When Sugar Becomes A Toxin:

"7 Steps to Detoxify From Sugar and Fix Your Metabolic Mayhem"

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Sugar, too much, too fast, for too long is toxic and facilitates a breakdown of body systems.

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WHEN SUGAR BECOMES A TOXIN: 7 STEPS TO DETOXIFY FROM SUGAR OVERLOAD AND FIX YOUR METABOLIC MAYHEM

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Introduction



What do we mean when we say "sugar"? This term is quite broad and can have various interpretations depending on the user's intent. In this context, sugar refers to any sugar molecule-such as dextrose, sucrose, maltose, molasses, and corn syrup-that elevates blood glucose levels and triggers insulin release in the body. The term glucose specifically pertains to the sugar found in the bloodstream, which primarily originates from carbohydrates.



When carbohydrates serve as the primary fuel source, the body utilizes them for energy. During this process, the pancreas releases insulin to help transfer glucose from the bloodstream into all the cells.

Fats act mainly as energy storage molecules, utilized when carbohydrates are scarce. While it is possible to activate the fatburning pathway for energy, this is not the body's preferred method when it is metabolically healthy and carbohydrates are accessible.

Carbohydrates are criticized as major contributors to the development of chronic diseases. This has lead to a frantic trend that focuses on eliminating them from the diet, resulting in the popularity of low-carb diets. However, because carbohydrates serve as the primary source of energy, they should not be indiscriminately removed from our meals, but rather should remain a part of the general diet in the proper proportion.

The negativity associated with carbohydrates primarily exists due to both the type and quantity of carbohydrates consumed, leading them to behave as though they were a **poison**.

The goal of this piece is to provide the correct perspective on the issues of sugar toxicity and to provide actionable solutions that you can do on your own.

Before you get started.

Sugar is often highlighted because of its contribution to metabolic changes that result in conditions such as obesity, type 2 diabetes, and heart disease, what I call "metabolic mayhem". If you can relate to the information in this document and believe your health issues might be linked to your sugar intake, I encourage you to consider taking the 30-day challenge included in this eBook to detoxify from sugar and start to recover from the metabolic mayhem occurring in your body. This challenge is casual yet effective. For those seeking a more structured approach with comprehensive guidance, information on how to take advantage of that option can be found at the end of this eBook.

The information presented here may be simple, yet it holds great power. Following the steps for detoxing from sugar or taking part in the challenge can have a significant impact on your health. If you have any medical conditions that you are currently being treated for or are taking medication, it's important to team up with your healthcare provider. They can help determine if any adjustments are necessary and offer guidance on what to monitor and how to manage any changes in your health status.

Is it Sugar or Insulin?

Is it sugar or is it insulin that is creating metabolic mayhem in your body? Some believe that insulin is to blame, while others insist that sugar is the true villain. Does it really make a difference which one it is? An excess of either results in the same metabolic chaos.

If you are using insulin to manage your diabetes, your primary objective should be to wean off insulin as you make the necessary changes to make that possible. Why? Because insulin has the unintended consequence of weight gain which worsens insulin resistance. The need for an external source of insulin is all due to metabolic mayhem. You are flooding the system with insulin just to get the cells attention to allow glucose in. The body rejects this approach such that the amount of insulin needed to accomplish this goal continues to rise. Qualified healthcare professionals skilled in removing the use of insulin are out there and can help you get this done as they show you other ways to control your insulin resistance.

If you find yourself consuming sugar at every opportunity, begin by eliminating sugar from your diet. High levels of sugar damages blood vessels that lead to all organs causing long term complications. Getting blood sugar down lessens the amount of insulin that is needed for glucose control.

Ultimately, taking control of the situation is what leads to positive outcomes--so why debate over which one is the true offender?

The Build Up to "Metabolic Mayhem".

Envision a factory that produces a high-quality product with the components necessary being supplied on a conveyor belt. However, if the system becomes overwhelmed by placing too many parts on the belt, placing defective parts on the belt, or speeding up the belt too fast, the end product may either break apart, deteriorate quickly, or become entirely unusable. Picture this kind of chaos happening within the human body due to sugar toxicity.

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Chronic disease is at the end of too much sugar for too long.

Excessive sugar consumption, especially when done rapidly and over an extended period of time, can lead to subpar components (organs), inefficient processes (i.e. hyperglycemia, high blood pressure, and different degrees of system failures (i.e. diabetes, obesity). The breakdown can manifest at various levels, depending on the individual. A range of diseases may arise, including pre-diabetes, diabetes, cardiovascular disease, obesity, arthritis, cancer, and Alzheimer's disease. The situation can worsen with additional factors such as a sedentary lifestyle, smoking, genetic variations and exposure to toxins, creating an overall concerning picture.



Toxic Sugar leads to:

Brain Activity

- Activate pleasure center
- Induce cravings
- Anxiety
- Depression
- Rewired brain
- Sugar addiction

Metabolic Mayhem

- Belly fat
- Weight gain
- Obesity
- Metabolic syndrome
- High blood pressure
- Pre-diabetes
- Type 2 Diabetes
- Gut Dysbiosis
- Arthritis
- ADD/ADHD
- Alzheimer's Disease
- Cancer

Sugar effects many body systems

The Brain Effect on Sugar Toxicity.

According to Nicole M. Avena and colleagues in the *Neuroscience Biobehavioral Review* from 2009, research using animal models has shown that sugar behaves similarly to addictive substances such as opioids and alcohol in the brain. All of these substances stimulate the brain's "pleasure" center through the release of chemicals like dopamine.1 These addictive substances lead to the rewiring of essential receptors in the brain, altering their typical manner of functioning.

Regrettably, when a person addicted to sugar stops consuming it but then returns to it at another time, the previous brain changes reassert themselves and reignite the addiction cycle.

Identifying the cause of sugar-related problems is crucial. Eliminating unhealthy eating habits, balancing mineral deficiencies or countering the impact of genetic variations are common factors to address.

Taking a break from sugar is essential to diminish cravings, repair the altered brain, and decrease insulin resistance. On average, taste buds take approximately 14 days to reset.4 Therefore, by limiting sugar intake for 14 to 30 days, cravings can be reduced by altering the perception of sweetness. Prepare to endure at least two weeks to navigate the most challenging moments, but it's advisable to allow a full 30 days for this process.

Sugar excites the brain!

The Sugar Problem is Clear-"Too Much, Too Fast, Too Often!"

How did sugar consumption become excessive in our society?

A significant amount of sugar is added to our food supply. The chances of encountering it is quite high unless you make a concerted effort to avoid it. From 2018 to 2019, the average daily intake of added sugar in the U.S. was 17 teaspoons for individuals aged two and older, while the recommended limit was less than ten. The Dietary Guidelines for Americans 2020-25 is less than 10% of the total daily calories. 2

Sugar comes under many different names that may not be familiar to the average consumer. Frequently, you might be consuming sugar without even realizing it.

A high intake of sugar significantly raises the likelihood of obesity. In turn, obesity serves as an independent risk factor for developing type 2 diabetes. The U.S. converted from sucrose (table sugar) to high fructose corn syrup (HFCS) as the primary sweetener added to foods in the early 1970's. This practice continued to increase until 1999. During this same period, the incidence of obesity took a steady rise as well. HFCS was often cited as the blame for the increase in obesity during this time period. After taking a closer look at other data, such as the fact that there was also an overall decrease in total sugar consumption during this time, this association between HFCS and obesity has not been unanimously substantiated. In the last decade there has also been a decrease in HFCS intake but an increase in obesity.3

According to the Centers for Disease Control, there are many research reports circulating in dispute over the roles that fructose, HFCS, and sucrose have on various aspects of the body's metabolism. Disputed claims are whether fructose has more negative effects than glucose on the liver leading to fatty liver, on elevating lipids and increasing the risk for developing metabolic syndrome.3 Until the jury is in, limit the use of added sugar from all three of these sources.

The amount of sugar consumed is critical. Just as a common medication like acetaminophen, used for pain or fever, can be harmful and potentially lethal if consumed in excessive quantities, a similar argument can be made about sugar. Sugar possesses addictive qualities, leading to a cycle where the more you consume, the more you desire. Cravings for sugar can be triggered quite easily. Once addicted to sugar, the attempts to break free can become increasingly challenging.

Inheriting genetic variations that impact sugar metabolism and utilization can impact the severity of sugar toxicity and the development of chronic diseases. Examples of inherited traits that impact sugar toxicity include:

- binge eating
- failure to feel full after eating
- poor carbohydrate metabolism
- insulin resistance
- intense desire for the taste of sugar.

Seven Tools to Detoxify From the
Perils of Sugar Overload
First, determine what level of concern you have at this time with regard to your
sugar consumption. Evaluate on a scale of 0-10 (0 = strongly disagree, 10 = strongly agree).
A. I do not have the ability to control my sugar intake.
B. I am concerned about the effect that sugar has on my health.
C. I eat too much sugar,
TOTAL = The aim is to assess your own perception of whether your sugar consumption may pose
a problem for you.
If your total score exceeds 12, it may be wise to consider making adjustments through this plan or another to enhance your health.
Second, connect with yourself on what it means for you to do something about sugar. Answer "If I Do, If I Don't and What is standing in my way:"
A. What will happen if "I DO" decrease or eliminate sugar from my diet?
B. What is likely to happen if "I DON'T" reduce or eliminate sugar toxicity?
C. "What is standing in my way" from reaching my goal of eliminating sugar toxicity?
1
2
3
It is important to establish within yourself WHY stopping sugar is a priority in your life.

Third, It is important to get a clear understanding of your current health status. If you haven't seen a healthcare provider in the past year, it's important to do so to ensure that you are not facing any immediate health risks.

Additionally, it's wise to establish baseline markers to assess your current condition and subsequently track your progress as you move forward.

A. Find out where you are on the Insulin Resistance Scale.

Choose what works best for you:

- 1. **Take our Free** <u>Track Your Insulin Resistance Assessment</u>. it is a questionnaire to help identify which areas in your life are contributing the most to your insulin resistance.
- 2. Order your own labs if you don't want to wait for your doctor. Suggestions include a fasting glucose and fasting insulin with which you can calculate your Homeostatic Model Assessment for Insulin Resistance (HOMA-IR). [Calculation: HOMA-IR = Fasting insulin mU/L X Fasting glucose mg/dL / 405. Other labs to consider are HbA1c, a Complete Metabolic Panel and Liver panel.
- 3. if you have some recent labs around the house, grab your Triglyceride and HDL and use them to estimate your level of insulin resistance. [TG / HDL = IR]. You want a value of 2 or less.

B. Purchase a blood pressure cuff or stop by a retail pharmacy where many either have a blood pressure machine or will take your blood pressure for you. A systolic (top number) of 130 or more is one of the indicators of metabolic syndrome. You should take at least 3 separate readings on three separate occasions.

C. Keep track of your weight.

- 1. <u>Calculate your BMI</u> and measure your waist size (circumference at the level of your belly button).
- 2. Calculate your waist-to-hip ratio (WHR). Compare waist in inches relative to your hip circumference. (waist in inches/hips in inches). A waist-to-hip ratio (WHR) of:
 - greater than 1 for MEN
 - greater than 0.85 for Women

is a high-risk factor for cardiovascular disease and type 2 diabetes.

Sugar comes in many forms.

Fourth, remove "added" sugar from your life.

- Go through your entire kitchen, your car your purse, and secret hiding places for sugar snacks and throw them out.
- It's okay to start slow and taper down to ease into a new lifestyle to limit rebound affects.
- Avoid added sugar- check food labels.
- Hidden Sugars there are over 70 names for sugar. (i.e. maltodextrin, cane juice, fructose).
- Beware of High Fructose Corn Syrup (HFCS) it is sweeter than table sugar and a favorite sweetener added to beverages and snacks.
- Replace sweets with healthier food choices.
- Choose whatever diet you want but, making whole foods the centerpiece is a good place to start.
- Your DNA analysis can key you in on what's best for your diet.
- Expect to experience some irritability (headache, lightheadedness, brain fog, anxiety).
- Cravings are likely to kick in--when severe, low sugar fruit like berries can get you through. Avoid artificial sweeteners.

• Three important steps for success:

1. Pick **a start date**. Be realistic and use the time until that date to prepare mentally and spiritually.

2. Prepare your kitchen by removing foods that are off limits.

3. Shop and plan your meals in advance.

- Don't worry about the perfect diet when you start out; the goal is to reduce or eliminate sugar. Eventually, you can determine what diet will best work for you as you work through the first 30 days or whatever initial time frame feels comfortable for you.
- Use the information here to get started but be sure and add additional help from a health coach, health practitioner or support group for the help you need.

Fifth, after hitting the 30-day milestone, take time to **reassess** your status and **evaluate** your progress. Then, decide your **next steps**. Reflect on your journey to reduce sugar toxicity. Review your progress by retaking your assessment and key labs and comparing them to your baseline results. Using your goals and progress as a guide, establish new objectives.

Sixth, Engage in Practical Solutions.

If your food choices are the main issue, start there by making healthier choices. Reflect on the insights from this guide and our other resources to determine what changes are necessary. For instance, if you typically have three meals and two snacks daily, consider **reducing the frequency of your meals**. The reasoning behind this is that each time you eat, it triggers an insulin surge. Even if your portions aren't large, decreasing the number of times you stimulate insulin release can help lower your insulin resistance.

Employing intermittent fasting is an excellent strategy for lowering insulin resistance. During fasting periods, your insulin levels decrease. If you have Type 2 diabetes and are on medication, it is essential to closely monitor this process with the guidance of your healthcare provider to avoid the risk of hypoglycemia. Go slow and ease into this.

Exercise lowers insulin resistance. If you're not moving, you're losing. Get moving. Find the best exercise strategies that fit your needs and try to make it enjoyable. Don't overdo it; the wrong kind and amount of exercise can be a stressor on the body.

Reduce your toxin load if you are introducing a substantial amount of toxins into your environment whether it be food sources, chemicals, health and beauty products or your physical space. Toxins can damage your cells and inhibit your metabolic recovery.

Managing high stress levels is crucial for lowering insulin resistance. Identifying the root causes of stress and implementing effective solutions is vital for your success.

There are genetic markers that can predispose one to insulin resistance. Getting your DNA test done and consulting with a genomics practitioner or coach can help you zero in on underlying causes that effect your overall health.

Acquire your personalized DNA profile and genomic reports to set you on the path toward understanding the keys to generating optimal health.

Seventh, develop an eating philosophy along the way. While your main goal should be to substantially reduce your sugar intake in the next 30 days you should also be working on a plan for how you are going to eat once you have reached your initial goals.

Even if you have serious health issues from excess sugar and only **make** adjustments to your sugar intake, you will still get substantial benefits. The suggestion is to focus on your goals for sugar and as you go through this initial process be thinking about how you want to improve your overall dietary goals.

Knowing what, when and how much to eat are all important. There are many diets out there but knowing which one is best for you is even more important.

Things to consider in developing an eating philosophy include:

- current health conditions
- goals for the future
- metabolic hindrances
- food sensitivities
- disease states
- genetic influences
- and any other factors that can influence the effectiveness and benefits of your diet.

CAUTION: Making a substantial change in your diet from the Standard American Diet to a healthier, low carbohydrate or other healthy diet WILL affect your metabolism and overall functioning of your body which can potentially alter the amount of any medication you are taking. Work with your provider on what adjustments you may need to make.

Here are a few popular diets:

Mediterranean Diet

Lacto-vegetarian

Ketogenic Diet

Paleo Diet

The **right** DNA test can put the final touches on what diet is best for your specific metabolism. Just because a diet is popular and works for your friends doesn't mean it's the best diet for you.

Now that you have 7 steps to eliminate sugar toxicity why not

take a 30-day challenge to stop sugar and prove to yourself how effective it is in making a recovery of your health.

Stop Sugar 30-day Challenge!

Before embarking on this challenge, it is essential to review the previous material to understand the impact sugar has on your life. Ideally, you have already completed section 2 to identify the potential outcomes of reducing your sugar intake, as well as the consequences of continuing with it.

This Step is important to establish a foundation and develop the motivation to be successful in your goals.

Steps to follow:

- 1. Pick a start date.
- 2. Clear your kitchen by taking out all prohibited food items, including items you have hidden.
- 3. Create a shopping list and stock the kitchen with suitable food items.

For 30 days you are going to eat only the foods that you have deemed allowable.

Your goal:

- Eliminate all sugar (Including flour). Natural sugar contained in whole foods is not a factor.
- Avoid ADDED sugars.

You have the option to gradually reduce your sugar intake or quit it entirely; the choice is yours. This is not a strict procedure. The objective is to push yourself to eliminate sugar and

discover the benefits that come from your efforts. Over the course of 30 days, you will be able to observe which health parameters show improvement.

Day 1: We recommend you record baseline information.

1. Fill out the symptom questionnaire. [Download]

Simply check the boxes regarding your level of symptoms for each category. You will have a total for each category.

Symptoms Score (baseline)_____ (High >50, Moderate 15-49, Low <14)

- 2. Decide one of two ways to monitor your symptoms. You can either:
 - A. Record your symptoms every 10 days until you reach the 30-day mark. So, you would record symptoms again on day 10, day 20, and day 30.
 - B. Record your symptoms only on day 1 and day 30.

It is up to you; some people like to gather information along the way to check their progress and some people prefer to just get the answer at the end of the 30 days.

30-Day Symptoms Score _____ (High >50, Moderate 15-49, Low <14)

3. Additional Parameters to Monitor Your Progress:

	Baseline	<u> 30+ days</u>	
	Date:	Date:	
1. Weight			
2. Waist-Hip-Ratio			
3. Blood Pressure			
4. Fasting glucose			
5. Fasting insulin			

Note: insulin only needs to be done Day 1 and 30+ days later. The **optimal** goal for fasting insulin is 3-6 mlU/L.

Focus on eliminating sugar from your diet.

The type of diet you choose to adopt is entirely your decision. As mentioned previously in this eBook, while it is important to develop an eating philosophy over time, that is not your primary focus at this moment. The objective of this challenge is to explore the advantages of removing sugar from your diet. Stopping sugar can be a crucial pathway to enhanced health and vitality.

Explore the impact of sugar on your life. Some individuals find it incredibly challenging to cut out sugar, as it constantly occupies their thoughts, while others navigate this challenge with greater ease. You may be among those who feel trapped and require additional support. This is a fantastic chance to assess your relationship with sugar and embark on your healing journey.

Thank you!

Elina

Elaine Benson Thomas

Summary: The Sugar Threat and What You Can Do.

Overcoming Sugar Threats Can Be Challenging

For many individuals, cutting out sugar is a tough journey. It has a delightful taste but is associated with cravings. Struggling to manage sugar consumption can hinder weight loss efforts and undermine overall health improvement plans.

The Yo-Yo Effect of Sugar

Sugar can create a yo-yo effect, where it's eliminated temporarily, only to return as cravings resurface. Those who repeatedly experience this cycle may be dealing with sugar addiction.

Seek Professional Guidance for Sugar Addiction The Health Risks of Sugar Toxicity

Understanding the connection between sugar toxicity and various health issues is crucial. Excessive sugar consumption is concerning primarily due to its association to health problems. Despite its taste appeal, its prevalence in the food supply, and society's obsession with sweets as a reward, sugar cannot be ignored for its negative effects.

Taking the time to focus on the ramifications of sugar toxicity is vital. As you work hard to manage your sugar intake, consider how to untangle the negative effects.

The Goal Tree:

Additional ways to counter the negative affects of sugar.

Embracing healthy eating habits and lifestyle choices is crucial in reversing the harm caused by sugar. While sugar may not be the sole offender, it certainly plays a major part, and you have the opportunity to make positive changes. Exploring further strategies to mitigate sugar's adverse effects will enhance your journey to better health. The "goal tree" outlines several additional actions you can take:

The Importance of Labs

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Lab tests, essential body measurements, and a thorough physical examination should be conducted to determine any harmful effects or imbalances in the body resulting from the direct or indirect influence of sugar.

Get and stay up to date on important labs! [order labs]

The 30-day challenge recommends a minimum baseline of labs and measurements:

- fasting glucose
- fasting insulin
- HbA1c*
- blood pressure
- WHR (measurement)
- weight and BMI

• reassess after 90 days

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WHY TRY TO FIGURE THINGS OUT ON YOUR OWN WHEN YOU CAN ADOPT **STOP SUGAR:** A 30-DAY INTERACTIVE METABOLIC RECOVERY PLAN?

Choose to either embark on the Stop Sugar 30-Day Challenge or delve deeper by gaining extra insights and guidance through the Stop Sugar: A 30-Day Interactive Metabolic Recovery Plan designed to help you successfully complete a sugar elimination program and a plan to recover from metabolic meyham.

CLICK HERE

IT'S Personally INTERACTIVE

• This is our "Gateway" product, as it provides opportunities to improve your health. You will dedicate time and effort to learn and engage with the actionable items offered. It was specifically designed for those who truly need assistance but cannot afford direct help, yet are willing to invest time and effort to maximize the benefits of this course. You have the flexibility to participate as much or as little as you wish, guided by your needs and willingness to grow.

> STOP SUGAR: A 30-DAY INTERACTIVE METABOLIC RECOVERY PLAN

GET STARTED RIGHT AWAY!

Nutritional Pathways Functional Wellness

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