

## What's the Gut Got to do With It?

Greetings. When I think about the cornerstones of health, I always start with inspecting four things: Digestion, Sleep, Exercise and Stress. All four areas of health work together to promote optimum health. We all know how well we feel when we have had a good night's sleep or have had some exercise that lifts our mood or gives us a burst of energy. If our digestion is off, the positive effects of sleep and exercise are diminished. We also feel more stress due to poor digestion.

**Digestion.** When I think about digestion, I look at how the foods we are eating effect our health and how well we are absorbing and utilizing what we do eat. Digestion has such far reaching consequences that a skin condition or a hormone imbalance can be effected by what we eat. Getting enough fiber in our diets effects how well our bowels work not only in terms of preventing constipation, but how well our body is able to manufacture certain B vitamins and absorb minerals. It gets complicated, but there are many herbs and healthy practices as well as acupuncture that address digestive issues often better than western conventional medications.

Not to get into too many details but a recent study showed that patients with SIBO, small intestinal bacterial overgrowth, were getting more improvement from 4 weeks of herbal therapy than 4 weeks of the western antibiotic treatment. This isn't taking into account dietary and lifestyle modifications. Herbal treatments are like adding very powerful foods to the diet. There are about 200 foods that are included in the human diet and over 2,000 herbs that are used for human health. When we combine food with herbs we have a dynamic combination.

**Fabulous Fall Cleanse.** Most of you know I encourage people to do a "cleanse" at least once a year. Most of my clients are amazed with the positive results as well as how easy it can be. Of course time and effort is required, but if you are not feeling well and you can make a commitment to modify your diet for 28 days, then you too can explore the benefits of dietary cleansing

I'm setting up a cleanse group to start October 21 so that we can be finished before the holidays. You can join the group or participate on your own with my support and reap many benefits of my Fabulous Fall Cleanse 2019. If you're interested or have questions, let me know by email or phone and we will get started. Five Mondays: Oct 21, 28 and Nov 4, 11, and 18.

The cleanse price includes a protein powder tailored to your particular issues, herbal and dietary supplements as well as food lists and healthy practices documents.

### **2 packages to choose from**

Group Cleanse- 5 weekly group meetings as well as the cleanse supplements and protein powder plus email support. Cost \$495.

Individual Cleanse- 5 week program includes weekly phone consultation as well as cleanse supplements, protein powder and educational hand-outs. Cost \$595.

I will discuss the following frequently asked questions in addition to your questions:

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

In Health,

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