



21 Day Sugar Detox

Removing sugar from your diet is the fastest way to lose fat and increase your energy. When your blood sugar is out of balance it causes depression, causes you to store sugar as fat instead of using it for energy, causing you to have highs and lows in your energy, and leading to diabetes.

Instructions for 21 day sugar Detox

1. Remove all sugar and simple carbohydrates from diet for 21 days in a row.
2. Remove all foods from the "avoid" list below, and eat only foods on the "good" list for the 21 days.
3. If you "slip-up" and eat a food from the avoid list, then start from day one again.

That's it. It's pretty simple.

At first, your cravings for sugar may be more pronounced. After you get over what I call the hump* you will stop craving sugar all together. Hard to believe? I never thought I'd get there myself. It usually takes 3-4 days to get over the hump, so this is the point at which you'll have to buckle down and use all of your will power. Believe it or not, the longer your stay off sugar the easier it gets.

This doesn't mean that you'll never be able to eat fruit again or enjoy a piece of bread. This is a temporary cleanse to over-correct your blood sugar. This is when the cravings for sugar disappears, and your energy goes way up! Not to mention that most people see a huge difference in their skin.

Sugar makes you fat, tired, and ugly. I wish I was kidding about this, but I'm actually quite serious. Eating fat doesn't make you fat, sugar does. Eating too much sugar and carbs is the reason that most people are tired all the time as well. Not to mention that sugar zaps the collagen in your skin, and dulls your complexion.

Most Americans consume up to three pounds of sugar every week! It's not always easy to get away from sugar because they put it in almost everything these days. It's added to so many processed foods we eat, not just in what we consider "sweets".

Raised blood insulin levels causes weight gain. Insulin promotes the storage of fat; so, when you eat foods high in sugar, you increase fat storage. Resulting in rapid weight gain.

Being a recovering "sugarholic" myself, I can speak from experience how difficult it is to get off of sugar. The more sugar you eat, the more your body craves, so just limiting sugar won't do the trick. You literally have to cut it out completely, cold-turkey, to stop the addictive cycle. Studies have shown that it can be more difficult to get off of sugar than cocaine.

When I'm talking about sugar here, I'm not just talking about white table sugar, I'm talking about bread, fruit, fruit juice, dried fruit, tortillas, baked goods, honey, etc. All of these get broken down into the same thing, sugar.

Disclaimer: The entire contents of this handbook are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handbook is not intended to replace a one-on-one relationship with a qualified health care professional and is not provided as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Wellness With Rose By Rose Cole

R Sandford



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