

September 2016

Albany Acupuncture Health and Wellness Newsletter

The 21-Day Purification Cleanse is Back

I'm pleased to announce the new and improved 21 Day Purification Cleanse group starting Saturday, October 22. We will meet 4 times over the 21 Day cycle where you will get evaluated for toxic load and guided to the best practices for you. I will bring in interesting foods for you to sample, share recipes and tips and discuss the many, proven ways to cleanse your system and experience better health.

What greater time to do a cleanse then during the Fall harvest and before the big holiday eating season. If you have ever considered doing a cleanse, or you have health issues like fatigue, anxiety, allergies, joint pain, weight gain or skin problems, then there is a good chance that a cleanse may bring you some relief. I am always amazed how good I feel once I have started the 21 Day Purification Cleanse. Many first-time and repeat cleanse participants tell me they are surprised how easy it really is, and how good they feel when done.

Whole Nutritious Foods Are Key

A cleanse is about eating whole, nutritious foods while taking in specific nutrients that help the body safely release accumulated toxins. You will not be hungry as the food list includes healthy protein sources like pastured chicken, wild fish, grass fed beef, fresh fruits and vegetables and healthy fats like butter and olive oil. As part of the program you will be given a protein shake mix that you prepare with fresh fruits and vegetables, a fiber mix and a greens mix that you add to your shakes and a capsule mix that helps covert the released toxins that we accumulate just living a modern life. You will also receive a cookbook that has lots of great recipes so you can create delicious cleanse meals. I'm already thinking about two of my favorites: Roasted Cauliflower Soup and Avocado Lime Pie with Strawberries. Yum.

I have been doing cleanses since I started my acupuncture practice 30 years ago. I really enjoy helping you do your first cleanse, or help you tweak your cleanse to get the best results. I find that it is especially fun to do this in a supportive group as everyone comes up with good ideas, finds new products and tries new recipes. If you would like to do this with a friend that would be great. If you would like to read more details about cleansing, please read the articles in the cookbook introduction.

Space is limited so let me know. The cost of the cleanse is \$295 which includes the 4 group meetings, the protein powder plus the other cleanse products and a beautiful cookbook. You can see a digital version of the cookbook by clicking on the book cover on the left. Contact me to reserve your space, or if you have a question.

In Health,

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