

# Restore your body

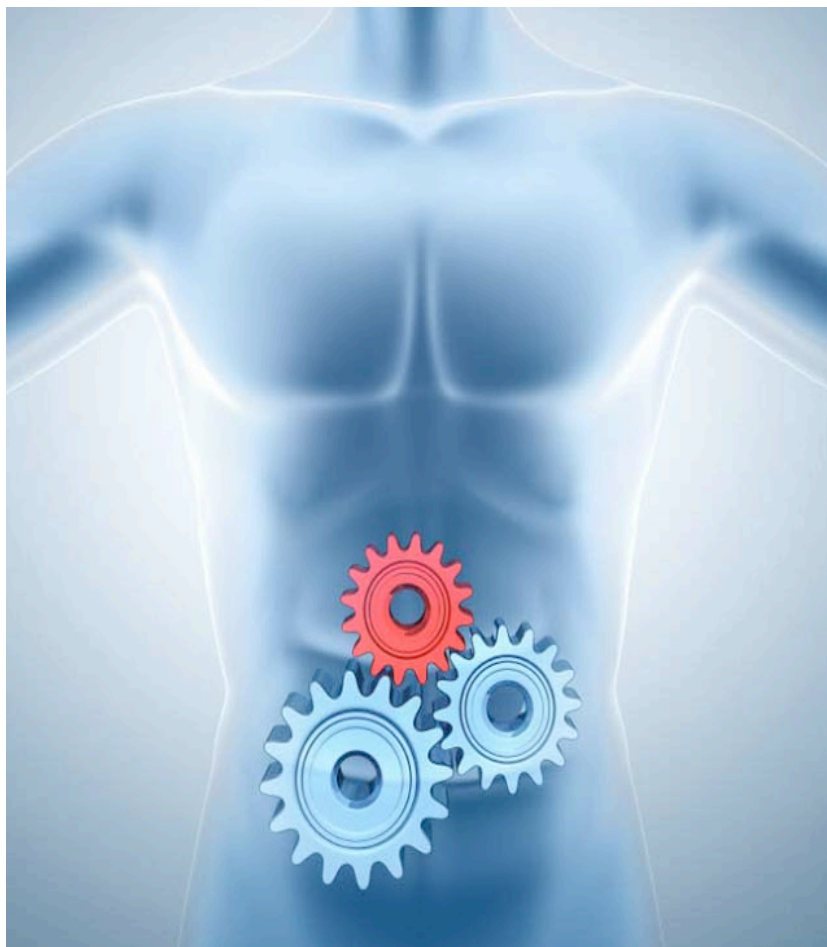
Sound Clinic

April

## SPRING CLEAN

After a long winter of indulging in comfort foods, you may feel like you need to press a reset button on your body for spring. The good news is: it's possible to restore your body! Consider the following tips:

- Replace a meal each day with a detoxifying smoothie (See reverse for recipe)
- Replace the morning coffee with green tea
- Drink half your body weight in ounces of water a day
- Spring into an exercise routine and sweat it out
- Treat yourself to an acupuncture session with Dr. Lyndsay



## April's Supplement Spotlight: 6 Day Detox

**6 Day Detox Kit is 10% the month of April.** This kit by xymogen is designed to renew and enhance the body's cleansing and detoxification capabilities. It combines four specially selected XYMOGEN formulations: ColonX™, Drainage™, ProbioMax® Daily DF, and OptiCleanse® GHI. When taken together, as recommended within the 6-Day Detox Guide, these complementary formulas work in concert to encourage the various detox-linked systems and organs of the body to process and eliminate waste and toxins.

## April Detox Smoothie Recipe

Blend the following ingredients:

1 C Coconut water

2 leaves of kale (remove center spine)

5 sprigs of parsley

6 inches of cucumber

½ avocado

2 mint sprigs

Think of all the goodness that will come your way!

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