

Healthy Living Newsletter April 2026

Feel Better with a Spring Renewal Program

Number 42
April 2026

Spring isn't just a season, it's a built-in opportunity to reset, reenergize, and move forward with purpose. To me "Cleanse" feels a bit outdated - what we actually want is a true reset: clear head, lighter body, and the energy to move forward stronger.

If you've been experiencing fatigue, bloating, body aches, poor sleep, or low motivation, this gentle 28-Day Purification program can help shift many of those patterns in a short amount of time.

Think about what brings you joy. If you've been experiencing fatigue, bloating, body aches, poor sleep, or low motivation, this gentle 28-Day Purification program can help shift many of those patterns in a short amount of time.

This is not a diet. You'll eat satisfying, nutritious foods whenever and in whatever amounts feel right for you. We simply remove the foods that commonly cause inflammation and replace them with nourishing options you'll actually enjoy. We also include a high-quality protein powder and supportive nutrients to help your body gently release stored toxins — at a pace that feels safe and sustainable.

I'll be leading a **28-day group cleanse starting Monday, May 19, 2026, and ending June 16, 2026.** We'll meet on Zoom in the evenings to check in, share recipes, track progress, and learn simple healing practices that support the cleanse.

You'll receive:

- All supplements and protein powder

- A complete program guide
- Easy, delicious recipes
- Group support and guidance throughout the 28 days
- Cost: \$475
- Dates: May 19, May 26. June 2, 9, 116,

I'm truly excited to guide this group and support you through a meaningful reset as Spring turns to Summer. This is a powerful opportunity to refocus your health with structure, support, and clarity.

If you're interested in participating and to reserve your spot or have questions, please reach out by phone or email by May 5, 2026. This will help me finalize the headcount and order supplies in time for the "cleansing" group to begin.

Warmly

Susan Wallace, L.Ac.

510-559-8700

1398 Solano Avenue, Albany, CA 94706 - corner of Carmel and Solano