

# Fall Transformation 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 D.O.M. in a group cleanse and juice fast!**

**Class #1 – Sunday, September 29 @ 6:00pm**

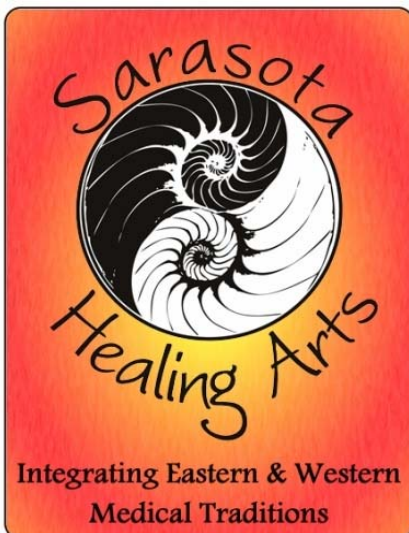
Benefits of a whole foods based detoxification and what to expect. Specific preparations for the cleanse, individualized plans for specific situations, group order of organic juices, and recipes for home juicing. Contact information for round the clock questions and concerns.

**Class #2 - Sunday, October 6 @ 6:00pm**

The preparation of body and mind for the fast, the do's and don'ts of cleansing, how to stay energized throughout the day, how to deeply listen to the body's signals, and how to manage detox symptoms.

**Class #3 - Wednesday, October 9 @ TBA**

Properly breaking fast - the most important part of a cleanse. Easing back into regular foods, maintaining healthy eating habits, and traditional foods benefits in order to sustain wellness. Optional reintroduction plans for investigating food sensitivities and allergies.



**Classes Held at**  
**1810 S. Tuttle Avenue**  
**Call to Reserve your seat!**  
**941-487-7311**  
**or 941-525-7219**  
**[www.DrJessicaLipham.com](http://www.DrJessicaLipham.com)**

