



# Transform Your Life with the 21-Day Purification Program!

Feel healthier, lose weight, reduce pain, and have more energy!

**Tuesday, January 9, 2018 from 6:30 pm – 7:30 pm**

Did you know your body accumulates trash, including pesticides, heavy metals, chemicals, pollution, preservatives, and more? If these toxins aren't eliminated, your body becomes inefficient: leading to inflammation, pain, chronic illness, weight gain, fatigue, poor digestion, difficulty sleeping, mental fog, moodiness, and low libido.

## The 21-Day Purification Program helps you achieve:

- Increased energy
- Weight reduction
- Improved digestion
- Clearer thinking
- Decreased inflammation
- Allergy relief
- Clearer skin
- Shinier hair
- Relief from chronic pain
- Autoimmune regulation
- Deeper sleep
- Hormonal balance

## Attend the lecture to learn about:

- Physiology of toxins and detoxification
- Weight management and disease prevention
- Controlling cholesterol and blood pressures
- Correlation between allergies and liver dysfunction
- Program preparation
- Personalized support with tips and recipes
- What to expect during the purification process
- Maintaining results after completing the program

### LOCATION:

Integrative Oriental Medicine  
7700 W. Hwy. 71, Suite 170  
Austin, TX 78735

### SPEAKERS:

Cathy Harvey, SP Purification Expert  
Jessica Manson, MAcOM, Dipl.OM, LAc

Call to reserve your seat! (512) 599-9313 or email [jmanson@austiniom.com](mailto:jmanson@austiniom.com)