medicine." Stress causes acidity in the body and creates undo stress on the immune system.
- 3) Exercise: Exercise can be simple walking briskly. Tone your muscles and keep your body flexible. Get with a local trainer to stay in shape. The mini trampoline strengthens cells and cleanses the lymphatics.
- 4) Eat more unprocessed foods: Eat more veggies and fruits. Non-GMO is preferred for a healthier you.
- 5) Musculoskeletal: Keep the musculoskeletal system in tune so your body can maintain, detect, and heal.
- 6) Keep smiling!: Visualize health in your body. Trust in your body's ability to heal and maintain.

This information has not been evaluated by the FDA. The products listed are for nutritional support only and are not intended to cure, prescribe, diagnose, or replace proper medical advice. Please feel free to check with your nutritionally aware licensed medical doctor prior to beginning this program. If you are having a serious medical problem, please seek proper medical attention. Based on the customers needs and the historical knowledge of the herbs, the associate may recommend a different dosage.