

# Rethink Sugar & Be Healthy

By Kay Hilde



Learn how sugar effects your health and what foods and lifestyle changes you can make to live happier and healthier.

# Welcome

Welcome!

*I think you'll find my this guide beneficial!*

*I am so happy to have you join me on this healthy adventure. Learning to rethinking my relationship to sugar has truly changed my life.*

*The information in this document is intended to review the newest research regarding sugar and how it effects our health and to serve as a simple guide to low glycemic foods, a low glycemic lifestyle, and other healthy suggestions. The information was gathered from a number of different reputable sources, list on page 35.*

*Wishing you wellness of mind, body, and spirit,*

*Kay*

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# Is All Sugar Bad?

Some experts have even declared sugar a "poison" that's "killing us." Yet could the sweet stuff people have been eating forever really be so terrible? Yes and no.

Really it's a matter of quantity and quality. We actually need sugar; it's our body's preferred fuel," says David Katz, MD, director of the Yale University Prevention Research Center. "But we eat too damn much of it." He goes on to explain, "Naturally occurring sugar, which gives fruit and some veggies their sweet taste, is healthy. It's added sugar (sweeteners put in during processing and prep) that we need to not OD on. In a healthy lifestyle there's no need to cut out ALL dessert."

But that still leaves some questions, right? Let's break it down...

Actually, that's the main point - how sugar is broken down and used in your body. Here's a simplified look at what we know:

- Your body can't make macronutrients, which are carbohydrates, protein, fat. It needs all three to survive, so it gets them from the food we eat. The job of carbohydrates is to provide fuel for the body.
- Carbohydrates are sugars, starches and fibers naturally found in fruits, grains, vegetables and milk products. They break down into to glucose, also called sugar.
- Carbohydrates are either simple (fast) or complex (slow). Simple carbs digest fast and spike your blood sugar levels. Complex carbs digest slow and provide steady energy.
- Natural sugars found in whole fruits and vegetables are usually complex carbs. Processed, starchy, sugary refined foods are usually simple carbs.
- Sugar is transported through your blood stream to your cells and it needs the hormone insulin to do get this done.
- When your blood sugar level is too high the body can't use it properly or fast enough so it quits making the hormone insulin and now the sugar is building up in your blood stream.
- Chronic high blood sugar influences such conditions and diseases as (but not limited to):
  - Type 2 diabetes
  - Heart disease
  - Cancer
  - Dementia
  - High blood pressure
  - Obesity
  - Fatty liver disease
  - Anxiety and depression
  - Skin issues
  - PCOS
  - Autoimmune disease

**Simple, fast carbs that raise your blood sugar quickly are called High Glycemic.**

**Complex, slow carbs that absorb into your blood stream gradually are called Low Glycemic.**

**Now we know sugar isn't necessarily good or bad. But large amounts of simple sugars can be very dangerous to your health.**

**That's why a diet including mostly low glycemic carbohydrates is so healthy.**

# 10 Ways Sugar Harms Your Health

Let's take a closer look at how some forms of sugar, or too much sugar, can harm your health and why it's important to rethink our relationship with the sweet stuff.

From Atkins.com

## 1. Sugar causes blood glucose to spike and plummet.

Unstable blood sugar often leads to mood swings, fatigue, headaches and cravings for more sugar. Cravings set the stage for a cycle of addiction in which every new hit of sugar makes you feel better temporarily but, a few hours later, results in more cravings and hunger. On the flip side, those who avoid sugar often report having little or no cravings for sugary things and feeling emotionally balanced and energized.

## 2. Sugar increases the risk of obesity, diabetes and heart disease.

Large-scale studies have shown that the more high-glycemic foods (those that quickly affect blood sugar), including foods containing sugar, a person consumes, the higher his risk for becoming obese and for developing diabetes and heart disease. Emerging research is also suggesting connections between high-glycemic diets and many different forms of cancer.

## 3. Sugar interferes with immune function.

Research on human subjects is scant, but animal studies have shown that sugar suppresses immune response. More research is needed to understand the exact mechanisms; however, we do know that bacteria and yeast feed on sugar and that, when these organisms get out of balance in the body, infections and illness are more likely.

## 4. A high-sugar diet often results in chromium deficiency.

It's sort of a catch-22. If you consume a lot of sugar and other refined carbohydrates, you probably don't get enough of the trace mineral chromium, and one of chromium's main functions is to help regulate blood sugar. Scientists estimate that 90 percent of Americans don't get enough chromium. Chromium is found in a variety of animal foods, seafood and plant foods. Refining starches and other carbohydrates rob these foods of their chromium supplies.

## 5. Sugar accelerates aging.

It even contributes to that telltale sign of aging: sagging skin. Some of the sugar you consume, after hitting your bloodstream, ends up attaching itself to proteins, in a process called glycation. These new molecular structures contribute to the loss of elasticity found in aging body tissues, from your skin to your organs and arteries. The more sugar circulating in your blood, the faster this damage takes hold.

## 6. Sugar causes tooth decay.

With all the other life-threatening effects of sugar, we sometimes forget the most basic damage it does. When it sits on your teeth, it creates decay more efficiently than any other food substance. For a strong visual reminder, next time the Tooth Fairy visits, try the old tooth-in-a-glass-of-Coke experiment—the results will surely convince you that sugar isn't good for your pearly whites.

## 7. Sugar can cause gum disease, which can lead to heart disease.

Increasing evidence shows that chronic infections, such as those that result from periodontal problems, play a role in the development of coronary artery disease. The most popular theory is that the connection is related to widespread effects from the body's inflammatory response to infection.

*Continued*



### **8. Sugar affects behavior and cognition in children.**

Though it has been confirmed by millions of parents, most researchers have not been able to show the effect of sugar on children's behavior. A possible problem with the research is that most of it compared the effects of a sugar-sweetened drink to one containing an artificial sweetener<sup>10</sup>. It may be that kids react to both real sugar and sugar substitutes, therefore showing no differences in behavior.

What about kids' ability to learn? Between 1979 and 1983, 803 New York City public schools reduced the amount of sucrose (table sugar) and eliminated artificial colors, flavors and two preservatives from school lunches and breakfasts. The diet policy changes were followed by a 15.7 percent increase in a national academic ranking (previously, the greatest improvement ever seen had been 1.7 percent)

### **9. Sugar increases stress.**

When we're under stress, our stress hormone levels rise; these chemicals are the body's fight-or-flight emergency crew, sent out to prepare the body for an attack or an escape. These chemicals are also called into action when blood sugar is low. For example, after a blood-sugar spike (say, from eating a piece of birthday cake), there's a compensatory dive, which causes the body to release stress hormones such as adrenaline, epinephrine and cortisol. One of the main things these hormones do is raise blood sugar, providing the body with a quick energy boost. The problem is, these helpful hormones can make us feel anxious, irritable and shaky.

### **10. Sugar takes the place of important nutrients.**

According to USDA data, people who consume the most sugar have the lowest intakes of essential nutrients—especially vitamin A, vitamin C, folate, vitamin B-12, calcium, phosphorous, magnesium and iron. Ironically, those who consume the most sugar are children and teenagers, the individuals who need these nutrients most.



# Understanding the Glycemic Index

Very simply, it's a scientific ranking that measures how the foods we eat affect our blood sugar levels 2 to 3 hours after eating them. Foods are measured against pure glucose, which has a glycemic index of 100. The index ranges from 0 to 100.

**0 to 35 = Low GI**    **36 to 50 = Medium GI**    **51 to 69 = High GI**    **70 to 100 = Very High GI**

**Very High GI:** These carbohydrates spend little time digestion, release very quickly if not immediately into your blood stream, quickly spiking your blood sugar levels.

**High GI:** Fast digesting carbohydrates break down quickly, release sugar rapidly into the bloodstream, causing spiking fluctuation in blood sugar levels.

**Medium GI:** These carbohydrates break down at a moderate pace during digestion, release sugar steady but gradually into the bloodstream, raising blood sugar but not so drastic as the higher GI foods.

**Low GI:** Slow digesting carbohydrates break down - slowly! They release sugar into the bloodstream very gradually, keeping blood sugar levels steady.

## Benefits of Low GI Food and Meals

- Low GI meals leave you feeling fuller longer, curb your cravings, and provide a steady source of energy.
- For losing or maintaining your weight, a low GI lifestyle is the perfect option.
- If you are often lethargic, have brain fog, or mood swings an hour or so after eating you will notice a huge improvement with a low GI diet.
- Low GI diets help minimize your risk of many health issues including: Type 2 diabetes, heart disease, cancer, inflammatory diseases, compromised immunity, obesity, insomnia, skin issues, and more.

## Where To Start

- Do your best to avoid High GI foods as much as possible. Eat Medium GI foods sparingly. Choose low GI foods as much as possible
- A good rule of thumb is to avoid processed food because generally, the more natural the food the lower the GI. Plus processed foods usually are full of preservatives and other chemicals you don't want.
- Use resources and learn as much as you can about the glycemic index of foods but don't stress yourself out! You won't be consulting charts the rest of your life because with some time and experience you will know which foods your body responds well to.
- This is a lifestyle - not a diet! It's not an all or nothing thing. You will learn what works for you. For example, maybe you stick to an 80/15/5 lifestyle for the most part. That would be low GI foods 80% of the time, medium GI foods 15% of the time, and high GI foods 5% of the time.
- Whatever your optimum lifestyle looks like you will know when you start to step outside your best practices - your body will tell you - and then you can re-adjust! How great is that?

# Common Low Glycemic Foods

Following is a list of some common foods with a glycemic index of 35 or less. This low GI list is by no means comprehensive but it's an excellent place to start and to refer to.

## Vegetables (whole, not juiced)

Asparagus	15
Avocado	10
Beans -variety	15 - 35
Broccoli	15
Cabbage	10
Celery	0
Cauliflower	15
Cucumber	15
Eggplant	15
Lettuce	10
Mushrooms	10
Onions	10
Peas - variety	25 - 35
Sauerkraut	15
Tomato	30
Zucchini	15

## Beverages

Alcohol	0*
Coffee, black	0
Tea, unsweetened	0
Tomato Juice	35
Water	0

\*Alcohol alone doesn't have a glycemic index. But it's recommended that when you eliminate or limit alcohol consumption while detoxing off of sugar as it puts an excess load on your liver and upsets your metabolism.

## Fruits (whole, not juiced)

Apple	38
Apricots	31
Blue Berries	25
Black Berries	25
Cherries	22
Figs	35
Grapefruit	25
Kiwi	30
Orange	44
Peach	42
Pear	37
Pomegranate	35
Plum	28
Raspberries	25
Strawberries	25
Tangerine	30

## Nuts

Nuts - variety	15-35
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## Meat & Seafood

Meat - variety	0
Seafood - variety	0

## Dairy

Note: Dairy products may trigger digestive or allergy issues.

Almond Milk	30
Butter	0
Cheese - variety	0
Coconut Milk	35
Skim Cow's Milk	30
Sour Cream	0
Yogurt (unsweetened)	35

## Condiments & Miscellaneous

Balsamic Vinegar	15
Chocolate (70 -85% Cocoa)	20 - 25
Mayonnaise	0
Soy Sauce	0
Mustard	35
Salsa	0
Tomato Sauce	35*
Peanut Butter	35*
Sun Butter	35*

\*Choose natural and read the ingredients as these often have added, hidden sugars.

Looking for something not on the list?

Go to: <http://bit.ly/2qCpqGI>

Enter your food in "Find by product/GI".



# What About Glycemic Load?

As mentioned, the Glycemic Index (GI) is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream.

So, what is Glycemic Load (GL)??

The GI tells you how fast foods spike your blood sugar but it won't tell you how much carbohydrate *per serving* you're getting. That's where the Glycemic Load is a great help. It measures and takes into account the amount of carbohydrate in each serving of food.

**Foods with a glycemic load under 10 are good choices. These foods should be your first choice for carbohydrates.**

**Foods between 10 and 20 on the glycemic load scale have a moderate affect on your blood sugar. Use these foods sparingly.**

**Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.**

NOTE: There are not many lists of foods and their low glycemic load available, yet. Stay tuned!

Meanwhile, below are some common foods that rate medium or high GI, but there GL is very low. This is not a complete list by any means - just some favorites. **It's noteworthy to remember that the reason they rate a low GL is because their recommended serving size is small - be sure to reference the servings size and be honest with yourself - can you stick to the serving size once you start?** Don't think because something has a low GL you can over indulge! When in doubt - choose a low GI food.

FOOD	Serving Size	Glycemic Index	Glycemic Load
Honey	1 Tbs	87	3
Strawberry Jam	2 Tbs	52	10.1
Peanut M&M	1 Oz	33	5.3
Graham Crackers	2 Squares	74	8.1
Taco Shell	1 Medium	68	4.8
Angel Food Cake	1 Slice	67	10.7
Rye Bread	1 Slice	65	8.5
Oatmeal	1/2 Cup	68	8.4
Hot Chocolate Mix	1 Packet	51	11.7
Beets	1/2 Cup	64	9.6
Watermelon	1 Cup	72	7.2
Cantaloupe	1 Cup	65	7.8
Kiwi	1	58	5.2
Orange	1	48	7.2
Grapes	1 Cup	43	6.5
Ice Cream	1/2 Cup	38	6

# Sugar Has Many Names!

From Atkins.com

**Taking control of your health is about choosing - in moderation - carbohydrate foods that are high in nutrients and fiber.**

What's the difference between naturally occurring and added sugar?

Naturally occurring sugars, found in dairy products or in fruit or vegetables, for instance, are an organic part of the food, and they are perfectly acceptable. Ex. An apple has naturally occurring sugar and also other nutrients and fiber. Some yogurt may have strawberries (natural) but also added sweetener, such as sucralose, to bump up the sweetness (added)

Added sugars lurk in many foods and not just in the form of sucrose (table sugar). Added sugar is often disguised with misleading names in packaged foods. These include cane sugar, evaporated cane juice, brown sugar, beet sugar, or any other ingredient ending in "sugar," as well as syrups (or syrup solids) such as maple, corn or cane. Many ingredients ending in "ose" are also sugars, although exceptions include sucralose and cellulose.

To complicate matters, a natural sugar, such as fructose, is considered an added sugar from a regulatory point of view and can also take the form of an added sugar when it's included in processed foods.

The Nutrition Facts panel tells you the number of grams of sugars in a serving, but because it lumps together all sugars, it doesn't distinguish between integral and added sugars. Instead, you need to go to the ingredients list. **If you see fructose listed instead of fruit, for example, even though that sugar has a natural source, you'll know it's an added ingredient you should limit your exposure to. Here are various aliases for added sugars - but there are always new ones being added:**

Brown sugar  
Cane syrup  
Corn sweetener  
Corn syrup  
Corn syrup solids  
Dextrose  
Fructose  
Fruit juice concentrate  
Galactose  
Glucose  
High-fructose corn syrup  
Honey  
Invert sugar  
Lactose  
Malt  
Maltose  
Malt syrup  
Maple syrup  
Molasses  
Raw sugar  
Rice syrup  
Sucrose



From FED-UP

# Learn to Read Labels!

Nutritional labels can be confusing! Even if a product is stamped "Low Glycemic" it's still wise to take a closer look at the label. Things to consider:

- Serving Size (note how many servings per package)
- Calories (check how many calories per serving)
- Fat (stay clear of saturated and trans fats)
- Sodium (note per serving)
- Total Carbohydrate (note sugar/starch per serving)
- Sugar (this can be misleading - or the very least confusing - and you'll learn more about the glycemic impact by looking at Total Carbohydrates, Fiber, and Ingredients)
- Dietary Fiber (effects how fast or slow sugar from carbs is released as well as other benefits)
- Protein (note per serving)
- Ingredients (listed in order of largest quantity first)



Nutrition Facts	
Serving Size: 1 bottle (20 oz)	
Serving Per Container: 1	
Amount Per Serving	
Calories 275	
	% Daily Value*
Total Fat 0 g	0%
Sodium 175 mg	7%
Total Carbohydrate 78 g	26%
Sugars 65 g	
Protein 0 g	
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, ASCORBIC ACID.	

Nutrition Facts	
Serving Size 1 cup (4 oz)	
Serving Per Container 3	
Amount Per Serving	
Calories 75 Calories from Fat 27	
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	
Vitamin A 80% - Vitamin C 60% - Calcium 4% - Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

The Total Carbohydrate tells how many grams of carbohydrate are in 1 serving.

Fiber is subtracted from the Total Carbohydrate.

Total Carb (10g)  
- Fiber Carb (5g)

5 Net Carb

The NET Carb is 5 g



Nutrition Facts	
Ingredients: Tomatoes, Water, High Fructose Corn Syrup, Salt, Partially Hydrogenated Soybean Oil, Natural Flavoring	
Any Soup Company Somewhere, NJ 09000	

# Top 10 Ways Artificial Sweeteners Destroy Health

Artificial sweeteners were promoted for many years as a healthy alternative to natural sugars. By matching the taste of sweetness without the calories, artificial sweeteners became immensely popular for people afflicted by obesity, diabetes and cardiovascular problems. Then it was discovered that the artificial sweetener saccharin was deemed carcinogenic, and sugar substitutes are under scrutiny.

For now, the FDA has certified only five artificial sweeteners — saccharin, aspartame, sucralose, acesulfame K and neotame. Regardless, what the FDA deems “safe”, doesn’t necessarily reflect what is safe. There are many different ways artificial sweeteners impair human health. Consider the following a list of the most frightening ways artificial sugars kills more than a sweet tooth.

## **Impairs metabolic processes of the body**

Consuming large amounts artificial sweeteners can cause metabolic syndrome, which is associated with many conditions. Some of these include increased blood sugar and pressure, high blood cholesterol and excessive belly fat. In critical cases, obesity can lead to diabetes and chronic heart ailments.

## **Hormonal imbalances**

Artificial sweeteners can disarray your hormones. An impaired metabolism can cause the endocrine glands to dysfunction, which can result in an abnormal secretion of hormones. This is because of the way insulin is released. Although sweeteners are devoid of calories, the pancreas responds to them as if they were natural sugars by producing insulin. However, in the absence of any glucose to metabolize, the insulin is retained by the body. This causes a condition known as hyperinsulinism. In its persistent state, hyperinsulinism can cause a person to lose strength and gain weight.

## **Weight gain**

It is a common misconception that artificial sweeteners can help people lose weight. An insulin spike triggered by consuming sweeteners can increase food cravings. Consequently, people end up eating more and gaining weight. A heart-related study in San Antonio demonstrated that people who drank artificially sweetened beverages had a higher body mass index and greater fat retention than those who avoided these beverages. The author of *The Supercharged Hormone Diet*, Natasha Turner, states that artificially sweetened foods aren’t as filling, which leaves the person dissatisfied and makes them eat more. These facts put the fat in, well, facts.

## **Changes taste**

The way artificially sweeteners taste is markedly different from the way natural sugars taste. In reality, artificial sweeteners are much sweeter than their natural brethren. Neotame, for example, is about 7,000 times sweeter than natural sugar. Even stevia, which is obtained from the sugarleaf herb, is hundreds of times sweeter than natural sucrose. It’s dangerous to expose taste buds to high levels of sweetness. The palate builds a tolerance with each sip and bite. This can make people crave sweeter foods and develop a dislike for other flavors

## **Alters intestinal bacteria**

An ecosystem of bacteria resides in the pits of your stomach. Some bacteria aid digestion, whereas other strands are actually harmful. Some bacteria can isolate certain substances from ingested food and convert them into fats. Hence, a large population of gut bacteria means a high fat deposition. Artificial sweeteners can promote the growth of gut bacteria, thereby increasing body fat. The worst part is that fat becomes deposited beneath skin in the most unwelcome places — hips, thighs and belly.

*Continued*



### **Increased risk of diabetes**

Diabetics gravitated towards saccharin and other sweeteners because it is claimed to have zero calories. Artificial sweeteners lost favor among diabetics when it was discovered that fake sugar induced hormone imbalances. A Nurses' Health Study conducted by the American Society of Nutrition in 2013 showed that people who regularly consumed artificially sweetened drinks had a much higher chance of developing type 2 diabetes than those who did not. In addition, artificial sugars can boost obesity and alter gut bacteria, both of which are directly related to the onset of type 2 diabetes.

### **Increased risk of hypertension and cardiovascular disease**

Sweeteners like saccharin and aspartame can interfere significantly with the metabolic functioning of your body. When the physiological processes slow down, blood circulation is affected in a major way too. The heart beats faster, which sparks high blood pressure and hypertension. Studies show that prolonged use of artificially sweetened drinks can lead to fatal problems in the long run, including coronary heart disease and heart attacks.

### **Brain poison**

Many artificial sweeteners have come under the scanner for damaging the nervous system, including the brain. Aspartame is the most notorious in this regard. This sweetener is an organic compound that consists of three components — phenylalanine, aspartic acid and methanol. These compounds have been independently shown to damage brain tissue cells. Further, they can slow down the responses of neurotransmitters, which impairs human reflexes. Heavy use of artificial sweeteners can impair motor control as well.

### **Contaminates environment**

Although artificial sweeteners are organic compounds, they are not completely biodegradable. This is because they are designed to withstand the metabolic processes of the body; they do not dissociate and release energy in the form of calories. However, this has a negative impact in the environment since natural degradation processes cannot split them. A study conducted in 2009 published in the journal *Environmental Science and Technology* showed that municipal water bodies contained traces of acesulfame and sucralose. This could prove hazardous in the long run. By polluting water sources, artificial sweeteners merge into natural biogeochemical cycles, which will have an adverse impact on the environment. The best way to contain the threat is to control the consumption of artificial sweeteners now.

### **Possibly carcinogenic**

The first artificial sweetener to be developed was saccharin. In an early lab rat study, saccharin was shown to possibly induce cancers when used in combination with cyclamate. The National Toxicology Program reported that the physiology that causes cancers in rats is not applicable to humans. Nevertheless, it is not yet known whether artificial sweeteners can cause cancer in people. Since humans are one animal among many, it is prudent to steer clear of these sweeteners until more concrete results are discovered.

The goal of artificial sweeteners to match the taste of sugar without imparting calories was said to have the best intentions in mind. Unfortunately, the unforeseen health risks attached to artificial sweeteners outweigh the goal to reduce weight. In many cases, artificial sweeteners actually promote weight gain. The best steps you can take to lose weight is to literally take steps. Artificial sweeteners write a check for zero calories that your body can't cash.



# Artificial Sweeteners SIDE EFFECTS



## Artificial Sweeteners and Weight Loss

*“We found that consumption of non-nutritive sweeteners was associated with modest long-term weight gain in observational studies. Our results also extend previous findings that showed higher risks of Type 2 diabetes and hypertension with regular consumption of these artificial sweeteners.”* From ABC News



# What About Alcohol?

Alcohol and how it effects blood sugar, weight loss, and overall health is often a sensitive subject - and confusing. The following discussion provides facts to consider when you choose how alcohol may or may not be part of your low glycemic lifestyle.

## ALCOHOL GLYCEMIC INDEX

From Glycemic-Index.org

*Myth: Alcohol glycemic index value is very low, so it should be all right and even healthy to drink.*

*Fact: There are multiple ways alcohol affects your health, beyond its glycemic index value.*

- Although GI isn't everything to explain the nutritional value of foods, it is a very useful tool that lists the speed at which various carbohydrate-rich foods are absorbed by your body and how they raise your blood sugar, with glucose having the highest GI rate of 100.
- As testing foods for GI values involves feeding subjects 50 grams of carbohydrates, alcohol glycemic index values are very difficult to measure.
- So alcohol GI, except for certain liquors, is zero or very low as alcohol itself is not a carbohydrate as some believe and does not contain any carbs but it is indeed very high in calories. 1 gram of alcohol contains 7 calories, heaps more than protein or carbs.
- An average glass of wine contains only 5 grams of carbohydrates and a great percentage of calories comes from the alcohol itself. Wine is made from grapes which contain sugars and carbs but these sugars convert to alcohol when grapes are made into wine, hence glycemic index value of wine is very low or close to zero.
- Beer contains maltose- which is worse than sugar with a GI of 110 but during the fermentation of beer, maltose is transformed into alcohol and carbonation. So beer glycemic index is quite low too as beer itself hardly has any carbs or sugar.
- Cocktails are an exception for carbohydrate content, as they contain other food items- mainly fruits.
- Liqueurs are usually high in carbohydrates and higher in GI value because of added sugars.
- Vodka and a few other distilled alcoholic drinks hardly contain any carbohydrates, so it is quite hard to measure their glycemic index values.
- Some alcoholic beverages are even labeled for low carbohydrate content these days, claiming to be 'kind of' healthy. Wine producers even lobbied for permission to use the heart-healthy labels in the United States and authorities have actually been cool with the idea.
- How your body processes alcohol has also a lot to do with your genes: How much weight you put on or how badly your health may be affected by drinking.

*Continued*



## Alcohol and Diabetes:

- Being a drinker makes it rather difficult to manage diabetes, because it hides the dangers brought on by hypoglycemia, as alcohol can increase insulin secretion and cause hypoglycemia shortly after or for up to ten hours after drinking. It can also affect the hormonal response that would stabilize the blood sugar.
- When your body tries to release stored glycogen to fight low blood glucose levels, alcohol may prevent it, especially if food is not eaten with it. Dizziness, sleepiness, and disorientation are common symptoms of alcohol and hypoglycemia.
- Alcohol effects a person beyond its sugar content. Because alcohol effects you physically and emotionally, compromising other decisions and choices that effect your health.



**When we consume alcohol the body converts it into a compound called acetate.**

**The body then uses this as its main energy source.**

**Drinking alcohol stops your body from burning fat for up to 72 hours.**



# How Sugar is Addictive

## How Sugar is Addictive

From Healthline.com

- Overstimulation of the reward centers of the brain causes addiction.
- 
- Sugar is uniquely fattening, primarily due to its high content of fructose. Sugar has a powerful impact on the reward centers of the brain.
- 
- When we eat foods that contain a lot of sugar, a massive amount of dopamine is released in an area of the brain called the Nucleus Accumbens.
- 
- When we eat these foods often and in large amounts, the dopamine receptors start to down-regulate. Now there are fewer receptors for the dopamine.
- 
- This means that the next time we eat these foods, their effect is blunted. We will need more junk food next time we eat in order to get the same level of reward.
- 
- Sugar and other junk foods, due to their powerful effect on the reward centers of the brain, function similarly to drugs of abuse like cocaine and nicotine (1).
- 
- The exact same brain centers are at play. People who have a certain predisposition to addiction become addicted to these foods and lose control over their consumption.
- 
- This is basically how sugar and other junk foods "hijack" the brain chemistry to make us crave more and eat more.





# Having sugar detox symptoms?

Sugar detox isn't just a catchy marketing term. It's the often challenging, very unpleasant symptoms your body endures while breaking your sugar addiction. Sugar affects the rewards centers of our brain similar to cocaine and nicotine (see my page on Sugar Addiction). Following are several discussions on sugar detox symptoms and suggestions on how to lessen them and allow them to move through so you can break sugar's hold.

## Understanding Sugar Detox Symptoms

Decided to ditch the sugar? Congratulations! You've taken a great first step towards also getting rid of cravings, extra weight, and sluggishness. It might sound simple enough, but detoxing from sugar isn't quite as easy as it sounds. Once you get in the vicious cycle of sugar addiction, you can really feel the effects when you finally cut it off. Because it's not about willpower or having a "sweet tooth." It's because sugar can wreak havoc on your body chemistry.

### Sugar vs. Your Body

When we eat refined sugar, our body rapidly breaks it down into glucose in the bloodstream. This causes insulin, the hormone responsible for carrying the glucose, to spike. The rapid rush of insulin leads to a plummet in glucose levels, which leaves you feeling fatigued, tired, and craving more sugar to bring it back up. It's a hard cycle to get out of, especially since the average American is eating about 152 pounds of sugar every year.

I know what you're thinking: if you're not eating donuts and cake every day, that doesn't apply to you, right? Unfortunately, refined sugars are found in many sources and sugar intake stacks up pretty fast if you're eating bread, cereal, or any type of processed food. Hidden sugar is practically everywhere. A bagel packs in the equivalent of 1.5 sugar cubes while a 500 ml bottle of orange juice can contain up to 10! It's no wonder our sugar intake is so high.

So what are the symptoms of detoxing from sugar? And how long does sugar withdrawal last?

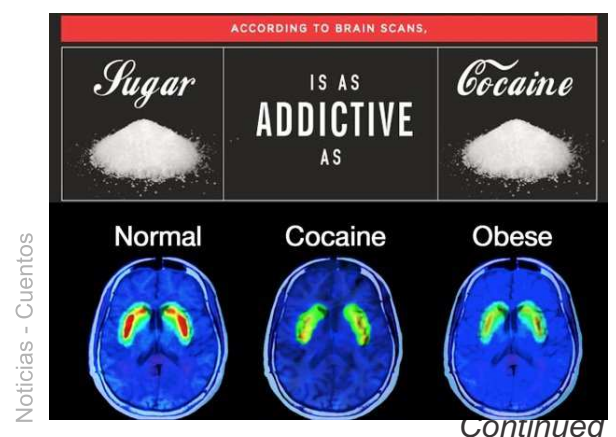
### Sugar Detox Symptoms

When you first start cutting sugar from your diet, you can more than likely expect to experience a few symptoms. The extent and length of your symptoms are likely to be influenced by how long you've been consuming sugar, how much you were consuming before, if you're cutting it out completely or slowly tapering your intake, and how sensitive you are to the effects. While some people may feel great in a matter of days, it may take others several weeks to fully recover.

A few of the most common symptoms of sugar detox:

- Anxiety
- Changes in appetite
- Cravings
- Flu-like symptoms
- Depression
- Mood changes
- Dizziness
- Fatigue
- Headaches
- Shakiness
- Changes in sleep patterns
- Weight loss

**NOTE FROM KAY:**  
Isn't it ironic that the detox symptoms are similar to the symptoms you'll be releasing once and for all when on the other side of sugar addiction?



I know that list of sugar detox symptoms is daunting, but stick with it and the health benefits you'll experience after will definitely be worth it.

## 9 Proven Ways to Overcome Sugar Detox Symptoms

By, Yuri Elkaim

### 1. Taper intake instead of going cold turkey

**NOTE FROM KAY:** This is what the 5 Day Reset and Be Healthy programs do for you. You still have carbs (good, healthy ones) in your shakes and your low glycemic snacks. So you are not going cold turkey. You never want to eliminate all carbs! Carbs fuel and food for our brain!

### 2. Satisfy your sweet cravings without refined sugar

One of the most intense side effects of sugar withdrawal is the sugar cravings. While the refined sugars found in desserts and candies offer very little in terms of nutrition, there are healthier sources of sugar that should absolutely be included as part of a healthy diet.

Fruit, while it does contain natural sugars, also contains vitamins, minerals, antioxidants, and fiber. This prevents the rapid spike of blood sugar while providing a multitude of health benefits. If you're craving sugar and find yourself wanting to reach for something sweet, consider keeping fruit on hand to satisfy your sweet tooth. Apples, strawberries, oranges, and grapes all make excellent snacks that are great for on-the-go and keep your cravings under control.

### 3. Stay active

If you find yourself lingering around the kitchen, gazing longingly at that chocolate bar on your kitchen counter, one of the best things to do is exercise (and get that chocolate bar out of there!). Working out is an effective way to feel great, reduce stress, and alleviate symptoms like headaches or nausea. Because of the endorphins released with exercise, it can also be an excellent method for keeping mood swings, depression, and anxiety induced by sugar withdrawal at bay.

### 4. Keep blood sugar regular

Some people report feeling shaky or experiencing tremors after cutting out sugar. This is often linked to low blood sugar and it can be easily alleviated by following a few dietary guidelines.

- Make sure you are eating regularly and if you do start getting the shakes, it might be a good idea to start eating more frequently or incorporating more small snacks into your diet.
- Pick foods that are high in protein, which is digested more slowly than carbohydrates and keeps you feeling full and satisfied for longer. It also helps stabilize blood sugars, effectively preventing the drop that sets off the tremors.

### 5. Relax with an Epsom salt bath

**NOTE FROM KAY:** I love soaking my feet in a warm Epsom salt "bath" for about 20 minutes.

Feeling aches, pains, and flu-like symptoms? Yes, believe it or not, this could be associated to a symptom of sugar detox. One of the best ways to relieve muscle pains is by using an Epsom salt bath. This can also help treat cramps, soreness, irritation, and inflammation in muscles and joints caused by sugar detoxing.

Add a cup or two of Epsom salt to your bath and soak for at least 10-15 minutes to get the best results. Alternatively, an Epsom salt compress can work to relieve more localized aches and pains.

*Continued*

## 6. Stock up on healthy choices

If there's a big tub of ice cream in your freezer, it's hard to overcome temptation. Before starting your sugar detox, I recommend removing all the undesirable food choices from reach to make it easier on yourself when you're experiencing cravings later on. Just as important as removing the sugary stuff is stocking up on the good stuff. Keep lots of fruits and veggies on hand for easy snacking. Consider preparing a snack box supplied with nuts, hard-boiled eggs, celery sticks, carrots, apple slices, and other healthy favorites.

## 7. Make sure you're staying hydrated

Let's be honest: most of us don't drink enough water. Sometimes when we are feeling thirsty, we start craving sweets and it sends us straight to the fridge. Next time you start craving a sugary snack, try drinking a glass of water and waiting 5 to 10 minutes to see how you feel. As a simple guideline, aim for eight 8 oz. glasses of water daily to stay hydrated. If you are participating in physical activity, increase that amount to replenish the fluid lost through sweat.

## 8. De-stress

Sugar withdrawal can cause symptoms like depression, anxiety, and mood swings. Minimizing your stress levels can play a big role in reducing these side effects and can make the process of quitting sugar easier overall. Practicing yoga and meditating are both great ways to relax and decrease stress. Stepping away from the computer screen and taking a break from technology for part of the day can also be a helpful method.

## 9. Get enough sleep

Sleep can play a huge role in many aspects of health, from fat loss to recovering from stress. Getting enough sleep of it can determine how smoothly your sugar detox goes. When we don't get enough sleep, our craving for carbohydrates skyrockets. So if you're trying to avoid carb-loaded foods, this can be a big problem. But sometimes when we cut sugar our sleep is disrupted and we also can feel tired because we're not getting that sugar "rush." Establishing a regular sleep cycle and making sure you're getting enough sleep can help significantly cut down on those symptoms. Aim for 7 to 8 hours of sleep each night so your body can fully recover and rest. It can also be helpful to stick to a schedule and try to go to bed and wake up at the same time each day. Practicing a bedtime ritual, like reading or listening to music, can help get your sleep cycle lined up.

## Mindset for Beating the Symptoms of Sugar Detox

You've already taken the biggest step in becoming healthier by recognizing the adverse effects of sugar and deciding to do something about it. Making a big lifestyle change can be challenging at the start, but it's worth it in the long run. And once you get your mindset in place, you'll have an easier time of it. While you might have a few negative effects of withdrawal for a few days, keep in mind these big benefits to help stay on track:

- more energy
- clearer skin
- fewer cravings
- a happier waistline
- less inflammation
- less sugar related disease
- less mood swings
- less fatigue

**NOTE FROM KAY: Congratulations on being proactive with your wellness!! I promise riding through the detox symptoms is so worth what you'll find on the other side of your sugar addiction!**

# Remember to Drink Your Water!



Image from gymworkoutchart.com

## When to drink water for maximum benefits:

### 1) After waking up

Drink one glass of water after waking up to help activate your internal organs. The water will help to remove any toxins before your first meal of the day.

### 2) Before a meal

Drink one glass of water 30 minutes before a meal to help digestion. Don't drink too soon before or after a meal as the water will dilute the digestive juices. Drink water an hour after the meal to allow the body to absorb the nutrients.

### 3) Before a bath

Drink one glass of water before taking a bath to help lower your blood pressure.

### 4) Before sleep

Drink one glass of water an hour before bedtime to replenish any fluid loss at night.

## Remember to Move Everyday!

If you find yourself lingering around the kitchen, gazing longingly at that chocolate bar on your kitchen counter, one of the best things to do is exercise (and get that chocolate bar out of there!).

Working out is an effective way to feel great, reduce stress, and alleviate symptoms like headaches or nausea. Because of the endorphins released with exercise, it can also be an excellent method for keeping mood swings, depression, and anxiety induced by sugar withdrawal at bay.

Whether you have a regular 30 or 60 minute exercise routine scheduled every day, or several times a week, or you fit in short, 10 minute workouts throughout the day, the important thing is to move your body every day.

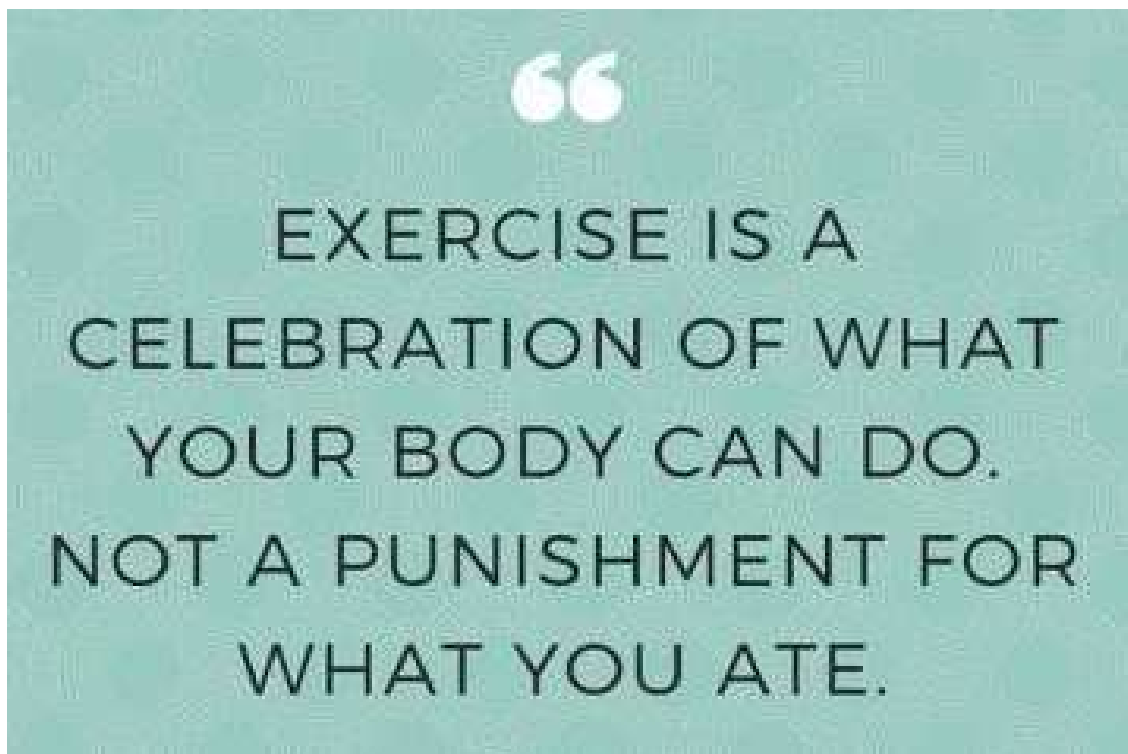
I will often do a 15 interval workout - sometimes called Burst Training. 1 minute high cardio, 2 minute rest, and repeat 4 or 5 times. Studios show it's great for heart health and fat burning.

There are so many options! Maybe you like riding bike, running, walking, dancing, resistance bands, team sports, gardening, physical labor, yoga, karate, stretching, or hiking.

Whatever it is, make it a mix of aerobic, weight resistance, and stretching.

But most of all - make it fun!

Note: Consult your doctor before trying any new exercise program.












## Your Poop Has A Lot to Say!

Most of us aren't very comfortable talking about our poop! The consistency and frequency of our poop or stool tells us a lot about our current health. It's why The Bristol Stool Scale was developed.

The Bristol Stool Scale is a diagnostic medical tool designed to classify the form of human feces into seven categories. It is used in both clinical and experimental fields and is sometimes also referred to as the Bristol Stool Chart. It was developed at the Bristol Royal Infirmary as a clinical assessment tool in 1997.

So before you flush, check to see what your poop has to say!

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	<b>SEVERE CONSTIPATION</b>
	Type 2	Lumpy and sausage like	<b>MILD CONSTIPATION</b>
	Type 3	A sausage shape with cracks in the surface	<b>NORMAL</b>
	Type 4	Like a smooth, soft sausage or snake	<b>NORMAL</b>
	Type 5	Soft blobs with clear-cut edges	<b>LACKING FIBRE</b>
	Type 6	Mushy consistency with ragged edges	<b>MILD DIARRHEA</b>
	Type 7	Liquid consistency with no solid pieces	<b>SEVERE DIARRHEA</b>



Continued



**Brown:** You're fine. Poop is naturally brown due to the bile produced in your liver.



**Green:** Food may be moving through your large intestine too quickly. Or you could have eaten lots of green leafy veggies, or green food colouring.



**Yellow:** Greasy, foul-smelling yellow poop indicates excess fat, which could be due to a malabsorption disorder like celiac disease.



**Black:** It could mean that you're bleeding internally due to ulcer or cancer. Some vitamins containing iron or bismuth subsalicylate could cause black poop too. Pay attention if it's sticky, and see a doc if you're worried.



**Light-coloured, white, or clay-coloured:** If it's not what you're normally seeing, it could mean a bile duct obstruction. Some meds could cause this too. See a doc.



**Blood-stained or Red:** Blood in your poop could be a symptom of cancer. Always see a doc right away if you find blood in your stool.



**Separate hard lumps, like nuts**  
You're lacking fibre and fluids. Drink more water and chomp on some fruits and veggies.



**Sausage-shaped, smooth and soft**  
Optimal poop! You're doing fine!



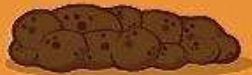
**Watery, no solid pieces, all liquid**  
You're having diarrhoea! This is probably caused by some sort of infection and diarrhoea is your body's way of cleaning it out. Make sure you drink lots of liquids to replace the liquids lost otherwise you might find yourself dehydrated!



**Sausage-shaped but lumpy**  
Not as serious as separate hard lumps, but you need to load up on fluids and fibre.



**Soft blobs with clear-cut edges**  
Not too bad. Pretty normal if you're pooping multiple times a day.



**Sausage-shaped but with cracks on surface**  
This is normal, but the cracks mean you could still up your intake of water.



**Fluffy pieces with ragged edges, a mushy stool**  
You're on the edge of normal. This type of poop is on its way to becoming diarrhoea.



**Soft and sticks to the side of the toilet bowl**  
Presence of too much oil, which could mean that your body isn't absorbing the fats properly. Diseases like chronic pancreatitis prevent your body from properly absorbing fat.

# Fiber Facts

Are you getting enough fiber? Some types of fiber lower a food's glycemic index, but some do not. Insoluble fiber, the type found in wheat, has little effect on glycemic index, so whole wheat bread has a glycemic index similar to that of white bread. Soluble fiber, on the other hand, lowers glycemic index. Foods high in soluble fiber such as oats, barley, and legumes (dried beans and lentils) have low glycemic index values.

The national fiber recommendations are 30 to 38 grams a day for men and 25 grams a day for women between 18 and 50 years old, and 21 grams a day if a woman is 51 and older. Another general guideline is to get 14 grams of fiber for every 1,000 calories in your diet.

USANA has a great fiber powder supplement - FIBERGY.

## TOP 10 HEALTHIEST SOURCES OF FIBER

				
Chia seeds	Berries	Broccoli & Brussels sprouts	Onions & Sweet potatoes	Almonds
				
Psyllium seed husk & flax seeds	Green beans	Cauliflower	Beans	Peas

A simple "rule" to remember is simply to get most of your fiber in the form of vegetables, NOT grains.

Source: <http://articles.mercola.com/sites/articles/archive/2013/11/25/9-fiber-health-benefits.aspx>

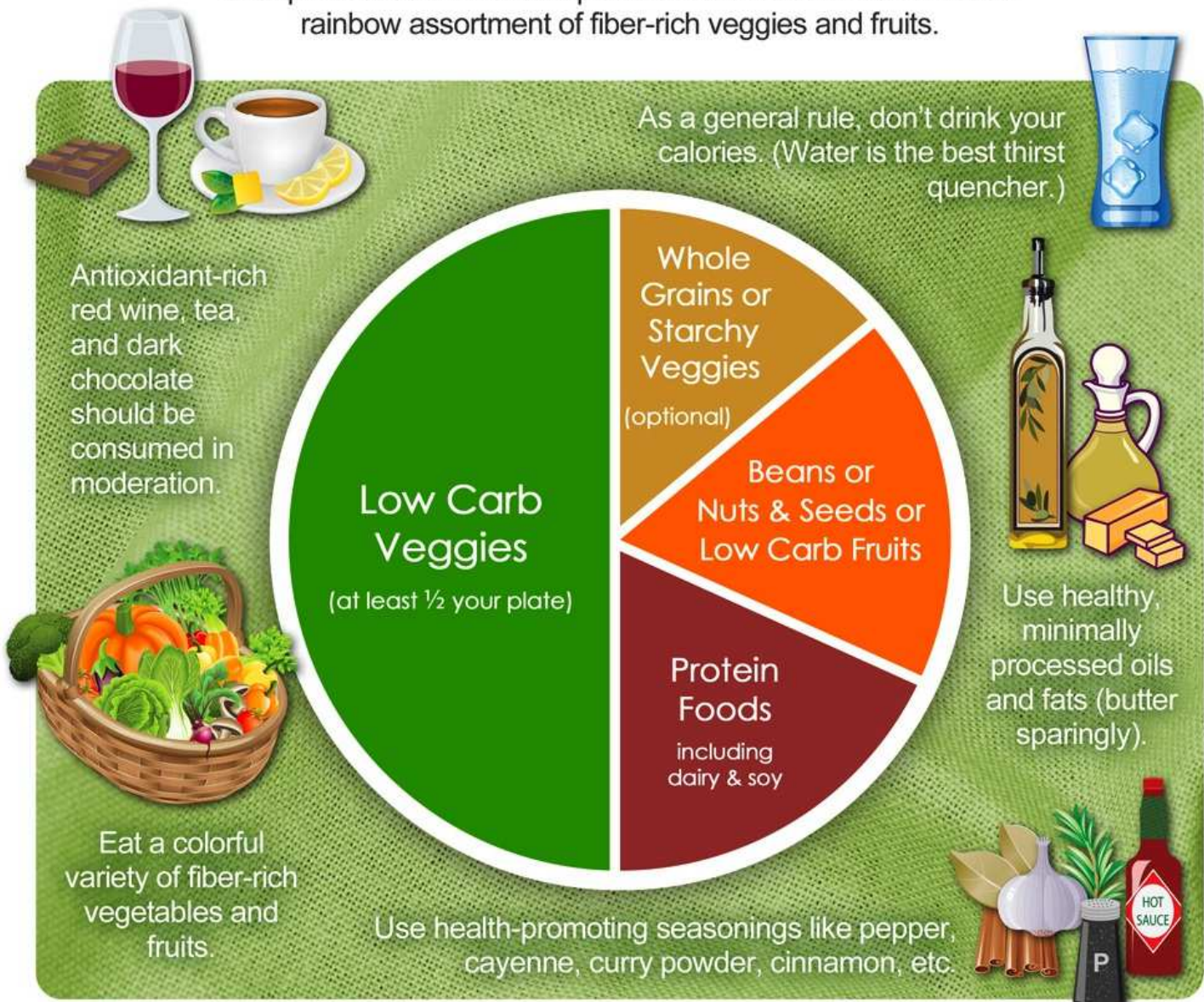




# What's On Your Plate?

## dLife® Healthy Eating Plate

Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

## Low Glycemic Snack Ideas

**Keep in mind - it's a great idea to combine your low glycemic carb with a protein!**

- 1 fruit with a handful of nuts
- 1 cup Edamame (soybeans from pod) or snap peas
- ½ cup cottage cheese with ½ cup chopped fruit
- 1/3 cup dried apricots with a handful of almonds
- 1 sliced apple with 2 tablespoons natural peanut butter or natural sunbutter
- 1 cup raw veggies with 3 tablespoons hummus
- 1 hard boiled egg and 1 cup chopped raw veggies
- ½ cup cottage cheese with herbs or salsa and 1 cup chopped raw veggies
- 1 cup fruit with ¼ cup sunflower seeds (add a little whipped cream or no sugar yogurt for a salad)
- ½ cup fruit and ½ cup plain no sugar added yogurt;
- 1 sliced pear with 2 tablespoons soft goat cheese
- 1 hard-boiled egg with 1 serving veggie
- 1 cup berries with ½ cup cottage cheese or Greek yogurt
- 1 hard-boiled egg with 1 cup lightly steamed broccoli and/or cauliflower
- 1 cup grapes (or berries) with 2 tablespoons soft goat cheese;
- 1 Iceberg lettuce wedge (about 1/3 of the lettuce) with ½ cup cherry tomatoes and 1/4 cup crumbled feta cheese and some crumbled bacon
- 1 cup sliced veggies with ¼ cup black bean dip
- 1 slice of Ezekiel sprouted toast with 1 tablespoon natural sunbutter or natural peanut butter
- 1 sliced apple sprinkled with ½ teaspoon cinnamon and ½ cup plain yogurt
- 1 cup sliced fruits with 2 tablespoons nut butter
- ½ cup grapes with a handful of quinoa or flaxseed crackers and 2 tablespoons soft goat cheese
- 1/4 cup tuna or salmon with 4 spelt crackers and a handful of cherry tomatoes
- 1/2 unsweetened chia pudding with 1/2 cup of berries or sliced fruits
- 1/2 cup yogurt with 1/2 cup berries and 2 tablespoons sugar free granola
- Celery with natural peanut butter or natural sunbutter (add some chopped nuts as an option)
- 1 cup of chili or vegetable soup (add chicken as an option)
- Hard boiled egg and a beef stick
- Parmasen crisps



I WILL  
CHOOSE THE  
HEALTHIEST, MOST  
NUTRIENT-RICH FOODS  
BECAUSE I  
DESERVE THEM.



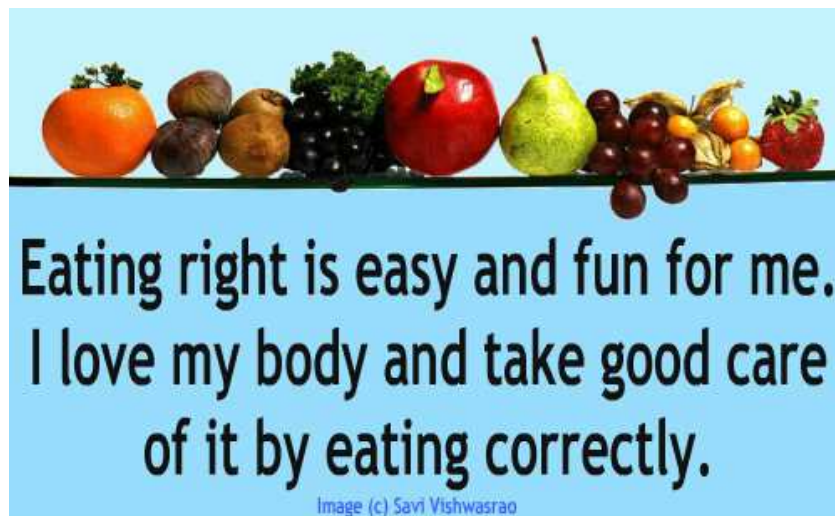
## More Favorites

### Some of favorite low glycemic stand bys:

- Nuts! Try a variety. I love nuts with some heat and spice. Soy nuts (roasted and salted) are perfect for when I crave salty snacks.
- Veggies, veggies, veggies! I love to keep trying new ones. Most are great raw but also yummy when roasted with a little seasoning.
- Celery with cheese or natural peanut butter or natural sunbutter. I top it with nuts, too!
- Sliced apple or sliced pear with a chunk of cheese hits the spot. Add some pecans or almonds.
- Broccoli / cauliflower crumbles!! I buy a bag of broccoli and cauliflower florets, chop them into small and medium crumbles and put them in a container to store in the fridge. I add them to salads, skilletts, omelets - you name it! And the crumbles stay fresh so much longer!
- Get crazy with the above broccoli / cauliflower crumbles and add shaved Brussel sprouts, onion, and celery.
- Stir fry! I think I have at least 4 a week! Usually it is onion, broccoli / cauliflower crumbles, chicken, steak, or meatballs. Sometimes I top it with some Parmesan cheese, maybe some bacon crumbles, and maybe some soy sauce. Add some spinach leafs at the end for more green.
- Stir fry – breakfast style! Similar to above but add one or two eggs. Sausage is great to add and so are spinach leafs, right at the end.
- A dessert I like is whipped cream (surprisingly low in sugar), berries, crumbled pecans, even some shaved dark chocolate.
- Spaghetti squash – I slice it in circles, take the seed out of each circle, coat with a little olive oil and salt and pepper and bake 375 for 40 min. I use it as a base for my taco meat – add veggies! Or mix with some salsa and add a little cheese, or just with some butter and a little pesto. Add chicken and veggies. Honestly, I use it for everything!
- Zucchini noodles - who knew? I love my little noodle maker that I got for \$5. I use the noodles like a do spaghetti squash (above). It's full of water though – so I press the noodles between paper towels before using in a dish.
- When I crave carbonation I take sparkling water and put a splash of unsweetened grape juice in it – or just the flavored sparkling water is good. Watch sodium contents.
- I request something similar to the above when I'm at a bar and want to have a “drink” but don't want the alcohol.
- Don't forget tuna! I mix it with a little Hellmann's mayo, pickles, onions, broccoli / cauliflower crumbles, salt and pepper, then toss it with spinach and iceberg lettuce for crunch.
- A favorite fresh salad is often a combo of spinach, onions, salt and pepper, Feta cheese, strawberries, and chicken with Balsamic vinegar dressing and maybe some bacon and pecan crumbles!

*Continued*

- Chili makes a great meal, side dish, or a snack. I add all kinds of beans (kidney, black, navy), celery, onion, ground beef, a big can of crushed tomatoes and a big can of...enchilada sauce! Season with s & p and chili powder and cayenne to taste - it makes a ton! I add some cheese on top and sometimes I put Greek yogurt on a celery stick and stir it in (fancy!).
- Chicken soup – I simmer chicken broth with celery, onion, peppers, carrots, s&p and onion soup mix. Then I heat it up and add chicken – or not.
- Ham and bean soup – I simmered chicken broth with turkey ham, onion, black beans, pinto beans, kidney beans, s&p, and onion soup mix.
- For dessert I often blend almond milk with fruit and ice. I sometimes add my USANA Fibergy and Protein powder.
- Turkey ham or regular ham, cream cheese, and a pickle - yum!
- Chia pudding – there are all kinds of different flavor combinations and easy how-to recipes! It is similar in texture to tapioca pudding but full of fiber and protein. Great warm or cold. Add whipped cream, fruit, and nuts for added flavor and texture.
- Peanut Butter Powder – awesome! It's great added to my shake and even a chunk of banana. I also mix it with whipped cream and it makes a yummy mouse – top it with raspberries or strawberries, nuts, even a light drizzle of chocolate.
- Experiment with your “optimum shake consistency”. Whether I choose a MySmartShake or a Nutrimeal shake I prefer mine blended with ice - and whatever else I choose to add. Sometimes I add a Rev packet (USANA's all natural energy powder) and some cinnamon with the Vanilla, or may change it up with spinach, kale, or cucumber. I love to add the peanut butter powder to the chocolate shakes. Get creative - the options are endless!
- If you are on the go or need portable shakes for work or travel, choose the Nutrimeal shakes as they work well in a shaker bottle.



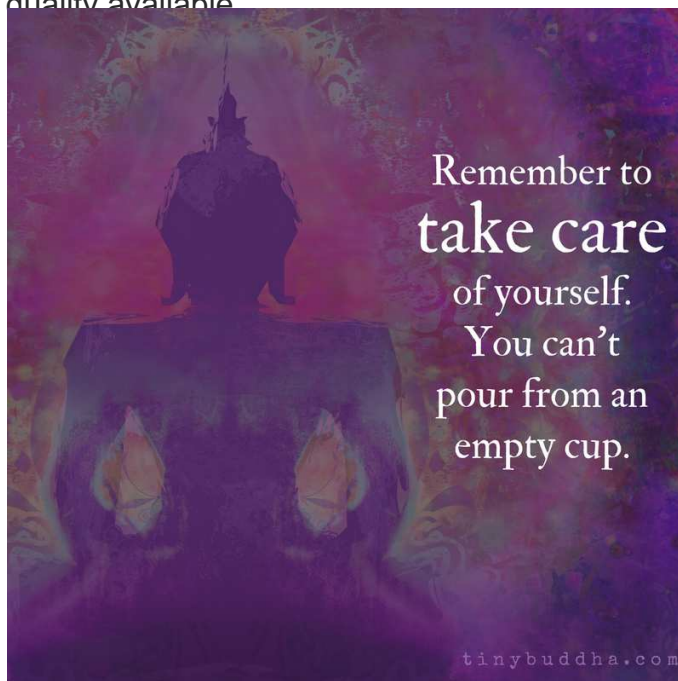
## Helpful Tips!

- Limit fruits to 2 to 3 servings per day. Fruit juices aren't recommended (lack of fiber). Berries are best.
- Vegetables are suggested in large quantities. Exceptions would be starchy vegetables which should be kept to a minimum.
- Avoid all highly refined or white flour grains as they are low on nutrients and high in sugar. Examples would be cakes, cookies, breads, pretzels, crackers, bagels, pancakes, donuts, and pasta.
- Skip fast foods or choose carefully.
- Say no to soft drinks, including those with artificial sweeteners.
- Avoid fried foods.
- Shop on the outside perimeter of the grocery store where the fresh, whole food generally is found.
- Don't skip meals and snacks. Three meals a day with a snack in between are best to maintain steady blood sugar levels.
- Eat within 30 minutes of waking up (for stabilizing blood sugar levels).
- When you eat a carbohydrate, have it with a protein as it helps slow sugar absorption.
- Get creative with your snack and meals! Try new recipes, spices, and combinations.
- Keep temptation away. Remove poor food choices from your home, office, and car.
- Plan ahead. Shop often so you have fresh foods and plenty of choices on hand. Pack your snacks and meals "to go" when you are working or traveling.
- Start paying attention to your body and how it feels after you eat certain foods and combination of foods.
- **Don't worry if you have a snack, or a meal, or a day, or even several days that you don't make the best food choices. Be easy on yourself! This is a lifestyle and you will do the best you can!**



## Things to Remember

- Read and refer back to the resources you received when you started the 5 Day RESET. If you haven't tried the 5 Day RESET or 28 Day RESET Plus, ask me for more information!
- Listen to Dr. Karen's recorded calls (ask me for a link to recorded calls).
- Shop, stock fresh vegetables, and cook ahead of time as much as possible.
- Cook some protein to have ready to go (I cook chicken breast, bacon, taco meat, and/or steak).
- Drink half your body weight in ounces of water (150 pounds? Drink 75 ounces).
- Move/exercise lightly every day for 20 minutes .
- Have your first shake within an hour of waking up.
- Eat something every two hours. Eat more often if you need to – a protein/carb healthy combo.
- Drink water. Pee. Repeat.
- Be “present” as you prepare and eat your food. This really makes a huge difference with your relationship with food. I noticed I was always rushing or mindlessly eating. Learning to prepare and cook new things has been fun – and I spend more time on presentation!
- During Reset (and whenever I want to really relax and detox) I soak my feet in Epson salt each night for about 20 minutes – helps to remove toxins. It works as a relaxing bath, too.
- Reward yourself with non-food rewards such as a book, massage, walk, chat with a friend, long bath, or whatever brings you pleasure.
- Take your supplements!! No matter how organic and healthy you're eating *you can not get all the micronutrients your body needs to thrive!!* I choose USANA supplements because they have been proven to be the highest quality available



## Happy Cells!

We know how important the food we eat is. Food is how we get our macronutrients (protein, carbohydrates, fats) and also our micronutrients (vitamins and minerals). Now that we are committed to a low glycemic diet and eating more healthy, whole foods it would be great if that was enough.

Unfortunately, with our depleted soil, an increase in toxins, more stress, a longer trip from farm to table, and lifestyle hurdles, we can not get the micronutrients we need to thrive from food alone.

**And we want to thrive not just survive, right?** The current RDA (recommended daily allowance) is sadly outdated and calculated for a person to survive, not thrive. USANA scientists and researchers formulate and manufacture the highest quality, highest purity, highest potency, beautifully bioavailable supplements. They are the best. Period.

Happy cells - it's where good health really begins.



Have you had your 18.5 oranges today??



# USANA Supplement Guide

USANA is the number one, cutting edge, industry leading, cellular nutrition company. Start with the foundational supplements, CellSentials, and build from there for complete support whatever your health challenges or health goals are. I invite you to be proactive with your health on a cellular level. If you want help determining which supplements match your needs, I am happy to help.



## Essential Nutrition

**CellSentials™**: Core Minerals and Vita-Antioxidant   
 • advanced amounts of micronutrients to nourish, protect, and renew cells\*  
 • Core Minerals and Vita-Antioxidant work together to support vibrant health\*

**HealthPak™**   
 • full daily dose of the USANA® CellSentials, MagneCal D™, and CellSentials Booster in convenient AM/PM packs

**CellSentials Booster™**   
 • made entirely with USANA InCelligence Technology™  
 • boosts the protective and renewal power of the CellSentials\*

**MagneCal D™**   
 • supports bone health and more with balanced calcium and magnesium fortified with vitamin D

## Cardiovascular System

**Proflavanol® C100™**   
 • shown to support sound cardiovascular health\*  
 • helps support balanced immune function\*

**Proflavanol® C200™**   
 • double-strength formula of USANA's powerful bioflavonoid supplement  
 • exclusively offered in MyHealthPak

**CoQuinone® 30™**   
 • an optimal combination of coenzyme Q10 and alpha-lipoic acid  
 • provides ingredients vital for cardiovascular health, sound muscle function, and healthy nerve function\*

**CoQuinone® 100™**   
 • more than three times the strength of regular CoQuinone 30  
 • exclusively offered in MyHealthPak

## Nervous System

**Visionex®**   
 • advanced eye health supplement\*  
 • antioxidant formula designed to protect the delicate tissues of the eye from photo-oxidation\*

**Visionex® DS™**   
 • double the strength of Visionex  
 • exclusively offered in MyHealthPak

**Ginkgo-PS™**   
 • unique Ginkgo biloba formula supporting acute memory function and cognition\*

## Cellular Function

**BiOmega™**   
 • high-quality, ultra-pure fish oil supplement  
 • supports sound cardiovascular health and joint health\*

**Vitamin D™**   
 • delivers 2,000 IU of vitamin D plus 30 mcg of vitamin K  
 • promotes strong bones and teeth\*

**Proglucamune™**   
 • contains the InCelligence Beta-Glucan Complex  
 • supports healthy immunity, even during times of occasional stress\*

**Booster C 600™**   
 • lemon-berry flavored drink mix for an occasional immune system boost

## Skeletal System

**Active Calcium™**   
 • comprehensive bone health formula  
 • helps maintain strong, mineral-rich bones\*

**Active Calcium™ Chewable**   
 • bone health formula in a chewable form for adolescents and adults  
 • supports bone health and can be used as an effective antacid

**Procosa®**   
 • supports joint health by helping to maintain healthy cartilage\*  
 • contains the InCelligence Joint-Support Complex made with glucosamine and Meriva®† bioavailable curcumin\*

## Endocrine System

**PhytoEstrin™**   
 • supplement to support temporary relief from peri-menopausal symptoms\*

**Pure Rest™**   
 • fast-acting melatonin supplement  
 • promotes the body's natural sleep and wake cycles\*

**Palmetto Plus™**   
 • supports long-term prostate health\*

## Digestive System

**USANA® Probiotic**   
 • unique blend of two probiotic bacteria strains, clinically shown to survive the harsh acidic environment of the stomach  
 • promotes healthy digestion and sound immune function\*

**Digestive Enzyme**   
 • helps support healthy digestion\*  
 • helps relieve occasional gas, infrequent heartburn, mild indigestion, and stuffed feeling after eating a large meal\*

**Hepasil DTX™**   
 • contains the InCelligence Detox-Support Complex\*  
 • supports the body's natural detoxification processes\*

## Children's Health

**Body Rox™**   
 • daily vitamin, mineral, and antioxidant supplement for teenagers  
 • helps compensate for teens' erratic eating habits

**BiOmega™ Jr.**   
 • omega-3 supplement in an orange-pineapple flavored gel  
 • supports healthy brains and bodies\*

**Usanimals™**   
 • daily vitamin, mineral, and antioxidant supplement for children ages 24 mos. to 12 yrs.  
 • supports healthy growth and development\*

† Meriva is a trademark of Indena S.p.A.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MY Available for MyHealthPak™ Hybrid InCelligence 11073 US ENG 08/16

For more guidance and insight in what cellular support you *personally* could benefit from, go to [www.kayhilde.usana.com](http://www.kayhilde.usana.com) scroll to the bottom of my home page and click on the **TRUE HEALTH ASSESSMENT** link!

## Cell Signaling Technology in Your Supplements!

Only USANA delivers proprietary InCelligence formulas designed to activate the natural intelligence of your cells and unlock your potential for vibrant health.

Nourish. Protect. Renew. They make it sound simple but it's a big deal!

Watch the Incelligence video.

<http://bit.ly/2hm86Wj>



## Dr. Ladd's Supplement Protocols

I'm proud to be a member of Dr. Ladd MacNamara's VIP group. Dr. Ladd is a USANA team member and an expert in the field of cellular nutrition and nutraceutical supplementation. If you or someone you know has a special health concern and would like a copy of Dr. Ladd's supplement protocol recommendations, please ask.

### ASK ME FOR MORE INFORMATION:

ARTHRITIS: OSTEO ARTHRITIS	CHRONIC FATIGUE SYNDROM	HPV: HUMAN PAPILLOMAVIRUS	MYASHENIA GRAVIS
ASHMA	COMPLEX REGIONAL PAIN SYNDROM	HYPOTHYROIDISM	OSTEOPOROSIS & OSTEOPENIA
ATHLETIC PERFORMANCE	C.O.P.D.	INFERTILITY	PARKINSON'S DISEASE
ADD: ATTENTION DEFICIT DISORDER	CROHN'S DISEASE	INSOMNIA	PCOS: POLYCYSTIC OVARIAN SYNDROME
AUTISM SPECTRUM DISORDER	DEPRESSION	IRRITABLE BOWEL SYNDROM	PTSD: POST TRAUMATIC STRESS SYNDROM
AVASCULAR NECROSIS	DIABETES, TYPE 2	LEAD IN OUR FOOD AND SUPPLEMENTS	PREGNANCY & NURSING
ACNE	DIALYSIS	LEAKY GUT SYNDROM	PMS: PREMENSTRAUL SYNDROME
ADDICTION & ALCOHOL	DIVERTICULITIS	LEUKEMIA	PROSTATE CANCER
ADRENAL FATIGUE	ENDOMETRIOSIS	LIBIDO ENHANCEMENT, WOMEN & MEN	PSORIASIS
ALLERGIES	ERECTILE DYSFUNCTION	LUNG CANCER	RHEUMATOID ARTHRITIS
ALS	FIBROMYALGIA	LUPUS	SCLERODERMA
ALZHEIMERS	GOUT	LYME DISEASE	SJOGREN'S SYNDROM
BPH: BENIGN PROSTATIC HYPERPLASIA	HEART DISEASE	MACULAR DEGENERATION	STROKE
BREAST CANCER	HEARTBURN (GERD)	MERIERE'S DISEASE	SURGERY: PRE AND POST OP
CANCER	HEPATITIS	MENOPAUSE	THYROID DISORDERS
CERVICAL CANCER	HIGH BLOOD PRESSURE	MIGRAIN HEADACHES	VITAMIN D
CERVICAL DYSPLASIA	HIV-AIDS	MTHFR MUTATION	VULVODYNIA, LOCALIZE PRVOKED
		MULTIPLE SCLEROSIS	YEAST INFECTION



## USANA Opportunity

I can share a million reasons why joining USANA as an associate was one of the best decisions I've made. But to start - here are five! Let me know if you'd like to learn more.



### 5 Reasons to Become a USANA Associate Right Now

1. Build Residual Income at Your Desired Pace
2. Assist Others to Be Healthier
3. Receive Free Associate Kit for a Limited Time
4. Surround yourself with supportive, inspirational, successful entrepreneurs.
5. Significantly Save on Year-end Taxes

Bonus Reason: We Would Work Together and Support One Another!

## Always Remember

*You are unique!*

*Rethink how sugar is effecting your health and find the low glycemic lifestyle that works for YOU.*

*You won't eat low glycemic 100% of the time -that's simply not realistic. Now and then there are birthdays, special events, holidays, and celebrations that you'll enjoy some higher glycemic choices. Usually just a taste is all you'll need - or want. So enjoy!*

*I am so proud of you. You are creating a healthy, happier lifestyle and choosing proactive wellness. This is a big deal!*

*Can you feel the difference? Caring for your body proactively comes from a place of love. While recovering from illness often comes from a place of fear.*

*Self care is never selfish. You are always worth the investment and it is the ultimate gift you can give to your loved ones.*

*Everyone's health journey is a personal one. I hope yours is filled with discovery, joy, and wellness of mind, body, and spirit.*

*Thank you very much for letting me be a small part of your good health!*

*Kay*



# Sources & Disclaimers

## Sources:

- [www.montignac.com](http://www.montignac.com)
- [www.gisymbol.com](http://www.gisymbol.com)
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- Is your lifestyle killing you?  
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## Disclaimers:

*Any errors contained are unintentional and not meant to represent or mislead.*

*Products and recommendations are not intended to diagnose, treat, cure, or prevent any disease.*

*These statements have not been evaluated by the Food and Drug Administration.*

*These products are not intended to diagnose, treat, cure or prevent any disease.*

***You should consult your physician or other health care professional if you have health a issue that concerns you.***

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*Let's Stay Connected!*



Kay Hilde, The Art of Living

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