

# WELCOME TO YOUR Sugar CLEANSE



Most people consume way too much sugar without even realizing it.



Labels hide sugars under confusing aliases like ethyl maltol, dextran, or maltodextrin, or use the term "all-natural" to make them appear friendlier. Below are some simple, effective tips for cutting out the sugar and starting to feel like a more amazing and vibrant you.

# 1



**Get rid of the sugary traps in your kitchen.** Donate or toss the foods that you know contain tempting sugar. Swap in healthier sugar-free ingredients and whole foods.

# 2



**Deconstruct your sugar cravings.** Before you satisfy your sweet tooth, take a moment to think about what may be driving the craving.

# 3



**Sleep, Sleep, Sleep.** You may not even realize that not getting enough rest is derailing your healthy decisions.

# 4



Vegetables are the most neglected food in standard diets. And I don't mean French fries and ketchup. **Swap in naturally sweet veggies** like carrots or sweet potatoes when you're craving a sweet.

# 5



Work driving you crazy? Before you reach for a sweet treat to soothe your stress, take a moment to look at what's driving you to eat. **Have some luxurious herbal tea or a different sugar-free treat instead.**

# 6



Relationships can drive us straight into a pint of ice cream. **Recognize when your relationship anxieties are causing cravings** and work on the root cause rather than soothing it with sugar.

# 7



Feeling an urge to splurge? **Try a food free method to give yourself a break:** Go for a walk, get out into nature, or meditate. Just use the time to connect to yourself.

# 8



**Cleanse your work environment.** Try putting fresh flowers on your desk or pictures of your loved ones. Make your work space a place de-stress to help those restless midday cravings.

# 9



Itching to snack? If your body is restless, try giving it some exercise. Stretch, move around, or do some quick yoga. **Get moving, not munching.**

## Health is a vehicle not a destination.

LISTEN TO YOUR BODY AND CONTINUE TO EXPLORE WHAT FEEDS YOUR BODY AND SOUL.

If you want **my support** for a full **10 Day Sugar Cleanse** and way more tips, exercises, and food for thought, feel free to email me and we'll work through these tips and more to create powerful changes for you.