

## Healthy Living Newsletter December 2022

### **Kick Start Your 2023 Health Goals with My Whole Foods Cleanse Program**

Greetings,

As the year ends, I want to express my thanks for your on-going support. I am so grateful that I get to do this work and without you I would not be in practice. The last several years have been challenging in so many ways and what is clear to me is that we need each other in all the ways that produce a thriving community. Thank you for being part of mine.

#### **Healthy Goals for 2023**

A new year is upon us and if you are thinking about getting healthier, I have the perfect program for you. I'm planning a cleanse group to start in early January 2023. It's been awhile since I've lead a group cleanse and I'm excited to offer this again. It's not a juice fast or colon cleanse that may leave you depleted. The 28-Day Purification Program is a gentle whole foods program that includes fresh vegetables, fruits, healthy fats and proteins that encourage the body's natural detoxification process. I will conduct the sessions on Zoom but will have you pick up your supplies from my office before the start date. We will have 5 sessions starting Tuesday Jan 3, 2023 and finishing on Tue Jan 30. In each session we will discuss your experience, different aspects of cleansing and group support and ideas. The cost is \$455 and includes a protein powder, fiber supplement as well as an herbal liquid, charcoal powder, cleanse guide and recipes. Depending on each person's particular situation I may add or subtract a few of the products. To reserve your

space, contact me and send or drop off a check at my office 1398 Solano Ave Albany, CA 94706.

- Start date: January 3, 2023
- End date: January 31, 2023
- Hours: Tuesdays from 6:00pm-7:00pm
- Cost: \$455

### **Nourish and Cleanse Your Body**

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. Cleansing is my terminology for eating a whole foods diet while supplementing with specifically formulated nutrients that help the body release toxins and excrete them from the body. I describe it as a pause from the “anything goes” eating style. On the organ level the liver is the major detoxifying organ. If the liver is not working efficiently we deposit excess toxins in our fat cells which leads to poor health, fatigue and weight gain that is difficult to get rid of. On the cellular level each cell has a cleansing process as well so that all the nutrients needed for the cell to preform need to be available and able to get through the cell wall. This is where our energy is made and if the cell isn’t able to work properly we become fatigued and ill.

### **Experience More Energy, Less Pain and Even Weight Loss**

This is a great opportunity to make some changes in your food consumption and dietary habits. In this program, we consume a whole foods diet with added protein in the form of a powder made from either whey protein, pea or rice protein. The cleanse stresses the importance of fresh whole foods over processed foods and eliminates foods most likely to cause adverse reactions. After just 28 days many people

experience more energy, improved digestion, less cravings, less anxiety, less headaches, better sleep, less joint pain, weight loss and clearer skin. Participants have also decreased their medications due to improved blood sugar, decreased blood pressure or decreased pain. The comment I hear the most is “ I can’t believe how easy it was.”

### **Multipure Water Filters – Special Offer**

If you aren’t using a water filter your body is your filter. Multipure has been making water filtration systems for over 50 years and they are the best product on the market. The company is offering a special until the new year. Any filter that is purchased will receive a coupon for the next replacement filter for free. This is a great savings. Depending on the filter model it could be a savings of \$125. If you need more information please contact me. You can also see the company’s products, science and independent certification by going to my website [susanwallaceacupuncture.com](http://susanwallaceacupuncture.com) and clicking on Multipure in the top banner.

In Health,

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