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Albany Acupuncture website:

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Albany Acupuncture Health and Wellness Newsletter

The Benefits of a Cleansing Practice

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. The liver is a major detoxifying organ. If it is not working efficiently, we deposit excess toxins into our fat cells which is not sustainable for good health.

The 2016 spring 21-Day Purification Cleanse will begin Monday May 23, 2016 and we will meet in the evening in my office each week for the four sessions. May 23, May30, June 6 and June 13.

The 21-Day Purification Cleanse, that I lead three times a year, is a great opportunity to make some changes in your food consumption and dietary habits. It is a whole foods diet with added protein in the form of a protein powder made from either rice or whey. The cleanse stresses the importance of fresh whole foods over processed foods. We meet as a group 4 times over the 21 days and we discuss the process of cleansing, how your body may react, and the benefits when complete.

The most common remark from participants is, "I didn't realize how easy it would be".

Many people experience more energy, improved digestion, 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 cost of the program is \$295 which includes the protein powder and additional supplements as well as the 21-Day cleanse program guide and cookbook.

I will be holding an open house on Monday May 16 at 7:30 PM at my office for anyone who is interested in the cleanse, but has questions or concerns. If you or someone you know is interested, but has not committed yet, come to this meeting, and I will provide an

overview of the class and answer any questions you may have.

I will discuss the following topics in addition to your questions:

- What are the approved foods?
- Do I provide a shopping list so we can plan our meals?
- Do I have recipes that you can follow?
- What ready-to-eat foods can I purchase during the cleanse?
- How do I deal with caffeine and sugar withdrawal?
- Is there a printed program guide I can follow?

Let me know if you are interested, as I will be limiting the size of the group, to better provide everyone with individual attention.

In Health,

Susan Wallace, L.Ac.

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