



# RESTART®



*your health  
in just  
five weeks!*

**REAL FOOD, REAL LEARNING, REAL SUPPORT**  
*= real results!*

**Part nutritional education, part sugar detox,  
part support group – an empowering combination!**

The 5-week RESTART® program is a simple, powerful way to give your body a vacation from having to process toxins like sugar.

With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

**Discover how good you can feel!**

*spaces limited to 10 participants*

**SIGN UP NOW!**



## **BENEFITS** you can expect from the RESTART® Program:

- Weight Loss
- Increased Energy
- Better and more restful sleep
- Boosted immune system
- Mental clarity and improved mood
- Decreased anxiety
- Reduced PMS/Menopause symptoms

**Date:**

**Time:**

**Cost:**

**Location:**



## **YOU'LL LEARN:**

- Week 1: How to prepare for your REAL FOOD sugar detox
- Week 2: Your digestive check-in
- Week 3: What sugar really does in your body
- Week 4: The truth about FATS
- Week 5: How to move forward and celebrate your success!

**TO REGISTER:**

**email:**

**call:**