



FAQs

Q: How is RESTART® different than other programs?

We appreciate that there are a variety of programs out there that you can choose from. An important difference is that RESTART® was created by a Nutritional Therapy Practitioner and is therefore based on in-depth training in holistic nutrition. Another important difference is that this is a live, interactive class. Whether in-person or online, nothing is pre-recorded. You are in a live online meeting where you all see and hear each other. The holistic nutrition training of your Instructor allows them to answer your questions in ways that will be specific to your needs. The simple yet powerful nutrition education in RESTART® uses only REAL FOOD. There are no pills, powders, or pre-packaged foods to buy. It is not a promise of a quick fix. It is not a weight loss or “diet” plan. You do not have to read a book to figure it out by yourself, and perfection is not required! RESTART® provides small group support from the instructor and peers who are all participating at the same time. It is a personal journey of self-discovery with tools you can use for a healthier lifetime. RESTART® works!

Q: Do I need to do anything in advance to prepare for the program?

Your instructor will be in communication with you prior to the beginning of the class to confirm the time and location and give you a few tips about getting the most out of the class. The first session is all about preparation so you do not need to be ready to begin the actual eating plan until week two.

Q: What is the format of a RESTART® class?

The RESTART® Program is designed as part education, part sugar detox and part support group, an empowering combination. Groups are 4-12 participants in size. The instructor provides information in a casual discussion format with materials for your reference. Interaction and sharing is encouraged to enhance the supportive nature of the program. There is also opportunity in between sessions for group communication through email or private Facebook groups.

Q: What is the success rate of this program?

Participants who commit to coming to every class session, doing the sugar detox and applying the concepts learned in class will get the most benefit out of the program. Giving your body a chance to respond to real nutrient dense food, while taking a break from sugar for three weeks can be a powerful learning experience. Many participants want to keep eating this way for life! We do know that change is hard and you are ultimately in charge of your level of participation. The education is valuable information, so even if you are not yet ready to go “all-in” on the sugar detox, just being there listening, and learning will be a valuable experience. You can also take RESTART® again (as many times as you wish!) when you are ready to go further with the experience.