

January 2016

## Albany Acupuncture Health and Wellness Newsletter

### Meet the new office member

Happy New Year. I hope 2016 is a healthy and happy year for you.

Good news. I want to introduce our new baby cockatiel, Percy\*. He's 6 months old and leaning all kinds of tricks and I'm learning how to keep him from chewing on everything. Right now he's helping me write this newsletter while trying to chew on the computer keyboard, the table, my glasses, and my sweater zipper. He'll have to go back to his cage where he has a ton of toys both on the inside and outside. He's a busy guy, very sweet, a little shy. He likes people and he loves broccoli. Go figure. I'll be introducing Percy to the office gradually so you can look forward to meeting him soon.

### **The 21-Day Purification Cleanse**

The 21-Day Purification Cleanse starts soon. If you haven't signed up please do as I have a few slots left. The cost is \$295 and includes the cleanse products; protein powder, 2 different whole food and herb cleanse capsules, a whole food fiber, a workbook and a new cookbook plus the 4 group cleanse classes.

I will have an introductory meeting on Monday January 25, 2016 at 7:00 PM at my office to introduce what cleansing is, why there is a need for it and answer any questions you might have. It's always great to participate in a cleanse with a group, so think about inviting a friend and doing it together. I get excited about the cleanse even though I have to eliminate some of the foods I love. I always try new foods and recipes, my energy and sleep improve and I even lose a few pounds.

The cleanse starts Monday February 1, 2016 and we will start by taking some body measurements and filling out a questionnaire. During the first meeting, we will go over the kit products and the list of foods that you can eat. We will meet 4 times

during the 21 Day Purification Cleanse. February 1, 8, 15, 22.

If you want to join us let me know by phone or e-mail and reserve your spot by sending me a check for \$295.

\* His full name is Percy Jackson, Lightning Thief.

In Health,

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