

# Detox deliciously... **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 23rd, 6-8PM

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

**COST:** ONLY \$42 **BUT HURRY...SEATING IS LIMITED!**  
**CALL 302-593-5005 BY JANUARY 16<sup>th</sup> 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](http://www.SculptUrLife.com) or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>*