



Are You Ready for a “Spring Cleaning?”

Join us in a **Detoxification** for your Body/Mind!

Informational Meeting:

**Kenwood Chiropractic Arts
Wednesday, March 23rd at 7pm**

Presented by Dr. Zena Xanders*
& Dr. David Stussy

Dr. Zena Xanders, chiropractor, specializes in metabolism and hormone balance and is bringing the benefits of this gentle yet powerful detoxification program to you with supplements and nutritional products by “**Designs for Health**”

Detoxification is the most exciting tool in natural medicine for its simplicity, low cost and superior therapeutic results. It’s actually fun and you feel the results almost immediately on this 28 day, physician supervised program.

The program includes nutritional supplements specific to detox along with 3 group support meetings, guidelines, sample menu’s and shake recipes.

***Orientation & Supplements: Day 1 of Detox: Monday April 11th 7pm**

***Detox Shake’s & Intro to Intensive Detox: Thursday, April 14th 7pm**

***Detox/Spring Cleaning Celebration: Thursday, May 5th, 7pm**

What this detox program can offer you: more energy, better motivation, focused thinking, clearer skin & eyes, allergic relief, more productivity, weight loss, anti-aging, brighter outlook and perspective!

These symptoms may be relieved by a detox program: digestive problems, headaches, fatigue, general malaise, skin rashes, irritability, joint pain, bad breath, lifting of emotional doldrums!

Bring along a friend or family member-this program will be fun to do with a buddy as your “detox health partner!”

Note: you may join in the detox program even if you’re not able to make every meeting. The program is easy to follow and **Dr. Stussy and Dr. Klotzek** will be following up with you on your progress as you come in for your adjustments. **Dr. Zena** will be at all group sessions and available by email.

*To learn more about Dr. Zena: www.keepthezestforlife.com