



7 Day Sugar Cleanse



HELLO, WELLNESS WARRIOR!

Welcome to the 7 Day Sugar Cleanse! I am so excited that you are joining me for this adventure! You're in the right place if you want to learn how to feel fantastic every day. It's recommended that we reset at least once a season for optimal health and maximum energy.

My name is Liz, and I am a certified Wellness Coach, Yoga & Bar Method Instructor, & Personal Trainer. I combine holistic nutrition, movement, & lifestyle changes in order to help you create your best life!

One of my jobs is to help people reclaim their natural energy and revitalize body, mind, and spirit. Does that sound like something you've been hoping for?

If you are anything like I used to be, you are endlessly searching for natural ways to support your body's systems. You're tired of feeling lethargic, sluggish and dependent on any source of caffeine you can get your hands on! I get it!

My own health history includes a prolonged journey to achieving optimal health. Not too long ago, my health was suffering due to digestive issues, stress, anxiety, & depression. I experienced countless health issues from childhood into adulthood, and I remember asking myself if my life would ever be different – if I would ever not cower over in pain from digestive issues, if I would ever be able to cut out the caffeinated junk and feel naturally energetic, if I would EVER experience a peaceful night's sleep and wake up ready to tackle the day.



Then, a miracle occurred in my life and I was introduced to the idea of holistic health. I had that ah-ha moment where I realized that my health problems were the byproduct of a shoddy digestive system. Since that moment, I've worked to turn my health around. I went on a pursuit of ultimate health and immersed myself in all of the tools that could mend my body from the inside out. Now, I help others do the same.

With the 7 day sugar cleanse you get everything you need to experience a complete sugar cleanse in just seven days to kick your addiction and reset your mind & body! You'll learn how to cook meals that are flavorful and healthy! Enjoy nourishing your body with fresh, delicious ingredients. Learn how to avoid hidden sugars that are in SO many products. Cleanse your body of stored sugars to start fresh and detox your mind & body. Break free of the sugar addiction that is causing your health issues.

This program will change your life. I can say from personal experience that following this plan changed mine. I feel better than I ever have.

My life is different now. I've learned the tools I've needed to change my body from the inside out, and now I am sharing these tools with you in this guide.

Let's get you feeling healthy, happy, looking fabulous, kicking sugar cravings to the curb and defying age.

Cheers to you for taking this step to live healthy & happy!

To your health, Liz



How to Eliminate Sugar

Before I go any further, you can do this.

It may take some hard work and balancing your stress level, but you have this covered 100%.

We live in a busy world. We are on the go. We are non-stop. Too often the stress of life gets to us and we eat.

We crave sugar. We crave bad carbs. We crave junk.

For many of us we get sick and we don't know why but if we really examined what we ate, then we may have the answer.

Most people these days suffer from sugar-related diseases and struggle to control sugar levels in their blood. The sugar you consume can easily be more than 32 teaspoons per day if you, too, are a victim of increased sugar levels in your blood stream. Tempting desserts, sodas, and sugar-containing foods supply calories that often lack nutrition.

You can get rid of this sugar by deciding to get this sugar out of your system and it starts today.



Step #1

The first step is identifying the sugar in the foods you are consuming. You can read the labels of the food you purchase, which indicate the amount of sugar and calories it contains. You can apply the same formula to beverages. The terms glucose, sucrose, fructose, honey, cane juice, molasses, and corn syrup are all associated with sugar. Sugar is not only found in desserts; it is an agent mixed in sauces, bread, mustard, biscuits, and many other food items.

Step #2

The second step is to identify your addiction to sugar. Write down when you are craving sugar and why.

1. Do you crave sugar when you are sad?
2. Do you crave sugar when you feel stressed?
3. Do you crave sugar when you feel tired?

Now, fill out your Food Diary and be honest.

Where is sugar running your life?

Are you a carb lover?

Do you drink too many lattes loaded with sugar?

Today, you can end the madness.

Start by ending the sugar addiction today.

1. Fight against the cravings and motivate yourself by thinking of the positive effects of this approach on your health.



2. You may start to feel dizzy, have sugar cravings, and feel irritation for the first few days while your body struggles to cope with foods that don't spike your sugars.
3. Drink water with lemon or coconut water to hydrate your body.

YOU MATTER

Sugar consumption leaches minerals and nutrients from the body, is massively inflammatory and leads to mood swings, fatigue, and of course, weight gain.

We live in a stressful world and can find ourselves turning to foods that take us away from our highest and best selves. Sugar, 8 times as addictive as cocaine, is a big addiction for many of us. Sugar provides a quick "fix" because we get a brief high, but like any drug, the high is followed by a crash, leading to a craving for more.

Sugar is hidden in so many of our foods. Start to read labels and you will be shocked. Artificial sweeteners are even worse because they slow down the metabolism and interfere with our endocrine disruptors.

We will finally break this vicious cycle during the Cleanse and quit sugar. By eliminating it for the duration of the program, you will find your cravings significantly reduced afterward. I was able to break my own sugar habit by eating every 3 hours, upping my intake of healthy proteins and learning how to let go of stress.



Here are some simple tips that have helped me, and many of my clients, kick sugar cravings to the curb:

- Get in the mindset of giving up sugar and understand that it is simply an addiction to a quick fix
- Eat healthy fats at each meal to sustain energy and combat sugar cravings
- Consume amino acids, the building blocks for your cells. Amino acids are found in protein (whether vegan, vegetarian, or animal)
- Replace “treating yourself” with sugar by enjoying:
 - Nutrient-dense protein balls from your Recipe Guide
 - Some low-glycemic fruits, like berries, green apples and grapefruit, or fruit with a dash of cinnamon
 - A bowl of berries with coconut milk and flax meal, with stevia
 - A baked apple
 - A smoothie with unsweetened almond milk, a scoop of plant-based protein powder, cinnamon, stevia and ice; or try a variation from your Recipe Guide
 - A cup of herbal tea, with stevia

Stevia is my favorite sugar substitute, as it's a natural sugar that does not lead to blood sugar imbalances, or feed candida. If you prefer to use a small amount of Grade B maple syrup or coconut sugar during this program, you may do so; keep in mind you will have better results if you omit these.

Be sure to hydrate adequately; the body often craves sugar when it is dehydrated. Drink 4 ounces of coconut water, make the natural Gatorade, or add berries to sweeten your drink. Look at the drinks in your Recipe Guide for more inspiration.

My top non-food suggestions for combatting cravings:



- Find ways to de-stress; high cortisol levels lead to craving carbs and sugar
- Go within to find the self-love needed to give up sugar. Use affirmations such as "I value myself."
- Write in your journal
- Call a friend or schedule a coaching session with me
- Watch something that makes you laugh
- Take a walk to connect with the earth's energy
- Give yourself a foot massage

WHERE TO START

1. Read labels and look for hidden sugars
2. Review your suggested meals and shopping lists
3. Plan for the week as planning will help you to not stress about what to eat or when to eat
4. Ask for help. This means telling your loved ones you need support as you let go of your sugar addiction.
5. Buy BPA free containers or glass containers to store food, so you can take it to work or pre-prep your meals to make life easy.

Other crucial elements that are essential to fight sugar addiction are getting good sleep, exercising, eating proteins and fats, and taking beneficial supplements. Not getting enough sleep or suffering from insomnia can increase the hunger hormones that raise the craving for sugar and carbs. Sleep can eliminate the habit of overeating hence it decreases the sugar cravings, too.

Exercising and other activities can improve the blood flow and will keep you distracted to curb sugar cravings at odd times.



I love bar method classes, yoga or going for a walk with a friend or your dog!

Make sure to speak with your doctor about deficiencies that make lead to sugar imbalances such as:

1. Chromium
2. Carnitine
3. Iron
4. B-12
5. Magnesium
6. Vitamin D

Please note always speak to your doctor before taking any supplements.

TOP 10 TIPS TO ROCK YOUR PROGRAM

The more you plan and prep ahead of time, the more fun and easy your program will be. Research shows that the key to changing habits is not intention or will power, but the environment. As such, the easier you make things for yourself, the more likely it will turn into a habit.

I have organized this program so you can often save time by cooking once and eating three times, which is why you'll notice some repetition with the recipes.



HERE ARE MY OTHER FAVORITE TIME-SAVING TIPS FOR THE BUSY PERSON:

1. If you're not a morning person, try preparing your lemon water and/or breakfast smoothie the night before.
2. If you do not cook, then find a healthy place in your neighborhood to have your meals prepared for you.
3. Use the meal planner as a guide to see your meals and feel free to exchange where needed. Print out this planner and put this on your fridge.
4. If you are traveling, then look for clean eating meals such as salad with vegetables and protein (animal or non-animal based).
5. Make soups ahead of time.
6. Prep salads and chop vegetables and add them to BPA-free containers or Mason jars in the refrigerator.
7. Prep your clean sources of protein and have them ready to go.
8. Buy snacks such as kale chips, seeds, guacamole, or make one of the suggested snacks in the guide.
9. Know when your moments of weakness are in the day and have something ready for them (carrot sticks if you like chips while watching TV, protein balls if you crave an afternoon snack at work, etc.)
10. Enlist a friend or family member for encouragement, or make use of the forum for virtual support.



YOUR PROGRAM SCHEDULE: A DAY IN YOUR LIFE

Upon rising	Take a probiotic with lemon water
Breakfast	<p>Drink 1 cup organic coffee, coffee substitute, or a cup of non-caffeinated tea (optional) with coconut milk or unsweetened almond milk</p> <p>Breakfast – see Meal Plan</p>
Mid-morning	Snack if you are hungry
Lunch	Lunch – see Meal Plan
Afternoon	Snack if you are hungry
Dinner	Dinner – see Meal Plan
Bedtime	<p>Write in your journal and your Food Diary</p> <p>Practice self-love by treating yourself to an Epsom salt bath with lavender oil, do self-massage, read a book, or listen to an inspirational podcast</p>



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7 DAY MEAL PLAN

Refer to your 7-day suggested meal plan and shopping list for meals.

For a perfect sugar craving snack try this recipe:

SUNFLOWER CHOCOLATE BLISS BALLS

Makes 10-14 balls

1 ½ cups sunflower seeds
¼ cup melted cacao butter (can be substituted for additional coconut oil)
⅓ cup raw cacao powder + 2 tablespoons for rolling
½ cup soaked raisins
⅓ cup soaked pitted dates
1 scoop protein powder
Pinch sea salt
⅓ cup raw cacao nibs

In a high powered blender or food processor (like Vitamix or BlendTec) or food processor, add sunflower seeds and cacao butter. Blend until smooth.



Add strained raisins and dates, sea salt, raw cacao powder and protein powder, blend until thoroughly combined. Mix the cacao nibs in by hand for a nice crunch.

Place mixture in the fridge for about 20 minutes before rolling into balls. Remove from fridge and roll into uniform balls by the tablespoon. Lightly roll each ball in the additional cacao powder. Place in the fridge for at least 30 minutes before serving.

FOODS TO AVOID

Junk food and sugary snacks should be avoided at any cost if you decide to cleanse your body from excess sugar. Avoid flour and refined grains in your diet. Flour increases the sugar levels in the blood. The refined grains, whether it is white bread or cereals, can convert their starch into sugars, which will sabotage all your efforts to conquer your sugar addiction.

You should also stop eating processed and canned foods because they contain sugar preservatives and other hidden forms of sugar. Artificial sweeteners can also lead to hormonal issues, gut issues, and even foggy brain to name a few.

Soft drinks and sodas are the worst form of sugar in disguise. Avoid all foods containing any kind of sugar, including refined sugar, artificial sweeteners, honey, syrup, molasses, fructose, lactose, nectar, and dairy products.



FOODS THAT HELP CURB SUGAR CRAVINGS AND THE 7 DAY PLAN

There are alternative foods you can start with to compensate for the carbohydrates you have been avoiding in form of sugar. It would be better for you to start considering fiber-rich gluten free whole grains since refined grain products increase sugar addiction without you even knowing.

Do not forget to eat three complete meals daily and consume fats during snack time. This will keep you satisfied and hunger-free so you will not require the need to eat sugary snacks at odd times.

You should eat breakfast containing sufficient proteins and fats to keep energy levels stable. Not only for breakfast but also consume protein-rich foods at your other two meals. Many find a high protein diet is vital for ending sugar cravings but remember we are all very different. Some find a high fat diet is ideal.

Please keep your food diary to note when you feel your best or when you have a craving.

Increase the use of natural spices such as cinnamon, coriander, and mustard powder which have the potential to lower sugar levels in blood and they will also sweeten your meals naturally.

FOLLOWING ARE THE FOOD ITEMS YOU CAN EAT DURING THESE 7 DAYS THAT WILL ALSO REDUCE YOUR SUGAR CRAVINGS:

Fruits are the natural food for health. You can eat all fruits but keep in mind that the sweeter ones, like mangoes, may still affect your blood sugar levels.



- Low glycemic fruits are ideal like green apples, berries and grapefruit.
- Avocado is a source of good fat that is essential as a substitute to carbohydrates.
- Lean proteins will prevent your body from releasing insulin due to the lack of sugar in your system. Chicken, turkey, fish, beans, and red meat are pure sources of protein that are essential for your growth and keeping sugar cravings to minimum.
- Root vegetables will help to satisfy your sweet tooth and combat cravings.
- Sweet potatoes are filled with healthy starches and are a great substitute that kills the sugar cravings.
- Fermented foods promote probiotics in the gut and these probiotics make you less prone to sugar cravings. Kefir and kimchee do wonders when eaten regularly. You will find yourself desiring less sugar after eating these fermented foods.



TEAS THAT HELP SUPPORT THE LIVER TO DETOX:

I consume one cup of tea a day to detox my liver. As always, consult your doctor when making any major changes to your diet or taking supplements.

DANDELION ROOT

It is an extremely famous herb that is beneficial for your kidneys and liver. Dandelion is more than a weed. The roots of it come with affinity to the liver wherein the leaf of dandelion is suitable for kidneys. There are numerous helpful actions of this herb such as being a good bitter tonic to help the liver naturally detoxify. Dandelion root can help the liver and the gallbladder to work effectively which involve the production and secretion of the bile when needed for digestion. It helps the detoxification and digestion process.

BURDOCK ROOT

This plant is very common and can be found in the North America. It can be hiding in the backyard of your home and it is the roots of the plant which are used. Burdock pairs particularly well with dandelion, milk thistle and yellow dock for cleansing the liver and to clear the skin. Burdock root is a diuretic, a bitter and an alternative. It means that like the dandelion root, the roots of burdock helps cleanse the blood, stimulate healthy digestion, and detoxification for keeping the hormones and health optimal.



YELLOW DOCK

Another root used for assisting the liver function and the detoxification process, the yellow dock is usually harvested from the month of August until October. This is the blood-cleansing alternative that makes it successful with skin tissues such as acne. It stimulates the liver and the gallbladder function which include the release and production of the fat digesting bile.

CINNAMON

Cinnamon is a great herb for most hormonal and health problems. This is usually recommended to private customers and women. It is the fantastic and effective anti-nausea, carminative, antispasmodic, uterine anti-hemorrhagic and uterine stimulant. Cinnamon adds a gorgeous chai-like taste to detox tea while it serves a therapeutic purpose. The whole purpose of detox tea is to assist women with the estrogen domination support their hormones and liver so as to detoxify and metabolize estrogens properly.

MILK THISTLE

For the last one, you can use Milk Thistle. It is among the most effective and safest herbs suitable for liver detoxification. Milk Thistle is used for supporting the liver's health. It's a tonic to your liver, assisting it for rebuilding and regenerating this crucial organ.



It makes a great addition in a detox tea since it combines well with some other herbs and gives a regenerating and supportive action that a few liver herbs don't.

HOW TO LET GO OF SUGAR EMOTIONALLY

Eating a good, healthy diet while avoiding sugar can help cleanse your blood but the emotional aspect of giving up sugar can play a huge part in this process. Your emotional bond with sugar is the reason why you crave it so much. That craving is like an ecstatic feeling that stimulates your brain and body. Your body may start to show signs of unusual behavior and your mind may not be able to find peace without consumption of sugar. You will need to ask yourself why you need sugar so badly. Is there any other food item you can eat to replace this addiction? Are you taking sugar to relieve the stress?

Practice meditation. Find ways to relieve stress as too often we crave sugar when we are tired or adrenal fatigued. If you crave sugar when you feel alone, call a friend or reach out to me via email . If you crave sugar, when you are tired, get more sleep.

There is always a solution as ending your sugar addiction is not just about willower....it is about changing your habits.

Replace this source of joy with some other comfortable and nourishing sources. Redirect this yearning with something else, something much better, such as intimacy with your loved ones. Train your mind to remember all the disadvantages of eating sugar whenever you feel like consuming it. Remind



yourself that life is precious and you are risking your life if you indulge your sugar addiction.

What Happens in Sugar Withdrawal and How to Combat It?

Just like quitting any other drug, sugar withdrawal has its own side effects which are the most difficult part of cleansing sugar from the blood. Make sure to sweat daily with exercise or taking an Epsom salt bath.

Some symptoms may occur more frequently than others while some may not occur at all. The most obvious and guaranteed symptom will be extreme cravings for sweet food.

FOLLOWING ARE SOME SYMPTOMS THAT MAY RESULT FROM QUITTING SUGAR:

- **ANGER:** This will be more frequent if you quit cold turkey. You will feel more irritated over tiny things but the source of frustration will be your body not being able to function without sugar.
- **STRESS:** You may feel anxious all the time because your body adapted to sugar and relied on it as a stress reliever and a stimulant.
- **CHANGE IN METABOLISM:** You may feel a sudden change in your appetite and, depending on the situation, you might eat less than usual.
- **DIZZINESS:** You may start to feel dizzy because of low sugar levels and sensitivity.
- **FATIGUE:** You may experience headaches and muscle pain because quitting sugar cold turkey results in lack of energy supply. You will start to feel normal again after your body adjusts to your new sugar-free lifestyle.



- **LACK OF SLEEP:** Quitting sugar can cause disturbance in the sleep patterns.

You can do this and the good news is you have the support of this 7-day program.

Sleep is essential to avoid emotional eating and sugar cravings. I suggest relaxing at night with an Epsom salt bath or lavender essential oil on your pillow.

If the symptoms are extremely harsh or debilitating, have some fruit such as pineapple, mango or a banana.

Physical exercise can also stimulate your mind and improve the immune system, which will lessen your cravings.

THE MOST IMPORTANT TOOL IN THIS BATTLE IS YOUR DETERMINATION. ENCOURAGE YOURSELF TO MAKE IT THROUGH THIS REJUVENATION PROCESS.

THE MANY FORMS OF SUGAR



Sugar is the major component of many natural foods as well as the processed ones. Sugar provides the body with glucose that is used for energy. The carbohydrates in your diet are usually made of three types - sugar, fiber, and starch. Fiber and Starch are macromolecules with complex structures. Simple sugars are broken down easily into glucose that enters in the bloodstream. Foods that contain natural sugar are also rich in other nutrients such as minerals, vitamins and proteins. Most importantly, they also contain fiber that controls the absorption of sugar in the bloodstream, keeping the sugar levels under control. Obviously, foods which contain natural sugars are a healthier choice than foods containing added sugar.

Simple sugars are present in the form of sucrose, fructose, lactose, and maltose. Glucose is the simplest form of these sugars naturally present in fruits and plants. Fructose, as the name suggests, is present in fruits. It is present in sugar canes and is extremely sweet. Sucrose is a much more complex sugar found in stems and leaves of plants. Lactose is the sugar present in dairy and fermented products.

HOW ARTIFICIAL SUGARS HINDER THE ENDOCRINE SYSTEM

Artificial sweeteners, also known as sugar substitutes, are used in a variety of food and beverages. They are also added in the processed and canned products to enhance sweetness. They come under the titles of 'sugar-free' and 'diet' mentioned on the labels. **Even though this sounds good, there are drawbacks on your health, especially on the endocrine system.**

Stevia is a great option and one of my favorites to use.



The endocrine system of your body is a central network of crucial hormones that have different functions. The artificial sweeteners can halt the production of these hormones as well as the probiotics present in your gut. They hinder the natural function of the endocrine system by causing insulin resistance. Insulin is the key agent for keeping the glucose level in your blood in balance. These sweeteners disturb the insulin production, which ultimately causes the threat of diabetes.

INFLAMMATION CAUSED BY SUGAR

Sugar can cause diseases that are associated with inflammation. Heart disease, obesity, and diabetes are just a few examples. If you eat too much sugar, the extra glucose can cause diabetes and produce these inflammation-causing agents called cytokines. Furthermore, it also stops the production of insulin, which is the sugar-balancing hormone. Insulin also affects various tissues of your body, preventing major organs to fall victim to major health issues.

BLOOD SUGAR IMBALANCE AND THE CONSEQUENCES

The sugar and starch-based diet is broken down and converted into glucose through the action of enzymes. The glucose is supplied to the cells for energy through the bloodstream. Insulin is the key hormone that controls the glucose



levels in the blood. If you consume too much sugar, insulin may not be able to control the glucose level and the result may be diabetes.

The endocrine system may produce a lot of insulin, which would decrease the sugar levels rapidly. The condition of these high and low levels of glucose in your bloodstreams is known as blood sugar imbalance. This can result in tiredness, sweaty palms and feet, mood swings, and change in metabolism.

Other symptoms of blood sugar imbalance may include:

- Extra Abdominal fat
- Complexion of skin turning dark
- Fatigue
- Extreme sugar cravings
- Lack of focus
- Low or high appetite
- Anxiety
- Insomnia
- Addiction to coffee and other drugs, such as alcohol and cigarettes
- Weight gain
- Sweating

The sugar imbalance can lead to insulin resistance in the worst-case scenario where the insulin in your body will not be able to control the imbalance. This can cause extremely high glucose levels and Type 2 Diabetes.

A balanced diet rich in protein, fat, minerals, vitamins, and fiber can ensure a balanced glucose level in the bloodstream. The three daily meals are also very crucial and must be at certain intervals during the day to keep the glucose levels in balance. Eating too many carbohydrates without a balance of protein



and fats will increase the glucose level while eating too little will cause it to decrease; therefore, a moderate, balanced diet is necessary for a healthy body.

THE BENEFITS OF SUGAR CLEANSING

A sugar cleansing diet is essential for a healthy body. If you are suffering from sugar addiction and high sugar levels in your blood, a sugar cleansing diet will do miracles for your health. You will feel more alive, less foggy and have better skin and hair.

Eliminating sugar will improve your blood flow, which will also increase your stamina and focus. You will sleep soundly at night and feel less tired during work. You are also less likely to suffer from inflammation and all kinds of aches in muscles, joints, bones etc. Your skin will start to glow naturally and you'll also increase your life span. Your life is a blessing so keep it protected from bad sugar.

FAQ'S

WHAT IF I'M EATING ON THE GO?

If you are eating out, remember the building blocks of a healthy meal:

- vegetables prepared in a healthy manner
- a clean source of protein prepared in a healthy manner
- a small amount of good fat



WHAT IF I AM TRAVELING?

Pack kale chips, healthy bars such as Kind Bars, or seeds and healthy fruit snacks. Hotels and restaurants can almost always make you a healthy meal.

I HAVE A PARTY TO ATTEND, WHAT DO I EAT?

Simple and clean eating is what this program is all about. Try to opt for a simple and clean choice like a healthy salad with lemon and olive oil, and include 3 ounces of high-quality protein such as grilled chicken or avocado.

When in doubt, eat before the party or sneak some healthy snacks into your car or purse.

Sip on sparkling water with a slice of lime, so people don't pressure you to drink alcohol.

I'M ON A BUDGET. CAN I STILL DO THIS PROGRAM?

Absolutely! I pride myself on not pushing expensive powders or meal replacements. The idea is to program naturally with whole foods.

To eat healthily in a cost-effective way, look for a local CSA or farmers' market, shop at Trader Joe's or Costco, or buy food online. Frozen organic produce can also be good value for your money.

If the cost is an issue, try to budget your organic dollars for the fruits and vegetables that have been shown to have the highest pesticide load¹.

¹ List from ewg.org



THE “DIRTY DOZEN”:

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet bell peppers
- Nectarines (imported to the US)
- Cucumbers
- Cherry tomatoes
- Snap peas (imported to the US)
- Potatoes

PLUS, these, which may contain organophosphate insecticides, considered "highly toxic" and of special concern:

- Hot peppers
- Blueberries (US domestic)
- Broccoli

I HAVE A HEADACHE. AM I DOING SOMETHING WRONG?

No, you are not doing anything wrong. Headaches, feelings of nausea, tiredness and/or emotional swings are all common effects of a program. This is the garbage coming out of your body. Make sure you are drinking enough water with lemon or lime juice and doing the program tools.



CAN I STILL WORK OUT?

Yes, you can still exercise if you feel up to it. Some people have a spurt of energy while programming, which I call the program high. Others prefer to take it easy while they program and would benefit more from light stretching.

Since the program can cause some dehydration, if you are working out be sure to rehydrate. Try adding ½ teaspoon of high-quality sea salt and stevia (optional) to your water.

**IF YOU HAVE ANY OTHER QUESTIONS,
PLEASE FEEL FREE TO CONTACT ME VIA EMAIL OR SET UP A 1:1 SESSION.**



READY TO TAKE YOUR SUGAR CLEANSE TO THE NEXT LEVEL?

Think about how amazing you could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that to take your health, life, and energy to the next level?

Join me for my 14-Day Total Reset. This unique 14-day program is a pathway to release toxins and excess bloats from your tissues, reset your digestive system, and renew your baseline of wellbeing. You will learn how food affects the way you feel, how to attune your body's unique needs and activate your natural healing potential. In as little as 2 weeks, you will feel revived, & rejuvenated, you will notice more energy, better quality sleep, & weight loss! You'll receive an in-depth guide, mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally!



Is it time for a reset?

- o Do you get bloated after eating?
- o Do you tend to gain weight easily especially in your belly?
- o Do you have extra pounds that won't come off with diet and exercise?
- o Do you have headaches more than occasionally?
- o Do you frequently belch or feel gassy or gurgling in your belly?
- o Do you tend to feel lethargic during the day?
- o Do you have cravings for sugar or starchy foods?
- o Do you experience mood swings or anxiety?
- o Do you have difficulty focusing or experience foggy brain?
- o Do you have allergies or hayfever?
- o Do you experience pain, muscle achiness, or stiffness in your joints?
- o Do you feel addicted to foods that you know aren't good for you... and yet you can't stop?
- o Do you feel anxious, upset, nervous, or downright cranky?

If you answered, "Yes" to any of these questions, you would greatly benefit from this 14-day reset program! Take the first step to living your healthiest & happiest life today!

[Start Today!](#)



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