

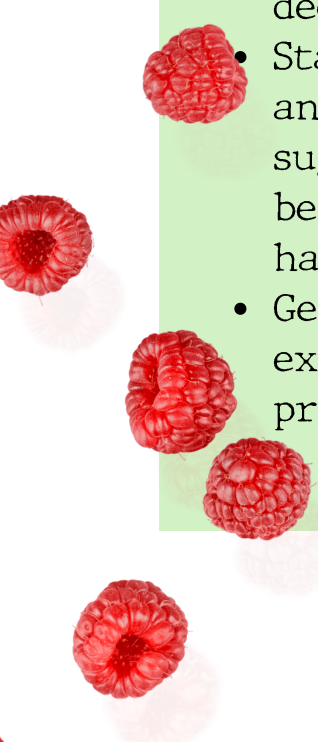


Tips for Sugar Detox



- If you have a big sweet tooth or find that you feel sick when you have sugar crashes, your best bet is to taper off of sugar gradually. It will simply be less of a shock to your body and a more sustainable process.
- When a sweet craving hits, answer it with a piece of fruit and enjoy the nutritional benefits that go with it. Try an apple with a few slices of cheese or some nuts so that you are balancing with protein to keep your blood sugar stable.
- Stay active. A walk or other moderate physical activity can distract you from cravings and ease any nausea or headache you may be experiencing from detox.
- Keep your blood sugar stable. This may mean choosing more frequent healthful snacks throughout the day. Make sure to include protein, as it slows digestion and regulates blood sugar.
- If you are experiencing muscle pains or other flu-like symptoms, an Epsom salt bath can help.
- Make sure you have removed as many temptations as possible from your pantry and fridge, and stock up on healthy food options. This will help you make good decisions at weak moments.
- Stay hydrated. This curbs appetite, and eases headache and muscle aches. If you are soda junkie, try iced tea, sugar-free drink packets, or sugar-free carbonated beverages if necessary to work on replacing your soda habit.
- Get the rest you need and de-stress. Take a little extra care of yourself as you work through this process!

DETOX



Detox Hints by Yuri Elkaim

PAIN REVEALED

