



April. 20-25 - Join Our Free 5-Day Body Reset Challenge!

Join our **expert-led 5-day Body Reset Challenge**, featuring **3 exclusive webinars** presented by top health and wellness professionals. Learn from **Dr. Ghita Harifi**, a consultant rheumatologist specializing in inflammation and metabolism, **Karim Yahfoufi**, a naturopath and nutritional therapist, **Cathy Jeroudi**, a sophrologist focused on stress management, and **Asmaa Lahlou**, a certified naturopathic chef.

From **supporting digestion and reducing hidden inflammation** to **balancing energy levels and improving metabolic health**, this challenge will equip you with **practical tools and expert guidance** to start making **sustainable, long-term health changes**.

Click this link to register and access all the

details: 🖱️ <https://academy.myauthentikspoon.com/5-day-body-reset-challenge>



The banner features a background of sliced citrus fruits (oranges and lemons) on a yellow surface. In the top left corner, there is a green logo that says "my AUTHENTIK SPOON". The main title "WEBINAR" is in large white letters, and "DETOX & DIGESTION" is in large green letters below it. Underneath, the subtitle "The secret to Energy & Vibrant Health" is written in white. To the right, there are two circular headshots of the speakers: Asmaa Lahlou, a woman with glasses wearing a green top, and Karim Yahfoufi, a man in a white shirt. Below their photos are their names and titles. On the left side of the banner, there are two icons: a location pin icon next to the text "Online webinar" and a calendar icon next to the text "Monday April 21st, 8pm".

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WEBINAR

DETOX & DIGESTION

The secret to Energy & Vibrant Health

📍 Online webinar

📅 Monday April 21st, 8pm

Asmaa Lahlou
Certified
Naturopathic Chef

Karim Yahfoufi
Naturopath, Nutritional
Therapist & Health Coach

Webinar - April 21: Detox & Digestion: Unlock the key to energy & vibrant health

Join us for this insightful webinar, part of our Free 5-Day Body Reset Challenge! Discover the **powerful connection between digestion, detoxification, and energy levels** with **Karim Yahfoufi**, a naturopath and nutritional therapist, and **Asmaa Lahlou**, a certified naturopathic chef.

In this session, you'll learn how **gut health influences metabolism, inflammation, and overall well-being**, plus **practical, science-backed strategies** to support digestion, boost energy, and take control of your health.

Click this link to register and access all the

details: 🖱️ https://academy.myauthentikspoon.com/body_reset_challenge_webinar_detox_and_digestion

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SPOON

WEBINAR

STRESS & EMMOTIONAL EATING

Regain Balance



Online webinar



Wednesday April 23rd, 8pm



Asmaa Lahlou
Certified
Naturopathic Chef



Dr. Ghita Harifi
Board Certified
Rheumatologist

Webinar - April 23: Stress, emotional eating & digestion – Regain balance

Join us for this insightful webinar, part of our Free 5-Day Body Reset Challenge! Discover how **stress, emotional eating, and digestion are deeply connected** with **Cathy Jeroudi**, a certified sophrologist, and **Asmaa Lahlou**, a naturopathic chef.

In this session, you'll learn how **stress impacts cravings, metabolism, and gut health**, and explore **practical techniques to manage emotional eating, reduce stress, and restore balance** in your daily life.

Click this link to register and access all the details: 

https://academy.myauthentikspoon.com/body_reset_challenge_webinar_stress_and_emotional_eating

The banner features a background image of a woman eating. In the top left corner, there is a green logo that says "my AUTHENTIK SPOON". The main title "WEBINAR" is in large white letters, and "WEIGHT LOSS & INFLAMMATION" is in large green letters below it. The subtitle "The missing link" is in white on a pink-to-yellow gradient background. Below the subtitle, there are two icons: a location pin icon for "Online webinar" and a calendar icon for "Tuesday April 22nd, 8pm". On the right side, there are two circular portraits. The first portrait is of Asmaa Lahlou, a Certified Naturopathic Chef. The second portrait is of Dr. Ghita Harifi, a Board Certified Rheumatologist.

Webinar – April 24: Weight Loss & Inflammation: The key to lasting results

Join us for this insightful webinar, part of our Free 5-Day Body Reset Challenge! Discover the **hidden link between inflammation and weight loss** with **Dr. Ghita Harifi**, a consultant rheumatologist specializing in inflammation and metabolism, and **Asmaa Lahlou**, a naturopathic chef.

In this session, you'll learn how **chronic inflammation can block weight loss, slow metabolism, and impact energy levels**, plus **practical strategies to reduce inflammation naturally and support long-term, sustainable weight management**.

Click this link to register and access all the

details: 🖱️ https://academy.myauthentikspoon.com/body_reset_challenge_webinar_Weight_Loss_and_Inflammation