

~ Remember ~

The RESTART® Rule



*"Whatever I eat,
I **choose** it consciously,
I **enjoy** it thoroughly
and then I **let it go**."*



RESTART®

Real Food. Real Learning. Real Support.
www.TheRestartProgram.com

Private 1:1 RESTART® Program

Not comfortable in a group setting or your schedule just doesn't line up with when I'm offering classes? Great news! I offer the RESTART® Program as a private 1:1 session. You get all the same great information and results as the group RESTART® Program, but get to meet with me one on one where you can ask more specific questions about your situation, AND you also get an additional 1:1 60 minute session with me to work on a topic of your choice.

This program includes five 60 minutes private sessions to go over the program materials. The program will be five consecutive weeks. You can pick a time that works for you. The additional/sixth session can be booked any time. We can meet in person or virtually.



Contact me

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whole choice living

LIVE LIFE WELL



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Julie Saalsaa, N.C., R.W.P.

providing

Holistic Nutrition Consulting

& Wellness Classes

About Julie

Holistic Nutrition Consultant

I started Whole Choice Living in 2019 with a mission to educate clients on what it means to make healthy, sustainable choices when it comes to their lifestyle and well-being.

Through **nutrition** and **holistic, sustainable life-style practices** I can guide you to your health goals. I provide a safe, confidential, judgement-free space. My programs focus on what whole foods and herbs work best for optimal nutrition and **your** situation. My approach to wellness takes a look at a person's **whole life**: mind, body, spirit, and environment. Each program has a difference focus, but in all of them you will learn about basic nutrition, mindful & intuitive eating, and how to break old habits and replace them with new healthier ones.

I focus on helping women with women's health issues, body acceptance, intuitive eating, blood sugar balancing, gut healing, cancer prevention, & stress management. Take the first step: contact me for your FREE Discovery Session to find out which program may be best for you.



RESTART® is part nutrition class, part support group, and part sugar detox. This 5-week class is for anyone wanting to "restart" their health and take a break from all the processed foods we are surrounded by. Week 2 we learn about healthy digestion, Week 3 is sugar regulation, and Week 4 is all about healthy fats. Those three weeks of class are a sugar detox where you will eliminate sugar and processed foods from your daily eating habits. Anyone can do anything for 3 weeks right? YES! Yes, you can! And I will be here, along with the rest of the class to support you through it. During Week 5, I will teach you ways to introduce foods back into your daily eating habits.

The RESTART® rule is: "Whatever I eat, I choose it consciously, I enjoy it thoroughly, and then I let it go." You will learn to be kind to yourself when it comes to eating and release the guilt.

Each week, we meet for 60-90 minutes. I keep the class to a maximum of ten people.

Included are the RESTART® Cookbook and Food Journal (\$30 value). This cookbook not only has amazing recipes, but also includes:

- Basic cooking tips if you're new to cooking
- 7 day meal plan
- Shopping lists
- Grab & Go Snack list
- Kitchen Tool guide
- Must have Pantry List

What people say about the program:

"This wasn't a class about dieting. It was how to start a new journey eating healthy. Learning how sugar impacts your body in a negative way was eye opening. I'm looking forward to continuing this journey feeling so much better than when I start." Julie B.

"This is the first time I have taken a class like this with the intention to learn about food vs. lose weight. It was eye opening, fun, and very educational. To make it even better, I lost weight! WooHoo! Julie did a fantastic job explaining everything and answering all of our questions." Emily W.

"I didn't realize how feeling bad had become my "new normal" until I went through the RESTART® program. I feel so much better now and believe I have the tools I need to change my approach to food and healthy eating." Linda P.

"In just 5 short weeks I was able to eliminate many uncomfortable symptoms, increase my energy, lose weight, sleep like a rock and start feeling great again - all with no medications. It was easier than I thought it would be and the support group was amazing and helped me to realize I wasn't alone in my journey to finding a healthier me. I now look at the rest of my 40s with a new excitement and focus!" Jennifer R.