

# Detox & Digestive Tune-up: 21-Day New Year's Cleanse

## WHY CLEANSE?

Any of the following symptoms could indicate that you may benefit from a cleanse:

- Headaches
- Joint pain
- Fatigue
- Brain fog
- Digestive issues
- Sinus congestion

Every day we are exposed to numerous pollutants through our air, diet, and lifestyle.

Although our bodies are designed to handle toxicity, the concern is that in today's world we are exposed to pollutants more frequently, and in greater quantities, than our bodies are designed for. A cleanse is an effective way to support your body's natural detoxifying processes.

Additionally, a cleansing program aids us in evaluating what parts of our diet are beneficial and supportive of our health, and where there is room for improvement and change.

## ABOUT THIS CLEANSE:

This particular cleanse will last 21 days and involves eating nourishing, nutrient-dense foods that increase your energy, health, and vitality. Unlike some cleanses, you will never have to go hungry because throughout the entire cleanse

you can eat three meals per day and healthy snacks. During this process you will likely learn more about your personal relationship with food, and will also have the opportunity to identify food sensitivities and intolerances.

This program will include:

- 4 group meetings
- Additional 1-on-1 support via email & phone, if needed
- Material on how to complete an elimination diet
- Recipes for cleansing
- Information on nutritional supplements that aid cleansing
- Material on how to identify food sensitivities

## DATES:

Session 1: Sunday, 1/15, 2-4pm

Session 2: Sun, 1/22, 3-4pm

Session 3: Sun, 1/29, 3-4pm

Session 4: Sun, 2/12, 3-4pm

All sessions will be held at:



**KAYA YOGA STUDIO**

1505 5<sup>th</sup> Street (upstairs)  
Davis, CA 95616



## Sign up now!

Early Bird Special

(register by 12/21/11).....\$80

After 12/22/11.....\$100

Runs 1/15-2/12 (4 sessions)

Call or email Amy to register and  
reserve your spot:

[info@ladleandlotus.com](mailto:info@ladleandlotus.com)

413.374.8571

# LADLEANDLOTUS.COM