



# SUGAR FREE *Life*

Nutritionist-Guided Detox Program & Membership

## INTRODUCTION

*PHASE 1: All About Sugar*



**We all know that too much sugary foods can lead to health problems.** And I'm not just talking the energy crashes or tooth decay either. Sugar consumption contributes to **unwanted weight gain**, and increases the risk of **heart disease** and **type 2 diabetes**. It also compromises your **gut health**, messes with **energy levels, mood, female hormones**, and even your **skin health**. Cutting down on the sweet stuff is an important step towards a much more happier, and healthier you!

**MY STARTING POINT**

*What sugary foods do you eat?*

Make a short list, we'll need to reference this later.

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## The Positive Effects of *Detoxing From Sugar...*

Just like if you skip your morning coffee, **reducing sugar** can make your body protest a bit. This is to be expected, and is a classic **withdrawal symptom**. Some people get headaches and fierce cravings. Others become moody, angry, and feel irritable. These symptoms are often your body's way of confirming sugar is been a silent problem, and it is timely to detox. Luckily, the worst of withdrawal passes relatively quickly, and is worth it!

### Wait For It, Here Comes The Perks!

Despite the initial withdrawal, there are some pretty quick wins. Many people find they begin to have more stable energy levels without sugar in their diet. Some even start to lose weight.

**That 2pm afternoon slump?** Yeah, that also might become a thing of the past. And if you've been dealing with bloating and wind, bad menstrual cramps, a rogue appetite or mood swings, once you reduce sugar, it can make a surprisingly big difference in how you look and physically feel!

**Expect to experience changes both physically and emotionally.** After all, your body has been used to getting a sugar fix, so it will protest when you reduce it; expect this. The good news is, you can also look forward to feeling more alert, less brain fog, tired and bloated. Your appetite will soon begin to right itself, and with better sugar control, you are going to notice those cravings and often, the unwanted kilos, begin to fade away too.





# The *Long-Term* Benefits of Cutting Out The Sugar...

While one of the best benefits of detoxing from sugar is how it can help with weight management, reducing your sugar intake also has a trickle down effect that can help improve many health conditions:

## Menstrual Irregularities

A high sugar intake that **causes weight gain** can affect monthly menstrual regularity, and exasperate conditions like PCOS, a hormonal disorder that affects the ovaries. Too much sugar can also **trigger insulin resistance** in women (worsening PCOS symptoms). Maintaining a healthy weight through a low sugar, wholefood diet is essential for good menstrual health.

## Happy, Healthy Organs

Consuming **less sugar reduces inflammation** in the body while lowering your risk of certain cancers and cardiac disease. Detoxing also helps to **lower cholesterol levels and triglycerides**, and at the same time, lessen the load on your liver, pancreas and kidneys. Without sugar, your endocrine system can **naturally rebalance** and start to function much better.

## Better Blood Sugar Balance

A reduced sugar intake means better **balanced blood sugar levels**, which reduces strain on the pancreas, and lowers your risk of developing insulin resistance. This can also **help reverse pre-diabetes** and prevent type II diabetes for those at risk.

## Mental Health & Brain Function

Balancing blood sugar levels by reducing your sugar intake can positively impact your mood and mental well-being, **reducing symptoms of anxiety and depression**. Without sugar interfering with neurological processes, you'll be able to manage your emotions, focus, and think more clearly.

## What are your reasons for quitting sugar?

Make a short list, we'll need to reference this later.

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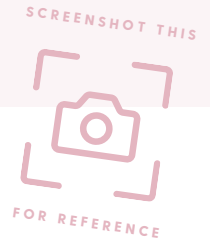
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# The Many Names For *Sugar*

There are **over 52 types of sugar**. Some are very common, such as common household staples like **granulated sugar, brown sugar, powdered sugar, or raw sugar**. Other sugars are less notable, and are used as cheap **sweeteners in processed and manufactured foods**. Each type of sugar has its own unique taste, texture and common use. However, all are not created equal. Therefore, it is important to consider the need and type of sugar you are consuming. While some provide a few health benefits, the majority do not and should be avoided whenever possible.

**Here's a handy list of ALL the types and names for sugar:**

## TYPES OF SUGAR:

- Agave Nectar
- Allulose
- Acesulfame Potassium
- Artificial Sweeteners
- Aspartame
- Barley Malt
- Beet Sugar
- Brown Rice Syrup
- Cane Sugar
- Coconut Sugar
- Confectioners' Sugar
- Corn Syrup
- Cyclamate
- Date Sugar
- Demerara Sugar
- Dextrose
- Erythritol
- Evaporated Cane Juice
- Fructose
- Fruit Juice Concentrate
- Glucose
- High-Fructose Corn Syrup
- Honey
- Inulin
- Isomalt
- Lactose
- Maltitol
- Maltose
- Mannitol
- Maple Syrup
- Monk Fruit Sweetener
- Molasses
- Muscovado Sugar
- Neotame
- Palm Sugar
- Panela
- Powdered Sugar
- Rapadura
- Raw Sugar
- Rice Malt Syrup
- Saccharin
- Sorbitol
- Sorghum Syrup
- Stevia
- Sucralose
- Sucrose
- Tagatose
- Treacle
- Turbinado Sugar
- Xylitol
- Yacon Syrup

## HEALTHIER CHOICES:

- Allulose (liquid, powdered)
- Coconut sugar (raw, organic)
- Erythritol (granules)
- Honey (raw, organic)
- Maple Syrup (pure, organic)
- Monk Fruit (granules, liquid)
- Stevia (herb, liquid, granules)
- Xylitol (granules)
- Yacon (extract, syrup)

## TAKING STOCK

What types of sugar are in your pantry?

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# How To Find & Reduce *Added Sugars*



## Become A Label Detective

Get really good at **reading food labels**. As you've learned, a lot of foods have hidden sugars – they're sneaky like that. Check the ingredient list for dextrose, corn syrup, fructose, maltose, saccharin, and others. Review the total sugar content per serving to see exactly how much you'll be consuming.

## Look For Sugar Synonyms

Keep that detective hat on and be aware of various names for sugar. Keep a look out especially for **sweeteners ending in "-ose"** (dextrose, fructose, glucose, maltose, sucrose), and other terms like molasses, malt syrup, and fruit juice concentrate. These have little nutrition and are **best avoided**.

## Be Wary Of “Low Fat” Or “Diet” Products

Many **low-fat or diet products** replace the fat with added sugars to make food taste better. Always **check the nutrition labels** and consider choosing whole fat alternatives; these will be actually more satiating, and far better for you (when eaten in moderation).

## Limit Pre-Packaged Snacks

Nearly **all pre-packaged snacks** contain hidden sugars. Again, sugar is used to help flavour products, so always be sure to **read labels**, or **choose wholefood-based snacks** that are homemade or try fresh foods such as high-fibre raw vegetables, nuts, seeds, or fresh fruits.

## Avoid Sugary Beverages

Beverages like **store-bought juices, colas, energy drinks, and sweetened teas** are all major sources of hidden sugars. Whenever possible, choose water, herbal tea, or other unsweetened options.

## Check Food Categories

Some food categories contain more **hidden sugars** than others. Pay **extra attention** to common culprits like breakfast cereals, granola and lunchbox bars, flavoured and low-fat yogurts, condiments, salad dressings, simmer sauces, and processed snacks. Instead, experiment at home to **make your own** versions of these foods from scratch where you can easily control the ingredients and sugar content.

## IN SUMMARY

"Reduce ~~added sugar~~, and focus on whole, unprocessed foods, read food labels diligently, and opt for natural sweetness from fruits. Gradual changes, mindful choices, and homemade alternatives are a no-fuss, proven way to ease into a sugar-free lifestyle, and improve your overall health and well-being."



## Continue your journey...

Keep momentum going by visiting the program's support pages and exploring all the tools and bonuses.

*click here!* →

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