

Spring Rejuvenation Cleanse

- ∞ Are you feeling tired and worn out?
- ∞ Are you unable to sleep through the night?
- ∞ Are your joints achy and muscles sore?
- ∞ Are your allergies always acting up?
- ∞ Are you having trouble coping with stress?



If you answered yes to any of these questions, then you should come join Dr. Jessica Lipham N.D., D.O.M in a whole food cleanse and juice fast!

Class #1 - Monday, April 13 @ 8:00pm

Benefits of detox and what to expect. Specific preparations for the cleanse, individualized detox plans for specific situations, group order of organic juices, and recipes for home juicing.

Class #2 - Sunday, April 19 @ 6:00pm

The preparation of body and mind for the fast, the do's and don'ts of cleansing, staying energized throughout the day, really listening to the body's signals, and managing detoxification

Class #3 - Wednesday, April 22 @ 8:00 pm

Properly breaking fast - the most important part of a cleanse. Easing back into whole foods, maintaining healthy eating habits, and traditional foods benefits in order to sustain wellness.

Classes will be held in the Pilates Sarasota studio located at 7668A S. Tamiami Trail



Sarasota Healing Arts

Please call to reserve your place in the class:

Office #941-780-7738 or Dr. Lipham #941-525-7219

For additional information, please visit Dr. Lipham's website: www.geocities.com/drjessicalipham