

January 2017

Albany Acupuncture Health and Wellness Newsletter

The New and Improved Cleanse

It's almost time for the 21 Day Purification Cleanse group to start. I introduced a new and improved version of the cleanse for the group last fall and it was a big success.

What's New?

I've replaced two of the nutrients with an amino acid combination and a greens powder, which is a great tasting greens food with over 90% organic ingredients.

These greens have a Paleo profile; they contain no grains, legumes, alfalfa, corn, gluten, fructose or artificial sweeteners. Unlike other greens products, these greens add no fillers or bulking agents. The number of pills you need to take has been greatly reduced and the effects are stronger. The protein shake with fiber is still the same.

Now that the holidays are over it's a great time to start something new. Many of the cleanse participants are surprised how easy it is to do the cleanse, and are pleased that they are learning new dietary habits. They have been able to incorporate many of the tasty cleanse recipes into their daily cooking regimen. Also, it's great to do the cleanse with a buddy, so if you have a friend or partner that would also like to do this please invite them to participate.

About the Cleanse

The 21 Day Purification cleanse is a gentle whole foods diet. You will be eating lots of fresh fruits, vegetables, fats and proteins, including grass fed beef, pastured chickens and wild-caught fish. For three weeks, we eliminate the foods that many people are sensitive to and emphasize the foods that are easier to digest and are cleansing. This way we can perk up your energy, increase your focus and begin to improve on chronic health conditions.

Cleanse Group Dates

The cleanse will start Tuesday evening January 31, 2017 in my office. We will have 4 meetings January 31, February 7, February 14, and February 21. The cost is \$295 and includes the cleanse products as well as a program booklet and cookbook. You can check out the recipes in the [digital version of the cookbook](#).

In Health,

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SP Standard
Process

° of Change

Standard Process 21-Day Purification Program Cookbook

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