

De-mystify detoxing... **WITH SMOOTHIES!**

In a culture where obesity and disease are out of control yet we insist all our food should be "fast," isn't throwing a bunch of fresh veggies & superfoods in a blender the perfect solution?

Yet many people simply don't know where to start...join one of the region's top educators for this unique and TASTY workshop and learn how just a few minutes a day can add years to your life!

Smoothies are a major component of any whole-food diet and offer a myriad of health benefits including:

- Easy detox & natural weightloss
- Reduction of all disease risk & symptoms
- Balanced blood sugar & improved craving control
- Improved mood, sleep, energy & focus
- Strengthened immune system & stronger bones
- Age-defying skin, hair & nails

Participants can expect to walk away knowing how smoothies make "crowding out" poor food choices a piece of cake, the value of blending versus juicing, what to add and why you should add it, which blenders are best, great recipe suggestions, plus a whole lot more!



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Photo: DOUG CURRAN/SPECIAL TO THE NEWS JOURNAL.
For more info click on <http://www.delawareonline.com/story/news/health/2015/05/10/ways-move-kitchen/27100415/>



WHEN: Wednesday January 31st, 6-8PM

WHERE: Hockessin Chiropractic Centre
724 Yorklyn Rd (in The Stone Mill complex), Suite 150
Hockessin, DE 19707

COST: ONLY \$40 **BUT HURRY...SEATING IS LIMITED!**
CALL 302-593-5005 BY JANUARY 24th TO REGISTER

*This workshop will be taught by **JESSICA LEWIS, CPT, CNC**, the region's only Certified Nutritional Counselor who's also a Master Personal Trainer and an Accredited T'ai Chi Chih Instructor as well as the Founder of **SCULPT YOUR LIFE** and the Lifestyle Coach at Hockessin Chiropractic Centre (a Functional Medicine facility.) For more information on all aspects of Jessica's Lifestyle Coaching private practice visit her at www.SculptUrLife.com or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>*