

# **The 21 Day Cleanse is Back!**

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**Greetings.** As summer comes to a close and the fall is approaching I want to announce the fall **21-Day Purification Cleanse will begin Monday October 5, 2015** at my office in Berkeley. I encourage my patients to do at least one cleanse per year and the fall is a great time to do this. The holidays are just around the corner and if you are concerned about all the extra foods that you will be consuming, a cleanse is a great way to establish good eating habits before the holidays get here. Our environment is filled with toxins that our bodies have to deal with and at times it can be more than we can handle. I will have an informational meeting, Monday September 28 at 8 PM if you would like to come and hear more about the program and get all your questions answered.

**The 21 Day Purification Program** is a gentle whole foods program that includes fruits, vegetables, healthy fats and protein that encourage the body's natural detoxification. Protein is provided by a hypoallergenic protein powder made from brown rice or whey powder as well as lentils, chicken and fish. Foods that cause allergies and inflammation are eliminated releasing energy into the system. There are also whole food supplements that are taken with your meals. A cleanse guide is provided with the program giving helpful tips and recipes to make the program more successful.

**\*The 21 Purification Program** is a gentle way to give your metabolism and digestive system a rest. Foods that cause inflammation and allergies are eliminated which allows the body more opportunity to cleanse.

**\*Our bodies** are naturally designed to cleanse out toxins but in our modern environment we can get overloaded and this causes many symptoms including low energy, digestive and sleep problems, joint pain, skin problems, anxiety and weight gain.

**\*We meet** as a group 4 times over the cleanse program in order to discuss results and challenges and receive tips on food recipes, success tactics and having fun.

At the completion of the 21 Day purification Program I will help you to transition back into your normal diet. You will be able to pinpoint foods that you do not digest well and are causing some of your health problems. My clients report more energy, less bloating, improved skin, better sleep, less anxiety, weight loss and less joint pain. The most frequent comment has been, "I can't believe how easy it was." A cleanse guide and the new cookbook will be provided with the program giving helpful tips and great recipes to make the program more successful.

Deadline to signup is Sunday October 4, 2015.

Questions? Contact me at: [SusanWallaceAcupuncture@sonic.net](mailto:SusanWallaceAcupuncture@sonic.net)

### **The Drought and Your Tap Water**

Do you have a quality water filter? With the drought in California it is more important than ever that we make sure our water is filtered. In many places the water table is extremely low and the contaminants are becoming more concentrated. Using a Multipure Water Filter and changing the filter once a year is a guarantee that you will get the best tasting and safest drinking water. A new certification for removing pharmaceuticals and pesticides from the water was put in place this year and Multipure are the only filters to be certified to remove these. The list includes the medications Atenolol, Estrone, Ibuprofen, Deet and 11 other substances.

All water filters that are sold in California have to be tested by an independent testing agency which lists all the contaminants that the filter reduces. NSF International is one of those companies. Multipure reduces the most contaminants of all the filters on the market. In the last year Multipure Filters have been certified in a new category of contaminants which no other filter has been certified for. The new category of contaminants the Multipure reduces is a drug and pharmaceutical category. If you would like to purchase a water filter I can help you do that. Multipure is having a great bonus until the end of September. If you purchase any water filter system they will give you an additional emergency water filter which is an \$85 savings. I keep one in my earthquake supplies and I also use a portable version when I travel.

In Health

Susan Wallace, L.Ac.

510-559-8700