



# RESTART®



*your health  
in just  
five weeks!*

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

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

The 5-week RESTART® program is a simple, powerful way to give your body a vacation from having to process toxins like sugar.

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!**



## **BENEFITS** you can expect from the RESTART® Program:

- Weight Loss
- Increased Energy
- Better and more restful sleep
- Boosted immune system
- Mental clarity and improved mood
- Decreased anxiety
- Reduced PMS/Menopause symptoms



## **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:** Tuesdays, April 26th - May 24th  
**Time:** 6:00pm - 7:30pm, 5 week course  
**Cost:** \$149 prepay  
**Location:** Wendy Diddy's  
504 South St SE Tumwater '01



Receive a free challenge support gift at our first meeting and weekly raffle prizes for additional support! Get ready to learn about food that nourishes your cells and promotes health. We will have great conversation and fun while supporting each other.

## **TO REGISTER:**

**email:** [thrive@wendydiddy.com](mailto:thrive@wendydiddy.com)

**call:** (360) 701-9435