

Rejuvenation Spring 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, April 11 @ 6:00 pm

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, recipes for home juicing, and 24 hour contact information.

Class #2 - Sunday, April 18 @ 6:00 pm

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, how to manage detoxification symptoms, and group share of challenges and triumphs.

Class #3 - Wednesday, April 21 @ 6:00 pm

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, along with local food resources. Optional eating plans for investigating food sensitivities and allergies.



**Classes held at
Sarasota Healing Arts
and /or via Zoom**

**1810 S. Tuttle Avenue
941.487.7311**

Call to reserve your seat

**For more info, please visit
www.DrJessicaLipham.com**

