

# SUGAR BUSTING CRASH

*Sugar, Belly Fat and Thyroid:*

*5 Sugar Busting Hacks to Lose Weight, Energize,*

*and Keep Your Thyroid in Check*

## COURSE GUIDE



## BEST PRACTICES

Getting a grip on the amount of sugar you consume is hard work, but I'm here to support you.

Here are recommendations to consider while you go through your **5 Step Cut the Sugar Plan**.

1. **Always, always think about the whole picture.** What do I mean? If you find yourself constantly eating sugary foods and drinking sugary drinks, there is something else going on besides the physical triggers (once you eat sugar, you will keep craving it). Take a look at your stress, sense of belonging (are you feeling connected to others?), emotions, and sleep. Keep practicing this strategy...catch yourself when you reach for the cookies...our bodies don't get any nutrients from processed foods and sugars so really you don't need them. BUT what do you need instead? Explore and be patient with this process.
2. **Do away with all processed sugars.** Do it now. Throw away any artificial sweeteners (i.e. Splenda...) and sodas. Yes, sodas. You can start weaning by limiting the amount you consume daily. BUT do this. I'm a stickler when it comes to these types of sugar...they are very addictive and provide no nutrients to the body. Plus processed sugar is highly inflammatory which may lead to chronic illness (i.e. Type II diabetes, heart disease, weight gain...).

When it comes to artificial and natural sweeteners, Dr. Fuhman has the best advice:

*"When you ingest any caloric sweetener, you get a mix of disease-promoting effects: the glucose-elevating effects of added glucose and the triglyceride-raising effects of added fructose. Sweeteners, unlike whole fruits, are concentrated sugars without the necessary fiber to regulate the entry of glucose into the bloodstream and fructose to the liver. **All caloric sweeteners have effects that promote weight gain, diabetes and heart disease, regardless of their ratio of glucose to fructose, or what type of plant they originate from.**"* -Dr. Joel Fuhrman

Therefore use any natural sweetener in moderation. What does that mean? About 3-5 times a week...not a few times a day. We can get in the habit of having honey in our tea for breakfast, then stevia in our soda for lunch, and finally agave poured on our ice cream at night for a snack.

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### **Natural Sweeteners:**

\*Choose organic and experiment with baking and cooking. Not all sweeteners are equal in taste and consistency.

#### **Coconut Sugar**

An Asian sweetener crafted from the sap of coconut flower buds, touted to be rich in vitamins and minerals. It has a deep caramel, molasses like taste. Use as a one-to-one sub in recipes.

#### **Honey**

One of the oldest natural sweeteners, honey is sweeter than sugar. Depending on the plant source, honey can have a range of flavors, from dark and strongly flavored, to light and mildly flavored. Raw honey contains small amounts of enzymes, minerals and vitamins. Some vegans choose not to eat honey, as it is a byproduct of bees.

#### **Maple Syrup**

Maple syrup is made from boiled-down maple tree sap and contains many minerals. 40 gallons of sap are needed to make one gallon of maple syrup. It adds a pleasant flavor to foods and is great for baking. Be sure to buy 100% pure maple syrup and not maple-flavored corn syrup. Grade B is stronger in flavor and said to have more minerals than Grade A.

#### **Maple Sugar**

Maple sugar is created when the sap of the sugar maple is boiled for longer than is needed to create maple syrup. Once most of the water has evaporated, all that is left is the solid sugar. Maple sugar is about twice as sweet as standard granulated sugar, but much less refined.

#### **Molasses**

Organic molasses is probably the most nutritious sweetener derived from sugar cane or sugar beet, and is made by a process of clarifying and blending the extracted juices. The longer the juice is boiled, the less sweet, more nutritious and darker the product is. Molasses imparts a very distinct flavor to food. Blackstrap molasses, the most nutritious variety, is a good source of iron, calcium, magnesium and potassium.

\*Where's the agave and stevia? I don't typically use these, but they are fine in moderation. Make sure to go for organic and raw.

**Avoid artificial sweeteners (Check labels! Most bagged and boxed foods have unhealthy sugars in them):**

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**High Fructose Corn Syrup:** Mother Nature wouldn't recognize it. It's a refined, processed cornstarch-derived product that is cheap and plentiful, thanks to government subsidies. HFCS appears to have a rapid impact on blood sugar levels and triglycerides, and is suspected to spike insulin levels, foster insulin resistance, and encourage Type 2 diabetes and obesity. It is processed by the liver. Avoid this at all costs!

*Please read:*

[Read more about HFCS](#)

[Marion Nestle's take on sugars and agave](#)

HFCS is seeking to re-brand itself now as "corn sugar". So if you see corn sugar on a label, don't get too excited. It's still the same crap.

**Splenda (aspartame, saccharine, etc...):** It is processed sugar, modified using a chemical based process.

Splenda is never going to be a product I would willingly put into my body. Never.

[The Center for Science in the Public Interest downgrads Splenda from "safe" status to "caution".](#)

**The – Tols:** I cannot recommend the alcohol based artificial or "natural" sweeteners such as xylitol, sorbitol, maltitol, mannitol, etc. They are highly processed sugar alcohols and may cause bloating, cramping and IBS symptoms.

**3. Add in fresh fruit and lots and lots of sweet vegetables. Here are my favorite recipes:**

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## Spicy Sweet Soup

### Ingredients:

1 Tbsp. extra virgin olive oil  
¼ cup onion, diced  
1/4 inch ginger root  
1/4 tsp. nutmeg  
Dash of sea salt and freshly ground pepper, to taste  
1 medium sweet potato, peeled, cubed  
2 cups vegetable broth

**Directions:** In a pot, heat olive oil over medium heat. Sauté the onion for about 5 minutes until softened. Stir in the spices and simmer for 5 minutes

Add sweet potato and vegetable broth, and stir together. Cover and bring to a slow simmer, cooking the soup for about 15 minutes until the vegetables are tender.

Remove from heat and puree the soup with an immersion hand blender or puree it batches in a blender.

Return the puree to soup pot. Serve.

Serves 1-2

## Pear, Kale and Almond Smoothie

### Ingredients:

2 cups coconut milk (unsweetened, light)  
1 bunch kale leaves (1/2 cup)  
1 pear, cored and quartered  
1 Tbsp. raw almond butter  
1 Tbsp. ground flaxseeds

Blend all ingredients and serve.

Makes 16-18 oz. (appr.)

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## Red Alert Juice

### Ingredients:

2 beets (use the stems)  
2 carrots  
1 apple, cored and quartered  
1/2 lemon, peeled  
1/4 inch ginger root

**Directions:** Juice up all the ingredients and serve.

Makes 12 oz. (appr.)

Serves 1

### Extra resources:

Watch [Sanjay Gupta- Is Sugar Toxic?](#)

Watch [Sugar the Bitter Truth.](#)

The New York Times article: [Is Sugar Toxic?](#)

*And always remember, many health advocates and experts advise consuming no more than 2 tablespoons of sugar a day (natural sweeteners).*

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### 3 DAY SUGAR CLEANSE

*\*Use this plan for 3 consecutive days.*

*\*Eat every 3 hours to keep metabolism boosted.*

*\*Drink ½ your body weight in ounces each day.*

#### ***Wake Up***

Drink an 8 oz. glass of water (room temperature) with ¼ fresh lemon (squeeze in water) immediately upon waking

½ hour later drink

#### **Lemon Drop**

Juice 2 lemons

½ cup filtered water

1 tsp. cayenne pepper

Mix ingredients and drink up. Makes 1 serving (4 oz)

#### ***Breakfast***

##### **Super Tonic Smoothie**

Blend ingredients and serve.

1 cup coconut water

1 cup kale

1 orange, peeled and segmented

1 frozen banana

1 tsp. turmeric

Makes 1 serving

#### ***Mid-Morning Snack***

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## ***Lunch***

### **Cleansing Flush Salad**

**Ingredients:**

2 Tbsp. lemon juice  
1 tsp. Dijon mustard  
1 tsp. chopped dill  
1 tsp. extra virgin olive oil  
1 bunch kale (1 cup leaves)  
½ Ruby Red grapefruit, peeled, segmented, and membrane removed  
½ avocado, peeled, pitted, and cut into chunks  
Sea salt and freshly ground pepper to taste

**Directions:** Combine juice, mustard, and dill in a small jar and shake well. Add oil and shake well again. Toss kale with dressing in bowl. Massage kale in dressing.

Place on plate. Heap grapefruit segments and avocado chunks on top of kale. Drizzle with any remaining dressing. Season with salt and pepper. Serve.

Makes 1 serving

## ***Mid-Afternoon Snack***

## ***Dinner***

### **Feeling Light Soup**

*\*signature Go Clean, Sexy You recipe*

**Ingredients:**

1 garlic clove, minced  
2 Tbsp. extra virgin olive oil  
1 leek (white part only), chopped  
1 15-ounce can cannellini beans, rinsed and drained  
1 bunch Swiss chard (1 cup leaves), chopped  
2 cups vegetable broth  
Sea salt and freshly ground pepper to taste

**Directions:** Place a large pot over medium heat and saute garlic in 1 tablespoon of the oil for 2 minutes. Add leek and beans, stirring to combine. Cook for 10 minutes. Stir in chard and remaining 1 tablespoon oil and cook for 5 minutes. Add broth and cook for 10 minutes. Season with salt and pepper and serve.

Makes 1-2 servings.

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## ***Before Bed***

*Drink 1-2 hours before bedtime*

### ***Tonify Rooibos Tea***

**Ingredients:**

4 cups filtered water  
4 tsp. loose rooibos tea or 4 rooibos tea bags  
1-2 lemon slices  
1 inch turmeric root, peeled and sliced  
1 inch fresh ginger root, peeled and sliced

**Directions:** In saucepan, combine ingredients. Bring to boil over medium-high heat. Reduce the heat to medium-low and simmer for about 5 minutes. Pour tea and serve.

Makes 4 cups.

### **Snack ideas:**

- Carrot sticks with hummus  
Clean + Sexy Hummus Recipe:

**Ingredients:**

1 15-ounce can chickpeas, rinsed and drained  
1 tablespoon extra virgin olive oil  
1 garlic clove, minced  
½ cup tahini  
1 tablespoon lemon juice  
Sea salt to taste

**Directions:** In a blender, combine all ingredients except salt. Add water as needed, 1 tablespoon at a time, to create a smooth consistency. Season with salt.  
Serves 4

*Note:* If kept in an airtight glass container in the fridge, the hummus will last for 4 to 5 days.

- Apple with nut butter (no peanut butter, acidic and can cause digestive issues)
- Green juice or green smoothie (see more recipes here) >>>  
<http://wholehealthdesigns.com/category/blog/recipes/>

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## **Bonus**

**Add activated charcoal to your smoothies, smoothie bowls, juices and even** to brush and whiten your teeth, as part of a bath salt potion or as a natural face mask. Using activated charcoal on occasion (such as during a seasonal detox or just for the 3 day sugar cleanse) can help with digestion and also curb sugar cravings.

Activated charcoal is made from substances like bamboo or coconut shell that are treated at a high heat, making it extremely porous at the cellular level, which is what allows the charcoal to attract substances like toxins and carry them out of the body.

It can help remove heavy metals and poisonous substances from the body. With its ability to trap toxins and chemicals, activated charcoal can be used as a detoxifier that flushes toxins from the body through absorption—the chemical reaction where elements bind to a surface.

**Recommended dosage:** 1000mg when you've accidentally ingested a food you're sensitive to, or when you are eating unhealthy, processed foods, or consuming alcohol.

One key rule: Do not consume it within two hours of medication.

\*Always consult doctor before using activated charcoal.

**Caution:** Although activated charcoal can be a useful detoxifying agent, it's, important to use it only when needed as its powerful binding abilities can lead to vitamin and nutrient deficiencies if used long term. Do not take charcoal with other supplements (including birth control pills and vitamins) or medications because it can block the absorption of those substances.

**Reference:** Dr. Frank Lipman

## **More info:**

Eat Clean 21 Meal Plan Kit (includes LIVE group challenges) >>>

<http://wholehealthdesigns.com/eat-clean-21/>

Kickin' It Clean Desserts eBook >>>

<http://wholehealthdesigns.com/kickin-clean-dessert-ebook/>