



**YOU CAN KICK THE SUGAR HABIT
YES YOU CAN!**

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

The 5-week RESTART® program is a proven, powerful way to kick the sugar habit and feel amazing! You'll find out what it feels like to make the shift from being a sugar burner to being a fat burner.

With a 3-week sugar detox built in, the program uses REAL FOOD to boost your energy and cut sugar and carb cravings.



BENEFITS:

- Weight loss
- Increased energy
- Better and more restful sleep
- Boosted immune system
- Mental clarity and improved mood
- Decreased anxiety
- Reduced PMS/menopause symptoms



THE EXPERIENCE:

- 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 FAT
- Week 5: How to move forward and celebrate your success!

Discover how good you can feel !!!



Mary Budinger, NTC

SIGN UP NOW!

**Call 602-494-1999
to schedule a class**

Minimum of 5 people,
maximum of 15

We'll meet once a week, for
1 ½ hours, for 5 consecutive weeks

\$165 per person – just \$33 a week