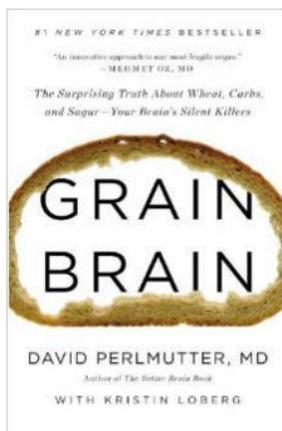




Susan Wallace, L.Ac.



### Book of the Month

Albany Acupuncture website:  
<http://susanwallaceacupuncture.com/>

Check out my Facebook page  
[new business Facebook page:](#)

## Albany Acupuncture Health and Wellness Newsletter

### Get Ready for Cold & Flu Season and 21-Day Purification Cleanse Results

Hi Bill,

I hope this letter finds you healthy, happy and enjoying the change of seasons. Here in drought plagued Northern California we have had several rain storms interspersed with very warm sunny weather. These extreme swings can be challenging to our health often leaving us susceptible to colds, flus and allergy symptoms. The best things you can do, besides getting regular acupuncture treatments, is getting regular exercise, plenty of rest and eating a whole foods diet. Having a “stop the cold or flu in its tracks” formula on hand is also very helpful.

#### Results from the 21-Day Group Purification Cleanse

I have just finished my third 21-Day Group Purification Cleanse for 2014 and there have been many positive results. Over the 21 day process, and during the weeks immediately afterwards, the group members have 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 three 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 next 21-Day Purification Cleanse starts Monday January 26, 2015. I will have an introductory meeting on Monday January 19 for people who are interested in finding out more details about the process before we begin the following week. I have found that when we do cleanses with a partner or friend it's a lot more fun as you can share meals and food preparation. Let me know if you are interested and tell your friends. You can e-mail me [susanwallaceacupuncture@sonic.net](mailto:susanwallaceacupuncture@sonic.net) or call me 510-559-8700.

As the year closes I want to express my gratitude to all of you for supporting my work. Your interest in your health and my work with you is such an inspiration to me. I'm always on the path of learning as much as I can about current science as well as deepening my studies of the ancient medicine that I have been so fortunate to have learned. Acupuncture and herbal medicine is so much more powerful than I could have ever imagined and I continue to be inspired by the thousands of years of practice that informs and instructs me. Thank you and have a great Thanksgiving.

In Health,

Susan Wallace, L.Ac.

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