

# Albany Acupuncture Health and Wellness Newsletter

## Preparing for a Healthy Fall



### **The Next 21 Day Purification Cleanse Starts October 6**

The seasons are changing which brings new health challenges. So I am announcing my fall 21 Day Purification Cleanse which starts Monday October 6, 2014. This is a great time to clean up our eating habits before the holidays start and after summer vacation. The temperature is changing, the foods in the market are different and we are experiencing shorter days. Once the schools are back in session the cold and flu season kicks in to high gear. If you are prone to come down with colds and flu this is the best time to get a jump on improving your immune system to prevent illness. The fall is also a time of heightened allergies because nature is beginning to shut down, with leaves and grasses decomposing turning into dust and molds.

Practiced for centuries all around the world, purification is about nourishing and cleansing the body from the inside out as well as supporting ideal body weight. The liver is a major detoxifying organ and if it not working efficiently we deposit excess toxins into our fat cells.

The 21 Day Purification Cleanse is a great opportunity to make some changes in our food habits. The cleanse is a gentle whole foods program that includes fruits, vegetables, healthy fats and protein that encourage the body's natural detoxification. Protein is provided by a hypoallergenic protein powder made from brown rice or whey powder as well as protein from lentils, chicken and fish. Foods that cause allergies and inflammation are eliminated releasing energy into the system. There are also whole food supplements to take with your meals. A cleanse guide is provided with the program giving helpful tips and recipes to make the program more successful.

We meet as a group 4 times over the 21 days and we discuss the process of cleansing and how the body accomplishes this. The most common remark from participants is, "I didn't realize how easy it would be". Many people experience more energy, improved digestion, less headaches, better sleep, less joint pain, weight loss and clearer skin. Some participants have also decreased their medications due to improved blood sugar, decreased blood pressure or decreased pain. The cost of the

program is \$275 which includes the protein powder and additional supplements as well as the cleanse program guide. I am limiting the group size, contact me to sign up now.

### **The Purest Water can come from Your Tap**

MultiPure's "Taste the Difference" tour is coming to town. There will be a MultiPure water filter meeting Saturday September 20, 2014 from 10 AM-12 noon at the Emeryville Hilton Garden Inn. If you would like to purchase your replacement cartridge or any filters or other products there is no shipping charge. Drop by the meeting and pick up a replacement filter and say hello. Also, until the end of September any water filter that is purchased includes a bonus of the emergency filter package which is a filter and siphon that can be used for travel or in case of an emergency. I use this when I camp as well as hotel travel. It's very portable and easy to use and you get the best water there is. This is an \$85.00 savings.

### **Preparing for the cold and flu season**

Now that the schools are back in session the colds and flus are getting passed around. I have been recommending to my patients to step up their immune program in order to prevent illness.

Prevention is better than a cure, so I'm asking each of you to think about what works for you to avoid colds and when you think you are coming down with a cold or flu. Do you have a routine for preventing those first symptoms from progressing to full blown illness? Depending on your constitution you may need more rest or need to up your dosage of vitamin C. I have made my special Catch Cold Plus formula for many of you to have on hand and start taking at the first sign of illness. I encourage those of you in contact with small children to take Echinacea for the whole season. When you prevent illness your immune system gets stronger and you feel better. You can improve your immune system by getting a program going now. Contact me for more information on designing a custom program for you.

In Health,

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