



RESTART®

Real Food. Real Learning. Real Support.

**Low energy? Brain fog?
Sleep issues? Anxious feelings?**

Let's RESTART® your health THIS July 2022.

The RESTART® program is a simple, powerful way to give your body a vacation from sugar and processed food. 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!

Week 1: How to prepare for your REAL FOOD sugar detox.

Week 2: Your digestive system 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!

IN PERSON at Kribs Wellness Center

Thursday Evenings

July 21, 28 and August 4, 11, 18

6:00 - 7:30

In-between Class Support, Cookbook, Journal, Curriculum, & Water Bottle Included!

For pricing, more details and to Register, GO TO:

www.nutritionalrootswellness.com

More Tab, 'Book Now'

Select RESTART® square

Contact Angie:

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Or, use QR code:

