



# Perfect Time for a Autumn Cleanse

## 21-Day Cleanse starts October 21

Creating peace of body, mind, and spirit through what we eat and drink

### Autumn is a fabulous time to clear out!

In this 21-day cleanse, you will be helped through the process with step-by-step detoxification guidelines, informative nutritional materials, and on-going support.

You will have plenty to eat. This is not a fast! You may choose to eat good quality meat proteins or to follow it from a vegetarian base. Either way there will be much shared about how to best support yourselves toward health, freeing yourself from addictive behavior and inflammation, which brings impaired health of body, mind, and spirit.

You will complete the cleanse with a clearer understanding of how to continue with the lifestyle changes you have begun, allowing you to bring about a sustainable transformation in your life.

### New to this cleanse

After having led many group cleanses, I am re-evaluating what would be best for this upcoming one. I hear that people would like to be part of an autumn cleanse. I also hear that lives are very busy, and that probably making it to meetings will not happen. In addition, people tell me that they appreciate me keeping the group spirit alive through on-going emails. And so, I have decided we will keep this 21-day cleanse simple.

Most of us will start on a given date: October 21st. People are welcome to join a little sooner or later if that works better for them and they feel comfortable with adjusting from the general format.

We will not have any meetings, although I will be available via emails.

### Price for the 21-Day Cleanse is \$300

The price includes the minimum required products to detoxify in a healthy way, and with adequate protein. If you have specific health concerns, we can tailor the program to best suit your needs.

**Discount if paid by: October 1st. \$50 discount**

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### Please tell your friends and family!

Carefully planned detoxification program offers:

- 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:

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