

Strategies to Reduce Carb (Sweet 😊) Cravings:

Low Glycemic Sweeteners- Stevia

Good Deep Sleep

Get Sunlight

Water with Lemon

Ketogenic food choices- more healthy fats

MCT oil

Sip on Bone Broth

Exercise using larger muscle groups- Walking, Biking, Hiking...

Bone Broth- you can drink it by itself, have it as a soup or stew, use it as a gravy by adding coconut flour, grass-fed butter, salt and herbs, put it over steamed veggies or have it in protein powder form and use it in shakes

Vitamin D- sunlight or as a supplement- no less than 5000 mg per day (up to 20,000 if you have SAD in the winter)- will boost your energy, brain function, reduce inflammation, reduce auto-immunity, enhance mood and sleep, reduce the risk of heart disease, improve your immune system strength

Regular Exercise- will help keep blood sugar stable by transporting glucose to your muscles. If you have carb cravings, simply do 5-10 minutes of exercise. This will mobilize your liver and lower the cravings. Also, after meals, take an easy 10-minute walk to store blood sugar into muscle cells. Short spurts of HIIT (High Intensity Interval Training) can do the same action of bringing blood sugar to your muscles.

2 Parts to Liver Detoxification:

Phase 1- collecting all the toxins and bringing them to the liver

Phase 2- eliminating the toxins from the liver and out of your body

Major Detoxification Systems in Your Body:

Liver * GI tract * Kidney/Bladder/Urinary Tract * Skin * Lungs

(If one system is overwhelmed, other systems will need to work harder)

Best Foods to Balance Blood Sugar Levels:

Coconut * Turmeric * Cinnamon * Raw Chocolate * Green Tea *

Apple Cider Vinegar * Lemons/ Limes * Olives and Olive Oil *

Grass-Fed Butter (Keri Gold) * Organic Pasture-Raised Eggs * Organic Coffee

Join our “500 Club”

1. Let us know if you would like to do the 30 Day Challenge or the 21 Day Purification Plan
2. Weigh in with us or at your home. We will begin 1/14/2019 but you can start on your best day.
3. Do a once per week weigh in at home or with us and let us record your progress (don't get on the scale daily).
4. Do a once per week Detox Foot Bath with us at no charge during your 3-4-week program. Appointment required.
5. Follow our 500 Club Calendar at our office or via emails weekly.
6. If you have questions about food choices or would like any other support, contact us.
7. Do a Total Health Scan at the beginning or during your detox plan to see if your body has hidden metals, or other needs.
8. Celebrate with us along the way and share any recipes you come up with so we can pass them along. Enjoy!!