

Cleanse and Reboot Week of 18th March 2019

What's involved?

- A guided cleanse, led by registered Nutritional Therapist, Ruth Sharif over one week with the support of a group of like-minded people.
- Focus is on avoiding certain toxins, including certain foods and supporting detoxifying organs with a programme of herbs and supplements designed to support the detox process.
- Benefits include greater energy, weight loss, improved digestion, glowing skin, improved sleep and greater mental clarity!
- Please note, this is not a juice fast so is compatible with everyday life/work.
- Briefing on the 13th March 7.30–8.45pm at 3 Longfield Drive, SW14 7AU to include a presentation on the detoxification process and the Cleanse protocol. You will also be provided with a detox pack containing the supplements, dry skin brush and all the information you need.
- WhatsApp support group: Ruth will be posting information and advice in the run up to and during the Cleanse itself. She will be on hand to answer any questions and provide plenty of motivation!
- **Cost: £170 to include presentation, all materials, online support and supplements.** Places available on a first come first served basis.
- **If you are interested or would like to find out more, please contact Ruth on ruth.sharif@me.com**

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I have recently completed the Cleanse and Reboot course run by Ruth. I did the programme to kick-start a healthy regime to lose some weight without going on a diet. I have learned so much about nutrition; I had fallen into bad habits and these were contributing to my lethargy and sluggish digestion. The talk was really informative, with a list of better alternatives of foods to choose as well as a pre-prepared pack of supplements and dry brush. I felt completely supported and encouraged by the WhatsApp group Ruth set up, with a daily message, recipe ideas and tips. I would highly recommend this programme and plan to do it a few times a year to keep me on track

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G.Hurley

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Ruth's Cleanse and Reboot was a revelation! Ruth really knows her stuff. She explained the whole process and rationale behind each supplement and the food plan. We all kept in daily contact, sharing recipe ideas and the effects of the Cleanse. Ruth guided us with motivational messages and insights throughout the week. I feel more energised, happy and cleansed after just one week! It has kickstarted mindful healthy eating patterns and I know I can do it, even with a busy life. I highly recommend it.

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C. Bullock