

# RUTHSHARIF

## NUTRITION

### 2026 CLEANSE AND REBOOT DATES

#### NEW YEAR JANUARY CLEANSE

Week commencing **12th January** with online briefing the evening of the 7th of January.

#### SPRINGTIME APRIL CLEANSE

Week commencing 13th April with online briefing on the 8th of April.

#### SUMMERTIME CLEANSE

Week commencing 29th June with online briefing the evening of the 24th of June

#### AUTUMN SEPTEMBER CLEANSE

Week commencing 14th of September with online briefing the 9th of September.

#### PRE-CHRISTMAS CLEANSE

Week commencing 23rd November with zoom briefing the 18<sup>th</sup> of November.

I hope this is helpful. Please do let me know if you would like me to put you on the list. If you have any questions or indeed if you would prefer not to receive Cleanse info going forward.

Warm wishes

Ruth x

#### **RUTHSHARIF**

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