

Cleanse and Reboot Week of 7th October 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 2nd October 7.30pm 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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Taking part in the Cleanse was an absolute adventure. When I started the Cleanse I had been out of training for around 6 months due to ankle injuries, poor diet and a slump around my overall energy and body image. I don't drink alcohol or coffee but I have a bad relationship with overeating and high sugar foods. During the 10 days I was shocked over the changes in my body. I was getting 8 hours sleep with intense colourful dreams, the swelling around my ankles was reduced, I was more toned and my cellulite improved, my skin was clearer (after a minor breakout initially) and the dark circles around my eyes retreated. The ganglion on my hand which I have had for over 2 years went from the size of a hazelnut to a small lump. My energy levels went through the roof. I found the prep simple and the supplements really helpful. Ruth's support was friendly, professional and encouraging. I am so thankful that I have experienced this journey and the natural changes it has made to my life; I feel fresh, light and new!

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A. McKenzie, GM, David Lloyd Gym, Dundee

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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, Neuro Physiotherapist