

# Frequently asked Questions

## **What is the Total Body Detox?**

A: It is a 5 formula detox protocol developed to clear detoxification pathways which allows intracellular and extracellular waste to be removed from the body.

## **What is the Women's Rejuvenator?**

A: It is a 3 formulas rejuvenation protocol developed to regulate hormones menstrual cycle and cleansing of the womb.

## **What is the liver flush?**

A: The liver flush method helps metabolize accumulated liver stones and gallstones, in order to clear the biliary system.

## **Why is garlic recommended?**

A: Garlic helps build white blood cells, increase glutathione and nitric oxide and expel harmful bacteria.

## **Why is coconut oil suggested?**

A: Coconut oil heals mucus membranes while providing omega-3 fatty acids to cleanse our arteries and veins. Coconut oil also provide Lauric acid which aids in detoxing viruses and bacteria.

## **What is good for B~12 deficiency?**

A: Thyroid Support Formula

## **Can I take the capsules with juice, for the Total Body Detox?**

A: It is recommended to be taken with water.

## **Can I open the capsules instead of swallowing them whole?**

A: Yes, put it in a glass of water.

## **Can I take the Total Body Detox and Women's Rejuvenator at the same time?**

A: It is best to do total detox first then afterwards start the women's rejuvenator.

# Frequently Asked Questions

**Can I take Total Body Detox during pregnancy?**

A: No, it is not recommended during pregnancy.

**Can I take the Parasite Cleanse while breastfeeding?**

A: No, it will irritate the baby.

**Can I take the Parasite Cleanse and the Total Body Detox at the same time?**

A: No, You want to cleanse slowly to avoid Herxheimer reaction .

**What is good for yeast infections?**

A: Womb toner and Garlic Suppository

**Can I attend your classes if I don't live in your state?**

A: Yes, we have online classes.

**Would you come to other cities and have a seminar?**

A: Yes

**Will the herbal formulas be a problem while taking prescription drugs?**

A: Yes and No, Shalom Health Services recommends that the person take herbs 4 hours away from prescription drugs.

**What can I do for coffee cravings?**

A: We recommend using herbal tea with the Stay Alive Energy formula.

**How can I get my blood sugar levels down?**

A: Use the Blood Sugar Leveler and Thyroid Support in combination while eating a plant based diet.

**What can I eat when detoxing?**

A: Consume foods from the Cure All Grocery List which are all plant based.