

# How To Kick The Sugar Habit

# **Your Story/Your Connection To The Topic**

[Insert a before picture of yourself]

# **Your Story/Your Connection To The Topic**

[Insert an after picture of yourself]

# Your Story/Your Connection To The Topic

[Insert graphic to depict your program]

*\*Your program icon, a picture of happy people, something that gives a feeling for your program\**

# You're In The Right Place If:

- You're **wondering why** you crave sugar at certain times
- You're done reinventing the wheel and you want someone to tell you **what works and what doesn't** - for real
- You want to discover what is keeping you stuck **so you can get unstuck**
- You're ready to finally get this sugar and food thing handled **so you can allow your best self to shine**

...How to kick the sugar habit without giving up sweetness,  
so you can experience a total transformation that gives you  
your **best body**, your **best moods** and your **best life ever**.

# **3 Main Challenges To Kicking Sugar**

# Challenge #1

- Why you have sugar cravings
- Why those cravings feel out of control
- What to do about it



# The Polarity Of Food

- Based on the principle that everything has 2 “polarities” or extremes
  - Hot/Cold
  - Hard/Soft
  - Noisy/Quiet
  - Light/Dark

# The Polarity Of Food

- Food is more than simply fuel
- It has energetic qualities that are beyond the science of calories, fat grams and nutrient values

# The Polarity Of Food

- For example:
  - Leafy greens = upward, lifting energy
  - Root veggies = grounding energy

# Contractive Activities

- Running
- Working too much
- Partying
- Staying up late
- Stress

If you don't allow yourself to relax,  
then **you'll find yourself bingeing** on  
wine, chocolate, bread, desserts...

**Your body is begging for a break,**  
like sleep, reading, meditation, walking, or taking a bath.

## Challenge #2

- No one wants to kick sugar because it feels so **good** to eat it
- **Why** does it feel so dang good?

Products containing lots of sugar  
usually don't contain  
lots of fiber, fat or protein.



**Fiber, fat and protein slow down sugar absorption,**  
so when those nutrients aren't present,  
**your blood sugar shoots up really fast,**  
like to the top of a roller coaster.

When insulin is sent out,  
it doesn't just bring your blood sugar back down into balance,  
there's often too much insulin secreted,  
and **our blood sugar dips way down...**

**That's the blood sugar crash** you feel after the sugar high – that shaky, spaced out, uncomfortable feeling.

What does your body crave when you are down there,  
in the middle of that nasty crash?

**MORE SUGAR!**

The sugar craving is your body's way of saying  
**it needs something specific** to restore this balance.

# Places Insulin Can Take Excess Sugar:

- Your brain
- Your blood cells
- Your muscles
- Store as FAT

When your body is producing insulin to  
bring you down from the sugar high,  
**it can't produce what's called**  
**“glucagon”** (the fat-burning hormone)

**Emotional roller coaster ride!**



# Challenge #3

- Sometimes it's easier to reach for sugar than deal with a problem or challenge in your life

What if cravings are a messenger to help you  
**step into the best version of who you are?**

You didn't just come here for problems.

**You came here for solutions.**

So let's look at how to get started on the kicking sugar without starving or giving up sweetness - **even if you've never done it before.**

# The Solutions

- I have them all written down for you on a piece of paper that you can take home with you and will show you where to get that in a bit (Yay! No work for you!)

# 7 Solutions To Kick Sugar

1. Check your bevvies!
2. Satisfy your sweet tooth with sweet veggies, fruit and spices
3. Sleep
4. Check your protein

# 7 Solutions To Kick Sugar

5. Sniff out low-fat and fat-free foods
6. Move yo'self
7. New post-meal rituals

# What Now?

Useful Information => Lasting Transformation



# 3 Key Ingredients

How many people know **what** to do, but don't always **do** it?

**That is because knowing isn't enough.**  
It's not what motivated us to action.

# The 3 Key Ingredients

- The Right **System**
- The Right **Support**
- The Right **Accountability**

# What We Need To Make This Time Different...

- Someone to encourage our progress
- Someone to kick us in the butt when we make poor choices

# Invitation!

- To Your Free “[Insert title of CTD]” Discovery Session
  - You will:
    - Discover what your cravings mean
    - Discover why you’re stuck and how to get unstuck
    - Discover a plan of action to experience total transformation

# Free [Insert CTD Title] Session

Invest 45 minutes of your time,  
and I guarantee you will walk away with  
at least one major aha about  
**how to break out of the rut and get into action.**

**This time really CAN be different.**



# Client Story

[Insert a picture of client]

And/Or

[Success story words or phrases]

What makes this program unique is that  
**we focus on what you GET to have,**  
rather than what you don't.

Clients tell me I'm part cheerleader,  
part tough love coach.

# Are You Ready?

- The Right **System**
- The Right **Support**
- The Right **Accountability**

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- Discover what your cravings mean
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