

Healthy Living Newsletter
May 2017

**The 21-Day Detox Cleanse Group
Starts June 5**

Would you like to have more energy, less pain, sleep better, reduce your allergies, and even lose a few pounds as a bonus?

Summer is approaching so it's a great time to join the group and participate in my 21 Day Purification Cleanse. The **Summer 2017 Cleanse starts Tuesday June 5, 2017**. We are meeting on Tuesday evenings at my office.

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

- The 21 Purification Program is a gentle way to give your metabolism and digestive system a rest. Foods that cause inflammation and allergies are eliminated which allows the body more opportunity to detox. Our bodies are naturally designed to cleanse out toxins but in our modern environment our system gets overloaded, and this causes many symptoms including low energy, digestive and sleep problems, joint pain, skin problems, anxiety and weight gain.
- We meet as a group 4 times over the cleanse program to discuss results and challenges, and receive tips on making the program easy, successful and fun.

- At the completion of the 21 Day purification Program I will help you to transition back into your “new” normal diet. You will be able to pinpoint foods that you do not digest well, and are causing some of your health problems.

Many clients report more energy, less bloating, improved skin, better sleep, less anxiety, weight loss and less joint pain. The most frequent comment has been, “I can’t believe how easy it was.” The cost for the program is \$295 and includes the program products, cleanse guide with recipes, and the 4 group meetings. To reserve your space, send or drop off a check. If you have any questions please e-mail or call me.

Cleanse Details

- Dates: Tuesdays on June 5, 12, 19, and 26
- Times: 7:00pm – 8:00pm
- Venue: My office at 1009A Solano Avenue, Berkeley, CA
- Format: group setting; seating is limited.

You can check out the cookbook at this link: https://www.standardprocess.com/Standard-Process-Document-Library/Books/Purification_Cookbook_05-2014.pdf

In Health,

Susan Wallace, L.Ac.
510-559-8700