

Am I A Sugar Addict?

1. When you eat sweets, do you regularly eat more than you intended to?
2. Do sugary or starchy foods leave you feeling hungrier after you eat them than you were before?
3. Have you ever thrown food in the trash or put it down the disposal to stop yourself from eating it?
4. Do you wait until you are alone to eat sweets or snack foods?
5. Do you eat large quantities at one sitting?
6. Do you feel discouraged or depressed as soon as you stop eating sweets, snacks, and starchy foods?
7. Once you start eating sugary or starchy foods, do you have to keep eating them for the rest of the day to ease your cravings?
8. Do you experience headaches, rapid heartbeat, or anxiety after eating these foods?
9. Do sweets and starches ruin your appetite for unprocessed whole foods?
10. Do you feel driven to eat certain foods, even though your conscience is begging you not to?

If you answered "yes" to any of these questions, you may be a sugar addict. The elimination of sugars, grains, and starches from your diet may bring relief from cravings and obsessive food behaviors.

As someone with 46 years of experience living with sugar addiction, I tried diet after diet without lasting success, until I found a way of eating that left me satisfied, and able to focus on living instead of eating all the time.

After five years of maintaining a 60 pound weight loss from my top weight of 185 pounds, I realized that it was time to "Tell All" about what I ate to lose the weight.

That "Tell All" is Sugar Freedom, and the Sugar Freedom Diet.

So what is The Sugar Freedom Diet? It starts with the Three Day Sugar Strike: A three day hunger-stopping, craving-crushing meal plan that gets you off of sugar, grains, and processed fats.

Here is a sample day on the Sugar Strike:

Breakfast:

2 Organic Egg Omelet with Mushrooms and Spinach cooked in Organic Coconut Oil
Seasoned with Turmeric, Ginger, and Iodized Sea Salt.
2-3 Slices Uncured Bacon

Lunch:

Tuna salad made with celery, home made with 1T Mayonnaise or 1 T Vegenaise Soy-Free Mayonnaise, 1t mustard, 1T Chopped Celery and Chopped Raw Almonds
Large green salad including 1 C chopped salad vegetables
Olive Oil and Bragg's Cider Vinegar dressing

Dinner:

3-4 oz Top Sirloin Steak
Spinach salad with Slivered Almonds and Red Wine Vinaigrette
1C Green Beans with Garlic Butter.

If you experience hunger between meals, snack on hard boiled eggs, carrots and celery with salsa, or leftover tuna salad from lunch. The idea is to replace sugar and grains with whole foods that satisfy your appetite, instead of stimulating it.

Sugar Freedom answers this vital question: How do I get off of sugar?
The answer? Eat something else.

The entire Sugar Freedom Plan will be available here soon, and you will have the first opportunity to try it at half price.