



5 STEPS TO SUCCESSFUL SUGAR DETOX

Get it out of the house!

There is nothing more beguiling than a secret stash of sugar.

Read the labels, those crackers your binging on most likely have sugar in them. If you have to, empty the contents directly into the trash and pour left overs or other trash over them.

Begin your day refreshed.

This 1 tip will be a game changer. Start your day hydrated. Drink 24 ounces of warm water before breakfast. Add a drop of lemon essential oil or lemon juice to cleanse your tongue and train your palate away from sweet tastes.

Stay hydrated to help relieve sugar blues and body aches so you body can flush out the nasty byproducts of metabolized sugar.

Eat probiotic rich vegetables.

Go to the store and get real sour kraut. Look at the label, if it has vinegar it's not real, fermented or probiotic rich. I don't recommend fermented dairy for sugar busting.

- Day 1 eat 2 ounces late afternoon when the cravings come.
- Day 2 eat 2 ounces mid morning and late afternoon.
- Day 3 eat 2 ounces mid morning, late afternoon and with dinner.
- Eat 2 - 4 ounces daily to maintain.

Eat adequate fat & protein.

Your brain may be starving. It's harder for you to resist physically when you are mentally fatigued. Eat healthy fats like avocado daily and clean protein every day.

Do something 'sweet' for yourself everyday.

Often when we crave sweet tastes we are really craving sweetness in our lives.

- Take a bath with Epsom Salt and Lavender Essential Oil.
- Give yourself a foot rub with Coconut Oil and Wild Orange Essential oil.
- Sit with your favorite hot tea and day dream all the good things in your life.
- Spend time with someone that makes you FEEL good.

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<http://rommykirby.com/>

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