



RESTART®



...your health
in just
5 weeks!

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

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

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

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!

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!

Date: Begins Thursday, September 6, 2018
Time: 10 AM—11:30 AM OR 6:30 PM—8 PM
Cost: \$150
Location: Centerville, Utah

Benefits That Participants Have Experienced:

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



TO REGISTER, CONTACT:

Katherine Atkinson, WDFZP, NTP
 (801) 292-7574
 MindBodyandSole@comcast.net
 MindBodyandSoleOnline.com