



How To Go Sugar Free eBook

Eliminating this one neurotoxin can clear anxiety and help you get rid of sweaty hands

Processed sugar is a neurotoxin. Learning how easy it can be to eliminate processed sugar can clear anxiety, depression and many health challenges and behavioral issues. Eliminating sugar can even reduce the chances of getting colds and flus.

Table Of Contents:

1. Ice Cream dilemma ...
2. Fat Free Ideas....
3. Anxiety and Fat and Sugar....
4. How To Go 100% Sugar Free and Why...
5. Sugar as a neurotoxin...
6. Three Month Elimination Of Sugar...

Ice Cream dilemma ...

I was at the hypnotherapist... Spending money I didn't have... student loan money... in college...trying to solve this problem I had... this obsession...

I had this crazy habit... obsession with Ice Cream....

But not just any ice cream... this really good ice cream from Blue Bell Creamery in Texas...

I ate it every night. And if it was in the house I'd eat all of it... It was so good...

But I was a runner and I didn't want to carry the extra weight. But I just couldn't stop...

It wasn't till years later that I realized why I craved ice cream so much and how and why the mind over ice cream, the hypnotherapy didn't change the fact that I had to eat ice cream every night...

Fat Free Ideas....

Years later and I was addicted to Coke and M&M's....
Even had an M&M machine at the office....

I'd start off the day with bagels... Lots of bagels because the prevailing "research" and I put that in quotes for a reason...

The idea was that fat was bad and sugar was clean burning... especially carbs like bagels...

So I ate a lot of bagels and burritos and nachos and pizza.... Seemed right ... right? A runner eating carbs...

And I even sprayed some God Awful stuff called "I can't believe it's not butter" spray on my bagels because it had to calories and tasted like butter and salt...

And I'd put a lot of jelly on the bagels.... Other days I had muffins from the regular grocery store. Usually chocolate chip muffins and coffee for breakfast....

And I was dealing with a lot of anxiety... the sweaty hands thing...

I was hyper and crazy and just couldn't get comfortable....
But I was eating the way the "experts" said was correct....
Low fat and high carbs....

THEY WERE WRONG...

And they knew it...

Years later it came out in the medical journals that the research was doctored and what was actually found was that sugar was bad and processed carbs were not useful for health and instead fat, especially from animals that ate grass or were wild caught or pasture raised... that was healthful.

The researchers who first reported sugar being good and fat bad were paid off by the sugar industry! And all this came to light many years later.....

The sugar industry actually was responsible for the increase in heart disease and diabetes..... This is now supported by the actual research.... Crazy right!

Anxiety and Fat and Sugar....

When I met my medical intuitive teacher, I saw that what she said was accurate. What she was finding was either in the research or later the research would confirm what she had found with her own hands and observations.

And Sharon used to put us all on elimination diets. Sugar free for 3 months... Gluten Free for 3 months... Keto type diet for 3 months...

And we all got to see how we felt and what happened to our health...

When I went 100% sugar free I noticed the whites of my eyes were whiter! And my skin was younger looking...

And my energy was great...

I felt and was younger...

Going 100% sugar free is a great way to decrease inflammation and let your body heal. Sugar is a neurotoxin and eliminating it can increase mood, sleep patterns, and decrease nerve type pains and issues.

And you know how it's hard to do something part way... you know? Requires will power to limit sugar...

But there this thing that happens when you go 100% sugar free....

There's no choice. It's not will power anymore. It's just a black and white choice... and it's just for 3 months of your life! So you can do this.

You can look for the hidden sugar, like in the processed foods, cured meats, drinks, sauces and prepared foods. And for 3 months go 100% sugar free.

So you can notice what improves for you. Then after 3 months you'll have cleared the cravings, so if you get a small amount in meat or sauces it won't be so bad.

The other part of it is if you can add in good fats, like animal fats from animals that eat grass or are pasture raised or wild caught, you'll give your body big nutrition so it won't crave sugar.

When I gave up the low fat, high carb way of eating and began putting fat back in my diet, meats, butter, olive oils, some organ meats... I didn't have the cravings for ice cream any more. It's wild but I have no desire for sugary foods anymore....

Once your body has the high quality fats and proteins coming in, you don't need or even want processed sugar...

And on a side note, this is what was big for me clearing my anxiety...

Getting off sugar and carbs and eating more fats, organ meats, wild caught and grass fed animal products cleared my anxiety and mood swings.

How To Go 100% Sugar Free and Why...

So here's a list and you can find more lists to make sure you're not getting hidden sugar. And you can do this for 3 months to test it for yourself and see how you feel.

Then from time to time doing a sugar elimination diet can be useful. And as you do this, you'll notice yourself making better choices in food and by adding in good fats you'll be satiated and no longer craving sugar.

Sugars And Foods To Avoid List:

- Agave nectar
- Brown Sugar
- Coconut Sugar
- Corn Syrup
- Date Sugar
- Palm Sugar
- Raw Sugar
- Turbinado
- White Sugar

Sugar can be found in the ingredients in some or most:

- Fruit Juices
- Sauces
- BBQ Sauces
- Salad Dressings

Balsamic vinegars
Marinades
Dressings
Soups
Cured and Breakfast meats
Chocolate
Granola & Trail Mix
Processed energy bars
Processed foods (anything in a can, bottle or box look at the ingredients)
Frozen Meals
Packaged oatmeal
Baked Beans
Dried Fruit
Muffins
Frosting
Jelly
Pancakes
Candy
Cakes
Cookies
Ice Cream
Sodas
Canned Fruit
Cereals
Flavored Coffee
Flavored Yogurts
Desserts
Energy Drinks

Sports Drinks
Processed Breads

Artificial Sweeteners (only confuse the body and make you want more sugar)

Sugar as a neurotoxin...and more...

There is a lot of research about the toxic effects of processed sugar.

Here's a sample to motivate you to try a 3 month sugar elimination diet.

Sugar has been linked to cancer.

<http://www.greenmedinfo.com/blog/research-reveals-how-sugar-causes-cancer>

Sugar and depression, heart disease, gastro-intestinal disease and even mortality.

<http://www.greenmedinfo.com/disease/high-sugar-diet>

How the sugar industry infiltrated the medical system and committed fraud attempting to link heart disease to high fat and not sugar.

<http://www.greenmedinfo.com/blog/sugar-papers-expose-industry-plot-frame-fat-heart-disease>

Lowering Cravings to Sugar and eliminate tooth decay

<https://youtu.be/ONTilyW6hEQ>

Three Months of Sugar Free

When you decide to go processed sugar free remember you can eat honey and pure organic maple syrup. Those natural sugars are allowed on a processed sugar free diet because they come with the minerals and vitamins that honey and sugar have in their natural state, and because people tend to self-regulate when it comes to honey and maple syrup....

Here's some more ideas you can use to make life easier as you do your 3 months of sugar elimination! Enjoy!

Some good ways to make it easier.

1. Get some aerobic exercise, walking or running or biking.... This makes you feel better, increases metabolism and helps you to feel happier and be happier. Exercise and you start making better food choices naturally...
2. Drink plenty of good spring water. Many times the sugar cravings go away as you get hydrated. So drink plenty of water. Good spring water...
3. Work on any emotional issues related to your life. Here's a Reflection therapy that takes one minute a day. https://d2saw6je89goi1.cloudfront.net/uploads/digital_asset/file/525715/IMT_Reflection_1_Therapy_plus_Body_Wisdom_4-24-19_b.pdf

4. And more ways to clear mental, emotional and spiritual pains which can be helpful. https://d2saw6je89goi1.cloudfront.net/uploads/digital_asset/file/469622/Peace_Process_Letting_Go_Process.pdf
5. Enjoy and use the EnlightenUp & Get What You Want eBook to connect with your higher purpose and be inspired to do big things in your world. https://d2saw6je89goi1.cloudfront.net/uploads/digital_asset/file/385376/Enligthen-Up-2-14-17.pdf