



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: Mondays March 15th-April 12th
Time: 10:30 AM-12 noon
Cost: \$400
Location: Pinnacle Physical Therapy
3250 Forest Dr. Suite 50 29204



Participants will receive a cookbook, food & mood journal, weekly handouts, and access to the private Facebook group for participants. COVID protocols will be followed.

TO REGISTER, CONTACT:

April Hix, FNTPT 803-386-1181

nutritionalfoundationsllc@gmail.com

Benefits That Participants Have Experienced:

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