



FREE Workshop

for the Practice Members of ACW

Purifying, Nourishing and Maintaining a Healthy Weight Through the 21-Day Standard Process Cleanse

*Select Thursday's @ 5:30pm
Please Call for Dates*

**Dramatically Increase Your Energy,
Improve Your Attitude and Mood, and
Lose 5-10 Pounds in Only 21 Days Using...**

The 21-Day Standard Process™ Cleanse

Are you feeling tired, sluggish, “heavy” or just a little “off”? If “yes”, then your body might be telling you —VERY LOUDLY — that it’s full of harmful toxins and needs to be cleansed!

No matter your best efforts, your body is bombarded daily with harmful toxins. From the chemicals in the water you drink and bathe in, to all the preservatives and artificial ingredients in the packaged foods you eat, your body is fighting an uphill battle and needs help.

That's why Dr. Ellison created this workshop which explains the **Standard Process 21-Day Cleanse**, and how you can **increase energy, improve your mood and shed excess body fat easily and safely through cleansing.**

Dr. Ellison has completed the cleanse many times and shares her tips for success like effective goal-writing, food logging, meal planning, where to purchase the best produce, and how cleansing with friends or family can give you a valuable support system. It's a “don't miss” workshop! And, you're welcome to bring friend or loved one.

**Please RSVP Today! Space Is Limited.
Call 206-3-ALWAYS**

**[A cleanse Information brochure is available
if you're unable to attend workshop]**



**ALWAYS CHIROPRACTIC
& WELLNESS, PLLC**

Healing the world through chiropractic one person at a time