

Get ready for RAMADAN in just 5 days!

# RAMADAN CHALLENGE

17/02/25 - 21/02/25

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FREE REGISTRATION

## Feb. 17-21 - Join Our Free 5-Day Ramadan Challenge!

Prepare your body, mind, and energy for Ramadan with our expert-led 5-day program, featuring 4 exclusive webinars presented by top health and wellness professionals. Learn from Dr. Rita Nawar, a renowned endocrinologist with over 16 years of experience in obesity and diabetes management, Dr. Rita Saba, an expert pediatrician specializing in family health, Karim Yahfoufi, a naturopath and nutritional therapist, and many more exceptional speakers. From detoxing and reducing sugar to improving digestion, reducing your stress levels and staying motivated, this challenge will help you build healthier habits and feel your best during Ramadan.

**Click this link to register and access all the details:** 🖱️

<https://academy.myauthentikspoon.com/ramadan-detox-challenge>



# WEBINAR

## IMPROVE YOUR SLEEP

Unlock the connection  
between digestion and rest

 Online webinar  
 Monday February 17th, 8pm



**Asmaa Lahlou**  
Certified  
Naturopathic Chef



**Karim Yahfoufi**  
Naturopath, Nutritional  
Therapist & Health Coach

### Webinar - Feb. 17: Improve Your Sleep with Better Digestion

Join us for this insightful webinar, part of our Free 5-Day Ramadan Challenge! Discover the connection between digestion and restful sleep with Karim Yahfoufi, a naturopath and nutritional therapist, and Asmaa Lahlou, a certified naturopathic chef. Learn **practical tips to improve your gut health, boost your energy, and prepare your body for Ramadan fasting.**

Click this link to register and access all the details: 

<https://academy.myauthentikspoon.com/ramadan-challenge-improve-sleep-with-better-digestion-webinar>



# WEBINAR REDUCE SUGAR INTAKE

The truth about sugar and  
how to limit its damage



Online webinar



Tuesday February 18th, 8pm



Asmaa Lahlou  
Certified  
Naturopathic Chef



Dr. Rita Nawar  
Endocrinologist

## Webinar - Feb. 18: How to Reduce Sugar Intake

Don't miss this exclusive webinar, part of our Free 5-Day Ramadan Challenge! Dr. Rita Nawar, a renowned endocrinologist with over 16 years of experience in diabetes and metabolic health, and Asmaa Lahlou, a certified naturopathic chef, will share **expert strategies to reduce sugar, manage cravings, and stabilize blood sugar for better health during Ramadan.**

Click this link to register and access all the details:

 <https://academy.myauthentikspoon.com/reduce-sugar-intake-webinar>

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# WEBINAR HORMONAL & FAMILY WELLBEING

Restore balance and  
support your family's health



Online webinar



Wednesday February 19th, 8pm



Marine Baaklini  
Yoga Instructor



Dr. Rita Saba  
Pediatrician

## Webinar - Feb. 19: Managing Energy, Hormonal Balance, and Family Well-Being

Join this engaging webinar, part of our Free 5-Day Ramadan Challenge! Marine Baaklini, a yoga instructor specializing in hormonal balance, and Dr. Rita Saba, an expert pediatrician, will share **practical strategies to manage energy, achieve hormonal balance, and support your family's well-being during Ramadan fasting.**

Click this link to register and access all the details: 👉

<https://academy.myauthentikspoon.com/ramadan-challenge-hormonal-balance-family-wellbeing-webinar>

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# WEBINAR MAINTAIN YOUR ENERGY

Stay committed to your health  
goals & boost your energy



Online webinar



Thursday February 20th, 8pm



Asmaa Lahlou  
Certified  
Naturopathic Chef



Cathy Jeroudi  
Certified  
Sophrologist

## Webinar - Feb. 20: Staying Motivated and Energized Throughout Ramadan

Wrap up our Free 5-Day Ramadan Challenge with this inspiring webinar! Cathy Jeroudy, a mindfulness and sophrology expert, and Asmaa Lahlou, a certified naturopathic chef, will guide you on **how to stay motivated, resist temptations, and maintain your energy levels throughout Ramadan.**

Click this link to register and access all the details: 👉

<https://academy.myauthentikspoon.com/staying-motivated-during-ramadan-webinar>