



## 21 Day Sugar Detox

Removing sugar from your diet is the fastest way to lose fat and increase your energy. When your blood sugar is out of balance it causes depression, causes you to store sugar as fat instead of using it for energy, causing you to have highs and lows in your energy, and leading to diabetes.

### Instructions for 21 day sugar Detox

1. Remove all sugar and simple carbohydrates from diet for 21 days in a row.
2. Remove all foods from the “avoid” list below, and eat only foods on the “good” list for the 21 days.
3. If you “slip-up” and eat a food from the avoid list, then start from day one again.

That’s it. It’s pretty simple.

At first, your cravings for sugar may be more pronounced. After you get over what I call the hump” you will stop craving sugar all together. Hard to believe? I never thought I’d get there myself. It usually takes 3-4 days to get over the hump, so this is the point at which you’ll have to buckle down and use all of your will power. Believe it or not, the longer your stay off sugar the easier it gets.

This doesn’t mean that you’ll never be able to eat fruit again or enjoy a piece of bread. This is a temporary cleanse to over-correct your blood sugar. This is when the cravings for sugar disappears, and you energy goes way up! Not to mention that most people see a huge difference in their skin.

Sugar makes you fat, tired, and ugly. I wish I was kidding about this, but I’m actually quite serious. Eating fat doesn’t make you fat, sugar does. Eating too much sugar and carbs is the reason that most people are tired all the time as well. Not to mention that sugar zaps the collagen in your skin, and dulls your complexion.

Most Americans consume up to three pounds of sugar every week! It’s not always easy to get away from sugar because they put it in almost everything these days. It’s added to so many processed foods we eat, not just in what we consider “sweets”.

Raised blood insulin levels causes weight gain. Insulin promotes the storage of fat; so, when you eat foods high in sugar, you increase fat storage. Resulting in rapid weight gain.

Being a recovering “sugarholic” myself, I can speak from experience how difficult it is to get off of sugar. The more sugar you eat, the more your body craves, so just limiting sugar won’t do the trick. You literally have to cut it out completely, cold-turkey, to stop the addictive cycle. Studies have shown that it can be more difficult to get off of sugar than cocaine.

When I’m talking about sugar here, I’m not just talking about white table sugar, I’m talking about bread, fruit, fruit juice, dried fruit, tortillas, baked goods, honey, etc. All of these get broken down into the same thing, sugar.

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## Signs that your blood sugar may be out of balance

- Cravings for sweets, sugar, or bread products. (This is almost a guaranteed sign that your blood sugar is out of balance)
- Fatigue after eating a meal, or “food-coma”
- Get lightheaded if meals are missed
- Eating Sweets does not relieve the cravings for sweets
- Depend on coffee to keep yourself going or started
- Difficulty losing weight

## How to balance your blood sugar:

- Eat more protein
- Digest more protein (check stomach acid levels to make sure you are digesting properly)
- Eliminate simple carbohydrates and sugar
- Eat more complex carbohydrates
- Eat more good fats and essential fatty acids
- Eat more fiber
- Do a 21 sugar detox!
- Take a multi-vitamin and supplimnets specifically for balancing blood sugar.  
**Gluco Balance:** Great multi-vitamin for people with blood sugar issues.  
Order from: Biotics Research (800) 231-5777 (Patient acct #: 05TD9354)  
Product Code: 1851

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## Foods to Eat and Avoid During Your 21 Day Sugar Detox

*Make as many of these organic as possible*

### Good Foods:

All Herbs  
[All Sea Vegetables](#)  
All Vegetables, Except Potatoes  
Avocado  
Beans  
[Bee Pollen](#)  
Beets\*  
Brown Rice  
Carrots\*  
[Chocolate \(Unsweetened\)](#)  
[Clearvite-SF](#)  
Coconut  
Coconut Oil  
Corn\*

Eggs  
Fish  
Ghee (Clarified Butter)  
Goji Berries  
Grape Seed Oil  
[Green Life Smoothie Mix](#)  
[Hemp Seed Protein/Powder](#)  
[Incan Berries \(Golden Berries\)](#)  
Irish Moss  
Lemon and Lime  
Lentils  
[Maca](#)  
[Miracle Noodle Brand Pasta](#)  
[Nut/Seed Butter](#)

Nuts  
Olive Oil  
[Organic Free-Range Chicken](#)  
[Organic Free-Range Turkey](#)  
[Organic Grass-Fed Beef](#)  
[Organic Grass-Fed Lamb](#)  
Peas\*  
Quinoa  
Sashimi  
Seeds  
Tomatoes  
[Wild Caught Salmon](#)  
Yams\*

*\*Limit to ½ cup per serving*

### Foods to Avoid:

Agave Nectar  
Alcohol  
All Fried Foods  
All Fruit not on Good Foods list  
All Grains not on Good Foods list  
Artificial Sweeteners  
Breads  
Breads  
Buckwheat  
Candy  
Cereal  
Cheese  
Cream Sauces  
Dairy  
Evaporated Cane Juice

Exekiel Bread  
Flour  
Flour Tortillas  
French bread  
Fructose  
Fruit Juice  
Fruits  
High Fructose Corn Syrup  
Honey  
Hydrogenated Oils  
Maple Syrup  
Millet  
MSG: Monosodium Glutamate  
Oatmeal  
Potatoes

Raw Cane Sugar  
Seitan  
Sucrose  
Sugar  
Tortillas  
Trans Fats  
Vinegar  
Wheat Bread  
Wheat Pasta  
White Bread  
White Flour  
White Rice  
Yogurt

This is a list of foods only during the 21 day cleanse. After the cleanse you can slowly add back fruits, whole grains and all natural sweeteners, such as agave nectar and stevia. However, processed sugars and processed grains should still be avoided.

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## Symptoms Of Cleansing And What You May Feel During And After A Cleanse

### Most Commonly Reported Positive Effects

#### DURING The Cleanse:

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

### Most Commonly Reported Positive Effects

#### AFTER The Cleanse:

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

### Most Commonly Reported Negative Effects

#### DURING The Cleanse:

(these symptoms pass after a day or two)  
Headaches  
Flu / Cold-like symptoms / Chilling  
More emotionally sensitive  
Lethargic / Low energy  
Diarrhea/ Constipation  
Gas / Bloating  
Body odor / Bad breath  
Skin breakouts / Rashes  
Irritable  
Sporadic sleep  
Old memories / emotions resurfacing  
Mucus drainage

### Most Commonly Reported Negative Effects

#### AFTER The Cleanse:

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.

### **Sometimes feeling worse means you are actually getting better.**

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out. Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

## **HAPPY CLEANSING!**

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