



Written by:

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Kicking the Habit



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Kick the Sugar Addiction - 1

Sugar Addiction is real...

it alters our biochemical pathways and is *ultimately 8 times more addictive than cocaine!*

Clean out your kitchen – remove as much temptation as possible.





Only a little bit of sugar can actually set cravings off on a downward spiral...

Kick the Sugar Addiction - 2

It's often easier to go 'cold turkey' and completely remove sugar and artificial sweeteners.





Green apples, ACV, Sauerkraut



Lemon, Limes, Grapefruits

Kick the Sugar Addiction - 3

Eat sour foods - anything that's sour or bitter in nature helps to get rid of sugar addiction.

Kick the Sugar Addiction - 4



Eating enough high-quality protein, fibre and fermented (cultured) foods can help you lose your sugar cravings over time

Kick the Sugar Addiction - 5


- Eat clean protein, fibre and some fat *at every meal*.
- Indulge in fats (avocados, almond butter, coconut milk products, nuts etc.)
- Up your fibre (helps to balance out the 'good' bacteria within your colon – berries, avocados, green leafy veggies, nuts and seeds.
- Switch to Stevia - use it subtly on occasion, not every day or every meal
- Switch to Manuka honey and/or Raw Honey - just a teaspoon at a time.
- Fruit



Kick the Sugar Addiction - 6

Please make sure you have these staples in your kitchen. They will help you to kick the sugar addiction.

1. **Bee pollen** – boosts your immune system while supplying you with necessary nutrients.
2. **Chia seeds** – Help to prevent you from overeating... add them to oats or jams as they help to make you feel full for longer.
3. **Coconut Oil** – helps you feel full for longer.
4. **Garlic** – Full of nutrients with a great flavour... healthy garlic bread?
5. **Ground flaxseeds** – Gives a good dose of fibre and keeps you satisfied for longer.
6. **Nutritional Yeast** – reduces sugar cravings and full of protein and B vitamins. Can also help to balance out your blood sugar.
7. **Poppy seeds** – Sugar cravings can come from a zinc deficiency and Poppy seeds are rich in this mineral.
8. **Quinoa** – If your sugar craving is a result of a magnesium deficiency, you need to eat more Quinoa.
9. **Salmon (wild caught only)** – Supplies necessary nutrients while lowering your risk of heart disease and making your skin look great.
10. **Spirulina** – satisfies hunger and contains a wide range of energising minerals and vitamins.
11. **Unrefined Sea Salt or Himalayan Salt** – a pinch of salt brings out the flavour and can even be used in smoothies instead of sugar. (2)

A photograph of an open refrigerator filled with various fresh foods. On the top shelf, there are several bottles of milk or juice. Below, there are shelves with fruits like apples, oranges, and bananas, as well as vegetables like broccoli and cauliflower. A bowl of grapes is visible in the foreground. The refrigerator is well-stocked, illustrating the concept of having 'good food' available.

**"If you keep
good food
in your fridge
you will eat
good food"**

Errick McAdams
MOTIVATION-WALL

Kick the Sugar Addiction - 7

Imagine this...

GET OUT
OF HERE

If you had never seen or heard of refined sugar and it was not a part of your life...

Then someone said:

“Hey try this, it’s beautiful and oh so sweet!”

And you said, being concerned for your health: “What is it? Is it healthy for me?”

They said: “Err well... actually, no! It’s known to cause:

- High Blood Pressure and High Blood Sugar
- Heart Disease which leads to Heart Attacks
- Non-Alcoholic Fatty Liver Disease
- Some Cancers, Type 11 Diabetes & Depression

Oh, and by the way, it’s 8 times more addictive than Cocaine or any other addictive substance!” *



Imagine this...

Wouldn't you think you had just been visited by a witch?

So **WHY** are we so accepting of sugar intake when it causes us so much harm?

Simply because it's always been there, and it's in everything... it's such a normal part of our lives!





We don't have
to suffer like
this!

We pay a **HUGE** price for our love affair (addiction) with sugar... everything from heart attacks to obesity... and a whole lot in-between!

Think seriously and Make a Decision today!

If you are addicted to sugar (you must be honest with yourself) there is a distinct possibility you may have:


Parasites or Candida (Yeast infection)

Although we don't like to think about it, most all of us do have parasites at times during our lives, especially if we have pets.

- There are no tests done for parasites because it's so prevalent.
- Anyway, the tests are so time consuming that doctors don't want to worry with them.
- It's just as easy to go on a parasite detox which should be done at least twice a year.

In another lesson I will talk to you more about detoxification and show you how to detox your:

- Bowel
- Stomach
- Liver ...and...
- Kill off nasty parasites... all at the same time.



Do you have a
Sugar Addiction?



Building a Strong Pillar under Health

It's easy to see that to maintain a strong DIET pillar that holds up your health and prevents you from all manner of diseases, sugar is one of the main elements that needs to be addressed in your diet.

This week I'd like you to go through your pantry and fridge to take out everything that contains refined and artificial sugars.

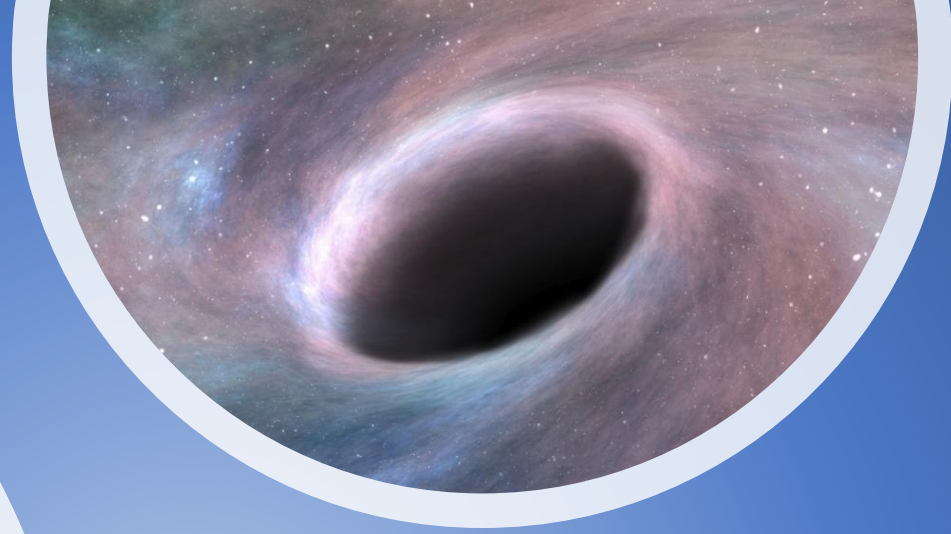
Now it may be that you don't feel good simply tossing all those items away and wish to consume them as you spent good money on their purchase. That's OK if necessary.



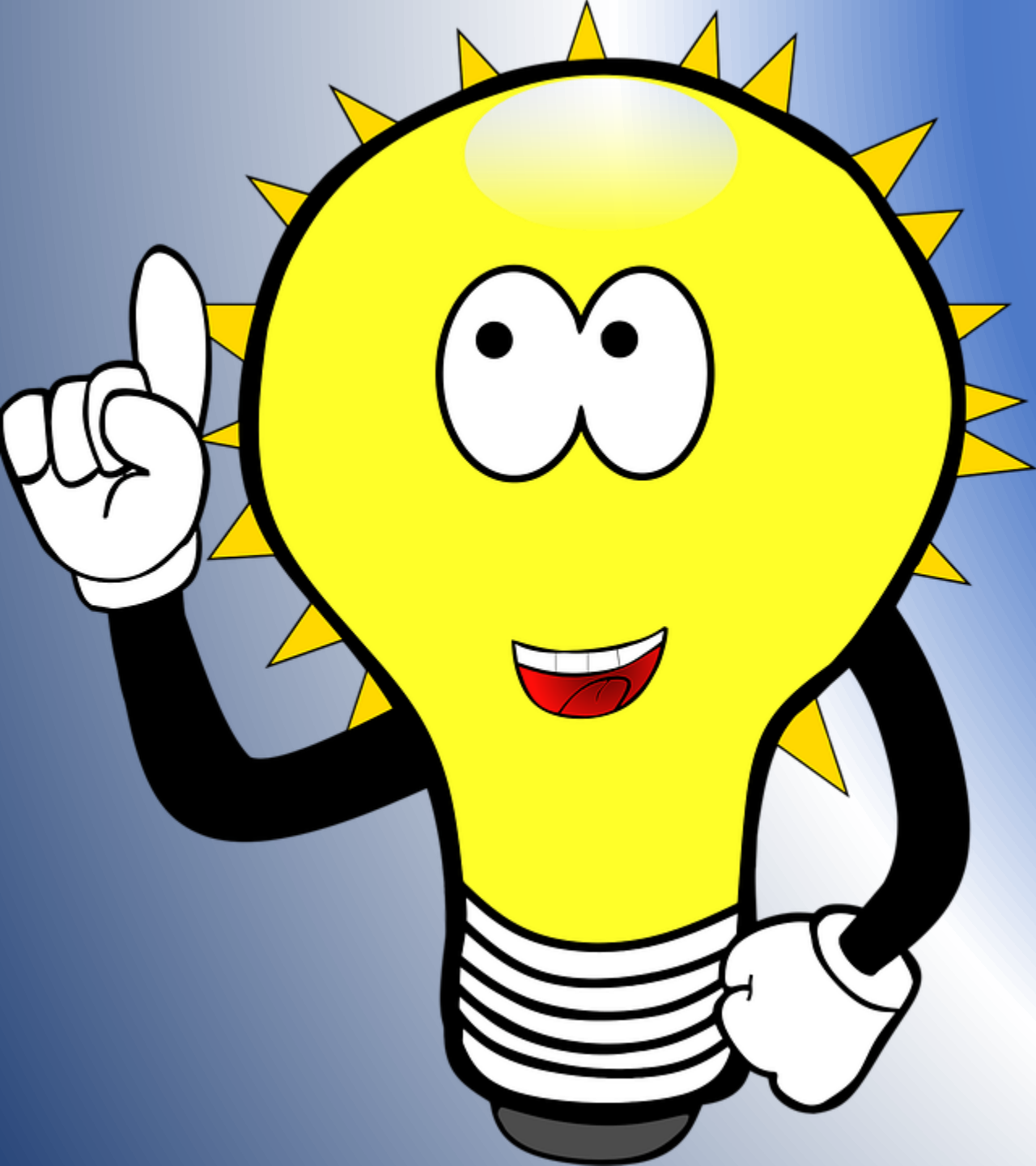
What you need to do is consider what you will do when you come to replace those items.

You don't want to fall into a big black hole of "I don't know what to do!"

A little strategic planning will help you.



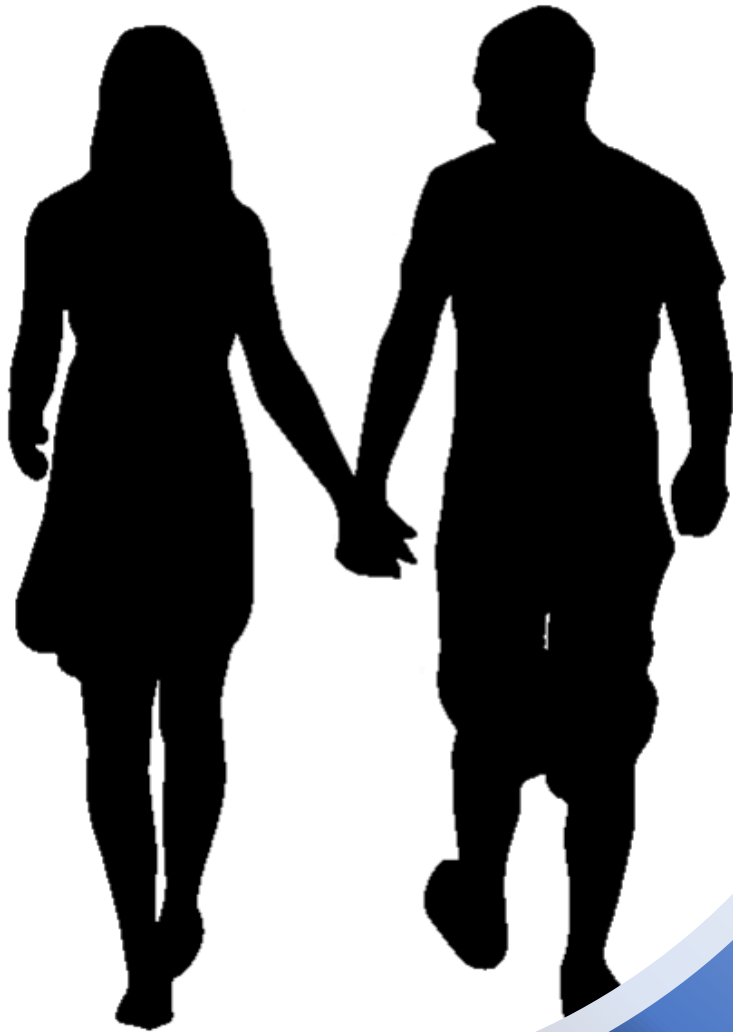
Building a Strong Pillar under Health



Some Ideas for Cleaning Out the Pantry

- Packet Foods
- Most tinned foods
- Tomatoes canned in tins (should always be bought in bottles)
- Store-bought sweet biscuits and cakes
- Store-bought savoury biscuits

Building Strong Pillars under your Health



Be encouraged.. You are on an exciting journey.

Mary Crowley said: **“We are free up to the point of choice; then the choice controls the chooser”.**

We are free to make the choice between illness and wellness... overweight and normal weight. Be assured, the choice is definitely in your hands.

You are not on the journey alone as there are many with you. If you choose, you can ask God to help you on your journey ... and He will.

“But if it were I, I would appeal to God; I would lay my cause before Him. He performs wonders that cannot be fathomed, miracles that cannot be counted.” Job 5:8-9



Write it down... Seek help!

Many people don't only eat because they feel hungry. Often they respond to other feelings like we've just mentioned.

If people could become aware of the things that influence them, they could be more in control over what they consume.

Whether you are overweight and need to lose weight, or whether you just want to be healthier, either way you need to think seriously about the influences in your life.

Write them down and begin to work on them right away. Seek help and prayer if you feel you need to.