

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

It may be time to RESTART® your body this April, 2022!

In-Person (@Kribs Wellness Center, East Lansing), choose from two sessions.

Session 1: Tuesdays-April 19, 26, May 3, 10, 17 (5:30 - 7:00 pm)

Session 2: Thursdays-April 21, 28, May 5, 12, 19 (10:30 - 12:00 pm)

OR

On Zoom: Wednesdays April 20, 27, May 4, 11, 18 (10:30 - 12:00 pm)

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](mailto:angie@nutritionalrootswellness.com) (517) 614-4805



5 Classes, 90 minutes each  
Two formats!  
Zoom OR In-Person  
(@ Kribs Wellness Center)

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

FOR MORE  
INFORMATION  
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