

SUGAR DETOX STEPS

CLEAN

Start with removing all sweet treats, get temptation 100% out of sight! If you want something sweet, enjoy it outside of the house...in fun social situations.

MEALS

Eat balanced meals, on schedule. Hungry people crave immediate relief, aka sugar. Don't fall into the trap of cutting out whole grains & fruit...you need those natural sugars to prevent cravings for refined, processed sweets.

TEA

After meals you crave a "taste transition" from the savory meal, so brew yourself a cup of dessert-flavored or peppermint tea.

HORMONES

Exercise & sleep. These help boost "feel good" hormones so you don't have to rely on sugar to make you happy.

BACTERIA

Consider supplements such as GSE (grapefruit seed extract) + probiotics to regulate gut bacteria. GSE kills bad bacteria, probiotics build good bacteria.

SUGAR SWAPS

Instead of sugar, use foods that mimic sweetness on your tongue such as cinnamon, vanilla, unsweetened coconut, and unsweetened cocoa powder.

FLAVORS

Eat plenty of flavors OPPOSITE of SWEET = SOUR & BITTER. Enjoy lots of hot lemon water, vinegar on salads, and bitter leafy greens like kale & collards.