



Creating health of body, mind, and spirit

21-Day Cleanse Starts April 22

For years I have been offering a group cleanse every six months or so. While much of the outer structure appears the same, the focus shifts as I and each of the participants evolves, desiring new material. Having a healthy diet, free of ingredients that chemically alter our peace of mind and body is always the starting place, from which we can live a calm, clear, and vibrant life.

We will work with meditation techniques to help you learn about your motivations, and release you from your own acts of sabotage. Some people want to get a better understanding by doing specific tests, through blood, urine, and blood glucose.

Throughout, you will be helped through the process with step-by-step detoxification guidelines, on-going support, and informative materials and meetings. This is not a fast, you will have plenty to eat. You will complete the cleanse with a clearer understanding of how to continue with the lifestyle changes for sustained good health.



There are three optional meetings either in El Granada or via conference call. Each is recorded, in case you aren't able to attend in person.

- **April 22 at 1 pm**
Orientation, the day before we officially start the cleanse
- **April 29 at 1 pm**
Introducing two protein shakes per day as meal replacements
- **May 13 at 1 pm**
Celebration and planning for long term change

Price for the 21 Day Cleanse is \$300

The price includes the minimum required products, with a value of approximately \$250. If you have specific health concerns, we can tailor the program to best suit your needs.

Discount if paid by: April 3rd You will receive \$50 discount if you are a repeat cleansers, or if you bring a new participant to the cleanse.

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This carefully planned detoxification program offers you:

- More energy and concentration
- Better ability to handle stress
- Lower blood pressure & cholesterol
- Healthy skin, hair, and nails
- Stable blood sugar & weight loss

Some symptoms that may be relieved by this program include:

- Indigestion, gas, constipation, diarrhea
- Irritability, frustration, impatience, anxiety
- Insomnia, chronic fatigue
- Asthma, sinus congestion
- Allergies to foods, pollens, animals
- Pain in the back, neck, hips, knees, hands
- Headaches, migraines, sinus, tension
- Asthma, allergies
- Anxiety, panic attacks
- Depression, lethargy

Invite your friends, family, and colleagues!