

***Albany Acupuncture Health  
and Wellness Newsletter***

*by  
Susan Wallace L.Ac*

***Spring 21 Day Cleanse is Back!***

Number 11  
May 2015

I hope you are enjoying the spring weather. It is really beautiful here in Northern California. Even though we are in a drought everything is green and blooming, at least for now. To strengthen my knee, which was injured earlier in the year, I've been riding my stationary bike every morning in my garage which has a view of the bay. This helps me to enjoy this time of year while I pedal to rehab.

**Spring 21 Day Cleanse Starts May 11, 2015**

It's time for the spring 2015 21 Day Purification Cleanse. There's still time to sign up if you would like to join. It's great to do this with a buddy as that makes it easier to stay on track. We begin Monday May 11 and meet 4 times during the cleanse. Cost for the cleanse is \$295 which includes supplements, protein powder and best of all, a brand new cookbook that supplies great, tasty recipes during the cleanse. 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 January 21-Day Group Purification Cleanse for 2015 was a lot of fun and the group has reported many lasting positive results. Over the 21 day process, and during the weeks immediately afterwards, the group members

experienced better digestion, more energy, better sleep, less anxiety, less joint pain, less phlegm, better focus and higher productivity, clearer skin as well as weight loss.

Working as a group was rewarding as each person brought something different to contribute to the process. I have been given many tips and insights as well as delicious new recipes. And I am enjoying personal benefits from doing the 21-Day Purification Cleanses. I have participated in all the groups and each one has brought mental clarity, extra energy, being calmer and even weight loss. Almost everyone who has participated has commented that the cleanse was much easier and more fulfilling than what they expected.

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 and the new cookbook will be provided with the program giving helpful tips and great recipes to make the program more successful.

**Deadline to signup is Sunday May 10, 2015.**

Questions? Contact me at: [SusanWallaceAcupuncture@sonic.net](mailto:SusanWallaceAcupuncture@sonic.net)

In Health

Susan Wallace, L.Ac.

510-559-8700