

Too Many Fun Foods can be Hazardous to Your Health

It's a new year and if you are thinking about getting healthier, I have the perfect program for you. I just love to do the 21 Day Detoxification Cleanse group since it has helped many of my patients and friends to detox their system, feel so much better, and learn to lead a better life through healthier eating.

I'd like you to consider joining my cleanse group in February.

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If you were exposed to the smoke from fires this fall, or indoor allergens from pets or outdoor pollens, or you just have been eating way more fun foods during holidays and the Super Bowl, then the 21-day cleanse will help you get back on track, health wise.

Cleansing, in my terminology, is eating a whole foods diet while supplementing with specifically formulated nutrients that help the body release toxins and excrete them from the body.

The liver is the major detoxification organ. All our blood is filtered by passing through the liver. The liver absorbs and excretes what our bodies can't use and, in this way, keeps our digestive process happy and functioning properly. The liver produces bile which allows us to digest fats and it produces glutathione which is the most abundant antioxidant that our bodies use.

The digestive system is also an important part of the detoxification process. 80% of our immune cells are made and reside in the gut. If your digestive system is not working smoothly, you will compromise your immune systems, and your body will be sluggish at detoxifying what it needs to remove. This leaves your body overloaded with toxins that are stored in your fat cells, which makes you feel tired and leads to weight gain that is hard to get rid of.

"I can't believe how easy it was."

Many patients report more energy, less bloating, improved skin, better sleep, less anxiety, less joint pain, and even weight loss. The most frequent comment has been. "I can't believe how easy it was."

The program includes the nutrition 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. Or you can stop by my office on February 13 at 7:00pm as I will discuss the cleanse program in detail and answer questions and concerns.

Group dates: February 20, 27 and March 6, 13

Time: 7:00pm – 8:00p

Cost: \$295

In Health,

Susan Wallace, L.Ac.

510-559-8700

www.SusanWallaceAcupuncture.com