

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

It may be time to RESTART® your body this January!

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

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!

Contact Angie! angie@nutritionalrootswellness.com (517) 614-4805



5 Classes, 90 minutes each
Monday Evening Zoom OR
Wednesday morning at Kribs Wellness

*Curriculum, cookbook, journal,
and water bottle included!*

For more info.,
SCAN ME



YOU'LL LEARN:

- 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!

Benefits that Participants have experiences include:

- Increased Energy
- More Restful Sleep
- Clothes Fit Better
- Boosted Immune System
- Clarity and Focus
- Decreased Anxiety