

Sugar DETOX

Success Manual

DR. VENUS

5 DAYS TO VIBRANT LIVING!

You don't need added sugars ... you're sweet enough already!



DISCLAIMER: The information shared in this guide is for general purposes only and is not intended to treat, cure, or prevent any disease or medical condition. You should seek the care of your doctor before changing dietary or lifestyle habits. Only you and your doctor can determine what course of action is best for you and your particular needs. Using or reading the information in this guide does not constitute a doctor-patient relationship, nor does it constitute a coach-client relationship.

WELCOME TO YOUR 5-DAY SUGAR DETOX!

Congratulations on taking this important step to help you improve your health, boost your energy and quality sleep, and take control over your cravings.

It's time to get excited, because eliminating ADDED sugar from your diet has **an incredibly powerful impact on your health.**

You will be amazed at how different you will feel just a few short days from now.

You might even LOOK different, with your skin taking on a healthier glow!

This ebook contains suggestions about how to get rid of the **ADDED SUGAR** and other sweetened foods and drinks from your diet, so you can get the max benefit as soon as possible.

I am here for your every step of the way!

Keep an eye on your email for daily tips and motivation as you make your way through this challenge.

Let's DO this!



SUGAR DETOX 101

Be sure to check with your physician or healthcare provider before making ANY major changes in your normal eating patterns!

There are countless reasons to eliminate **added** sugar from your diet.

- It saps your health,
- contributes to a growing waistline,
- leaves you feeling tired, moody, and blah,
- and it fills your body with empty calories that can make you feel like you're riding a blood sugar roller coaster.

And that roller coaster has the potential to end up in calamity, as too much sugar can lead you down the track headed for disease.

There are a few things you should know before you get started.

This challenge is about eliminating **ADDED SUGAR** from your diet.

This does **NOT** include natural sugars, like those found in whole foods like fruits and veggies.

Whole foods contain numerous health-promoting benefits (like fiber, vitamins and minerals) that are really good for you and make valuable additions to your diet.

It's when we start ADDING extra sugar to our food and drinks that it becomes a problem.

Sugar goes by many names. This makes it super easy for it to hide. (Be sure to check out the chart later in this guide.)

There are a few basic **TYPES** of sugar you should know about.

Glucose – This is the kind of sugar that's in your bloodstream, after your digestive system breaks down your food.

It's the purest form of sugar – and it's what fuels your body with energy. It also occurs naturally in some foods.

"A healthy outside starts from the inside"

– Robert Urich





natural vs. added sugars

Fructose – This is a natural form of sugar is commonly found in fruits. However, it has to be processed by your liver to become usable.

For the most part, our livers are designed to handle the amount of naturally occurring fructose that is found in fresh, whole foods.

But eating too much fructose (more on that later!) can increase the likelihood your body will store it and lead to a cascade of potential problems.

Lactose – This is a naturally occurring sugar that's found in plain (unsweetened) dairy products.

These next two categories of sugars tend to fall into the "added sugar" category, and they **are the main focus of your Sugar Detox Challenge:**

Sucrose – This is a combo of 50% glucose and 50% fructose.

This is table sugar, plus you'll find it in a lot of packaged foods.

High-Fructose Corn Syrup (HFCS) – This is a manufactured form of sugar that is similar in makeup to table sugar or sucrose … except it contains a little more fructose, at 55%.

ADDED SUGARS, ARTIFICIAL SWEETENERS, & SUGAR ALCOHOLS



Your body metabolizes fructose differently than glucose, and consuming too much fructose over time has been shown to contribute to health problems, from overloading your liver and weight gain to diabetes, heart disease, and some forms of cancer.

Plus, your body gets no nutritional benefit from those “empty” calories.

WHAT ABOUT ARTIFICIAL SWEETENERS?

During this challenge, we're also going to be eliminating artificial/non-nutritive sweeteners + sugar alcohols.

Studies show these can make your cravings for sweets even worse ... and some have been linked with potential health issues and digestive upsets.

Common artificial sweeteners – aspartame, saccharin, acesulfame potassium (ace-K) and sucralose.

Common sugar alcohols – sorbitol, maltitol, mannitol, xylitol, erythritol, isomalt and hydrogenated starch hydrolysates.

YOUR CHALLENGE

Approach this challenge as a mini-experiment to see how you FEEL after going 5 days without any added sugars in your diet!

When the challenge is over, ASK YOURSELF ...

- Do you like how you feel?
- Do you notice that foods taste different to you now?
- Is this a lifestyle you can sustain?

Depending on how much sugar you normally consume ...

In 5 days, you may notice a change in your mood, energy, skin, and even the number of aches & pains you have!

So are you ready to get started?!





CHALLENGE STEPS

STEP 1:

Go through your cabinets, fridge, and pantry and get rid of or donate anything that contains added sugar, artificial sweeteners, & sugar alcohols.

Be sure to read the labels – including condiments like ketchup or even pasta sauce – and toss those, too.

Remember, dairy products naturally contain some sugar, but be on the lookout for **ADDED** sugar (like the kind found in sweetened/flavored yogurt).

Natural sugars (like those found in unsweetened/plain dairy products) are OK for the most part.

STEP 2:

Now that you've created a clean slate, it's time to make a plan.

This is not a time to rely solely on willpower. Come up with a list of meals or snacks to replace your old items.

For example, if you normally eat something sweet each afternoon as a pick-me-up, what will you have instead? What will you snack on at night, if that's part of your normal routine?

Check out the list of healthy snacks later in this guide for ideas & options!

CHALLENGE STEPS

STEP 3:

It's time to go shopping and stock up on your new items!

Nuts, lean protein, healthy fats, fruits, veggies – this is a perfect time to explore & experiment!

STEP 4:

Be good to yourself.

If you normally drink a lot of soda (regular or diet) or snack on sweets during the day, this could be a major change in how you fuel your body over the course of the day.

Stay hydrated & listen to your body's cues.

If you're tired mid-afternoon, try having a cup of green tea with a dash of cinnamon for an energy boost.

And remember ... the payoff will definitely be worth it!

STEP 5:

Read your coaching emails and reach out for support. You can do this!

Do something today that your future self will thank you for.



THE MANY NAMES OF SUGAR

Here's a list of the aliases that sugar uses on your food labels. Go through your pantry and eliminate items with these ingredients, and avoid them during your detox. Manufacturers are always coming up with new terms, so be on the lookout!

Agave nectar
Barbados sugar
Barley malt
Barley malt syrup
Beet sugar
Brown sugar
Buttered syrup
Cane juice
Cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
Coconut palm sugar
Coconut sugar
Confectioner's sugar
Corn sweetener
Corn syrup
Corn syrup solids
Date sugar
Dehydrated cane juice
Demerara sugar
Dextrin
Dextrose
Evaporated cane juice
Free-flowing brown sugars
Fructose
Fruit juice
Fruit juice concentrate
Glucose
Glucose solids
Golden sugar
Golden syrup
Grape sugar
HFCS (high-fructose corn syrup)
Honey
Icing sugar
Invert sugar
Malt syrup
Maltodextrin
Maltol
Maltose
Mannose
Maple syrup
Molasses
Muscovado
Palm sugar
Panocha
Powdered sugar
Raw sugar
Refiner's syrup
Rice syrup
Saccharose
Sorghum syrup
Sucrose
Sugar (granulated)
Sweet sorghum
Syrup
Treacle
Turbinado sugar
Yellow sugar



10 TIPS FOR ELIMINATING SUGAR



To your brain, sugar is a reward, and if you eat a lot of it, you're simply reinforcing that reward! That can make it challenging to break the sugar habit. Here are some tips to make it easier:

1

Go cold turkey.
Quitting all at once means you will get your tastebuds used to a lower-sugar diet faster. That's good news!
But ... if that seems overwhelming, you can go for a more moderate approach, cutting back a little bit every day.

2

Stay hydrated.
This can help you avoid headaches and keep your digestive system on-point. And since we often mistake thirst for hunger, it can help keep food cravings at bay.

3

Make time to sleep.
When you don't get enough sleep, your body's hunger hormones can become disrupted, affecting both the mechanisms that make you want to eat AND that let you know when you're full. This will set you up for even more cravings!

4

Eat protein.
It keeps you feeling fuller longer, and can help keep your energy up if you're dragging because you feel low on sugar. Good protein sources include fish, poultry, and legumes.

5

Fill up on fiber.
In addition to keeping your digestive system happy, this also will help you feel full. BONUS: a fiber-rich diet can assist with blood sugar management. Veggies and legumes can help!

Exercise.
Intentionally move your body for 20-30 minutes every day to cut stress, boost your energy, and improve your sleep.

6

7

Distract your tastebuds.
If you are having a craving, try eating a sour pickle or other bitter/spicy-hot food instead. Follow it up with a drink of water.

Stay busy.
Now's the time to check some items off your to-do list! Organize a room, read a book, learn something new! Avoid “entertainment eating" (when you eat because you’re bored, or out of habit).

8



9

Change your routine.
This allows you to avoid activities you normally associate with eating sweets. For example, if you usually hit the drive-thru for an iced coffee (and maybe a treat to go along with it), make your own coffee at home.

Go to bed earlier.
If you are having a craving at night and all else fails, make it an early bedtime. Your body could likely use the rest!

10

FAST & EASY LOW-SUGAR SNACK IDEAS

- Fruit
- Roasted chickpeas
- Hard-boiled eggs
- Plain yogurt with nuts & berries
- Raw nuts (almonds, walnuts, pecans, etc.)
- Veggies & hummus
- Sliced apples with almond or peanut butter
- Jerky made with organic, grass-fed meat (check label for added sugar)
- Pepitas (pumpkin seeds)
- Cooked rolled oats with peanut butter
- Tuna salad in lettuce cups
- Chia seed pudding
- Edamame
- No-sugar-added trail mix
- Celery sticks with peanut butter
- Sunflower seeds
- Turkey roll-up with sliced bell pepper
- Popcorn (always check the label)
- Dates
- Low-sugar trail mix or granola
- Veggies with guacamole





LIVE YOUR BEST LIFE ... NATURALLY

If you're ready to take the next step and make a real change in your life --- to balance your hormones and optimize how your body functions so you're set up to burn excess body fat and supercharge your energy levels, then join us for...

Let's Get Real: 30-Day Total Body Reboot!

www.DoctorVenus.com/LetsGetReal