

RUTHSHARIF

NUTRITIONAL THERAPY

Cleanse and Reboot Starting Monday 28th June 2021



What's involved?

- 7-10 day 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.
- An online briefing will be held on Tuesday the 22nd of June at 7pm; to include information on the detoxification process and the Cleanse protocol. Your detox pack containing the supplements and a folder with detailed instructions, will be posted to you in advance of the briefing.
- 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!
- In addition to daily WhatsApp support, there will be a mid-week online check-in and an online debrief session towards the end of the Cleanse (to ensure a smooth and effective transition out of the Cleanse).
- Cost: £180 to include presentation, all materials, supplements and herbs, p & p, online support.** Places reserved on a first come first served basis. Couples discount available!
- If you are interested or would like to find out more, please contact Ruth on ruth.sharif@me.com**

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We found the Cleanse transformative. It wasn't just a detox but a reset for our health and vitality. We would not have got so much out of it without Ruth's deep knowledge, humour and passion for helping others. We are adapting and integrating what we learnt during the programme into a different way of cooking, eating and shopping that is now part of our daily lives. We coddle not recommend this more

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C. Casey and G. Holohan

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Thank you Ruth. I'm still flying on your programme and plan to stick as much as possible to the food protocol going forward as have lots more energy and am not at all bloated. My skin is glowing. I am also down a dress size and my legs are honestly so much less swollen!

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L. Kelly

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Although weight loss is fab, I think the real benefit for me was the reduction in anxiety and the boost in mood and energy. I feel I have really found a sustainable way to eat and keep healthy.

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I. O'Neill