

## Melissa, February 2021



**Melissa Underwood**  recommends **Empowered Nutrition**.

February 24, 2021 · 

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I have just recently completed the RESTART course with Katie. It was just what I needed to get back into healthy habits. Katie's support and guidance through the course was amazing, she is so knowledgeable and professional, kind and caring. I thoroughly enjoyed indulging in the recommended eating plan, and have lost all cravings for sugar, I feel stronger, healthier, and have so much more energy.

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