

October 2016

The 21-Day Purification Cleanse Starts October 22

Would you like to have more energy, less pain, sleep better, reduce or eliminate your allergies and even lose a few pounds in the process?

Well, then this a great time to participate in my Fall 21-Day Purification Cleanse. Autumn is here and the holidays are getting close which means more rich foods and added pounds. The Fall Cleanse starts Saturday October 22, 2016. We are meeting on four Saturdays at 9:00am in the morning. This way, you're not dealing with traffic, and still have the rest of the day to get your food shopping done and prepare some delicious, fresh foods from our recipe book.

New Products, Easier Compliance

This cleanse, I'm changing the products a bit so there are less pills to take each day. You will still have the same protein powder and fiber, but I'm reducing the number of pills from 21 to 6 per day.

The kit also includes a program handbook/journal and a hardcopy of the cookbook with hundreds of great, tasty recipes. I will also provide samples of approved foods and recipes that I use during the cleanse, including an amazing avocado-key lime pie. You won't believe how good healthy foods, and desserts, can be.

The cost for the program is \$295 and includes the nutritional products, cokbook, and the 4 group meetings. To reserve your space, send me a check or drop it off at my office. If you have any questions, please e-mail or call me. I look forward to seeing you soon!

Cleanse Details

Dates: Saturdays on October 22, 29 and November 5 and 12

Times: 9:00am – 10:00am

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-Documents/Books/Purification_Cookbook_05-2014.pdf

In Health,

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