

Springtime Cleanse & Reboot

13th April 2026

RUTHSHARIF
NUTRITION

7-10 day guided group whole body detox programme

- Weight loss
- Mental clarity & energy
- Improved digestion and sleep
- Online briefing 18th April 7pm
- Cleanse kit with detailed instructions, supplements & herbs
- Daily guidance and Q&A
- Cost £188

Cleansing starts 13th April

Contact me via email or 07791 296279



“ I have been amazed at how much of a difference the Cleanse programme has made!. Sleeping well, feeling brighter and enjoying the process.”

