

## More "Advice" From the Doctor Within

**As you use Cleanshield**, realize the following points concerning application...

**Realize what is happening** in or on the body. Using Cleanshield is simply a process of providing detoxification for the body. As acid is neutralized within the body through the alkaline boost (raising of pH) the body will naturally eliminate that waste.

**The benefits of this detoxification** process to the body will vary with the nature and extend of the acidity or acidosis of each individual.

**The time required** to realizing benefits cannot be accurately predicted. However, for best results in application, **please recognize the following facts:**

You are "**cleaning**" **the ocean within** through detoxification produced by Cleanshield

Various body types and conditions respond in different ways. How you "feel" and how long the de-tox process take vary greatly. "Listen" to your body. It may go fast or slow.

Results in terms of pH boost may take days, for some weeks, and others months. This cannot be accurately predicted.

### **Be disciplined**

- 3 times per day
- 30 minutes before or after eating

**You may experience de-tox.** Some users do, while many do not. It will vary with each individual and the health condition of each. Read the DE-TOX INFO article.

On Topical Applications, **LESS IS MORE.** Simply spray lightly to cover area, and then dry. Do not over apply and once again be sure to allow area to completely dry.

**Share your story.** Many have experienced the power of the "doctor within" as Cleanshield has created a pH boost and acidity neutralized. **SHARE YOUR STORY.** Your story may affect the lives of many.

**Determine why you have become so acidic** and take steps to correct the problem. This may involve new patterns of health – diet, sleep, water, exercise, and other supplements.