

Live Better Without Sugar Workbook

A STEP-BY-STEP COMPANION TO KICKING SUGAR IN
THE BUTT, SO YOU CAN LIVE HEALTHIER!

ESSENTIAL OIL HELPER NOTES INCLUDED!

Live Better Without Sugar Workbook

SO YOU WANT TO QUIT SUGAR, HUH?

SUGAR MAKES US MOODY AND SLUGGISH.

SUGAR MAKES US HUNGRY AND CRAVE MORE SUGAR.

EXCESS SUGAR IS STORED AS FAT, CONTRIBUTING TO MORE HEART DISEASE, DIABETES, AND OTHER DISEASES.

SUGAR AGES OUR BODY, DAMAGING COLLAGEN AND ELASTIN IN OUR SKIN!

SUGAR IMPACTS OUR IMMUNE SYSTEM FOR THE WORSE, MAKING IT MORE DIFFICULT FOR US TO FIGHT OFF INFECTIONS AND VIRUSES.

AND THOSE ARE NOT THE ONLY REASONS TO LOWER YOUR SUGAR INTAKE!

ARE YOU CONVINCED THAT IT WOULD ONLY BE A GOOD THING TO LIGHTEN THE LOAD OF SUGAR IN YOUR DIET?

IT'S A BIG HECK YES FOR ME! BUT LIKE ALL THINGS, EASIER SAID... MUCH HARDER TO ACTUALLY DO.

WHETHER YOU WANT TO CUT SUGAR ENTIRELY OUT OR JUST REDUCE AND PUT SOME BALANCE BACK INTO YOUR LIFESTYLE, THIS WORKBOOK WILL GUIDE YOU THROUGH EACH STEP TO SUCCESSFULLY KICK SUGAR IN THE BUTT, SO YOU CAN LIVE HEALTHIER!

WITH CLEAR STEPS TO FOLLOW, SUGGESTIONS TO HELP YOURSELF ALONG THE WAY AND ESSENTIAL OILS AS A TRUSTY COMPANION, YOU'LL BE OFF ONTO THE ROAD TO BETTER DAYS. LET'S DO THIS!

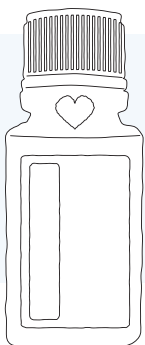
DEFINE YOUR GOALS & KEEP YOUR EYE ON THE PRIZE.

WRITE IT ALL DOWN AND COMMIT TO TAKING THE EFFORT TO MAKE CHANGE!

WHAT IS YOUR SUGAR CONSUMPTION GOAL? COMPLETELY NO SUGAR OR JUST LESS SUGAR? HOW MUCH LESS? WHAT WOULD BE SUCCESS FOR YOU?

DESCRIBE ALL THE GOODNESS OF SUCCESS. HOW GREAT DO YOU FEEL AND HOW AMAZING IS LIFE?

IMAGINE IF YOU DO NOTHING... WHAT WILL HAPPEN IN 5 YEARS... THINK OF HOW LIFE CAN GET BAD...



ESSENTIAL OILS HELPERS:

- DIFFUSE PEPPERMINT AND FRANKINCENSE FOR A BOOST OF ENERGY, FOCUS AND GROUNDING FEELINGS WHILE YOU JOURNAL
- USE PASSION BLEND TOPICALLY OVER YOUR HEART TO REALLY COMMIT TO THIS JOURNEY OF HEALTHIER LIVING
- USE SERENITY BLEND TO KEEP CALM AND GET THE REST YOU NEED TO JUMP INTO THE HARD WORK AHEAD

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Track Your Sugar Intake

"I CAN'T CHANGE THE DIRECTION OF THE WIND,
BUT I CAN ADJUST MY SAILS TO ALWAYS REACH MY DESTINATION."
-JIMMY DEAN

FIRST STEP IS TO TRACK YOUR DAILY FOOD INTAKE FOR A FULL WEEK.

SURE, THERE'S VARIATION IN OUR DIET OVER TIME, BUT GETTING A FULL WEEK SNAPSHOT OF WHAT YOU ARE EATING AS OF RIGHT NOW, WILL MARK YOUR STARTING POINT.

TAKE NOTES ON THE FOLLOWING PAGES FOR EACH DAY OF A FULL WEEK TO TRACK WHAT YOU EAT ON A DAILY BASIS.

TRY TO BE AS COMPLETE AND DETAILED AS POSSIBLE AND INCLUDE NOTES ON HOW YOU FEEL. THE IDEA IS TO TRACK YOUR EMOTIONS AND WELL-BEING ASSOCIATED WITH YOUR EATING HABITS.

THE REASON YOU WANT TO BE DETAILED WITH YOUR TRACKING, IS SO THAT YOU CAN LOOK UP THE FOODS YOU EAT AND FIND OUT HOW MUCH SUGAR IS ACTUALLY IN THEM. THIS WILL GIVE YOU A BETTER INDICATION OF YOUR ACTUAL DAILY SUGAR INTAKE AS A NUMBER. YOU'LL BE SURPRISED THAT SUGAR HIDES IN MANY OF OUR FOODS TODAY!

READ THE NUTRITION LABELS AND TRY RESOURCES SUCH AS:

- NUTRITIONDATA.SELF.COM
- SUGARSTACKS.COM
- DO A SEARCH ON GOOGLE SO YOU CAN GET AN ROUGH IDEA OF THE SUGAR WITHIN A SPECIFIC FOOD...

JUST WRITE IT ALL DOWN, BECAUSE THIS IS THE STARTING PLACE FOR ALL OF US.

NO JUDGEMENTS.

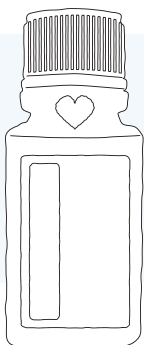
YOU CAN ONLY GET TO A BETTER PLACE, BY KNOWING WHERE YOU ARE AND MOVING FORWARD FROM THERE.

IT CAN BE DIFFICULT TO GET EXACT NUMBERS DEPENDING ON THE TYPE OF FOOD YOU ARE EATING, SO JUST DO THE BEST THAT YOU CAN. DON'T STRESS OVER BEING SUPER SCIENTIFIC, WE ARE NOT DOING AN OFFICIAL STUDY HERE!

REMEMBER, JUST GET AS MUCH INFORMATION AS POSSIBLE SO YOU CAN BE INFORMED WHEN MOVING AHEAD.

NEED HELP TO GET THIS PART DONE?

- PAIR THIS NOTETAKING WITH A HABIT YOU ALREADY HAVE IN PLACE SUCH AS WHEN YOU GET THAT MORNING CUP OF COFFEE
- OR KEEP THESE SHEETS IN YOUR PURSE OR PLANNER, WITH YOU AT ALL TIMES
- OR MAKE THIS A NIGHTLY JOURNALING RITUAL TO RECORD EVERYTHING FROM THE DAY
- TRY SETTING REMINDERS ON YOUR PHONE, SO YOU GET AN ALARM RINGING TO REMIND YOU TO DO THE NOTETAKING.
- TRY RECORDING VOICE MESSAGES OR EMAILING YOURSELF IF THAT IS EASIER THAN WRITING DOWN ON PAPER
- USE SOCIAL MEDIA TO DOCUMENT WHAT YOU EAT IF THAT IS EASY AND FUN FOR YOU!



ESSENTIAL OILS HELPERS:

- MOTIVATE IS A GREAT BLEND OF ESSENTIAL OILS TO GET YOU INSPIRED AND ENERGIZED TO DO THE TASK
- USE CITRUS OILS TO BOOST YOUR MOOD AND HELP YOU KEEP GOING!
- STARTING TO JUDGE AND DESPAIR? USE BALANCE BLEND TO KEEP IT TOGETHER.

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Track Your Sugar Intake

MONDAY

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			
9PM			
10PM			
11PM			
12AM			

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Track Your Sugar Intake

TUESDAY _____

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			
9PM			
10PM			
11PM			
12AM			

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Track Your Sugar Intake

WEDNESDAY

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			
9PM			
10PM			
11PM			
12AM			

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Track Your Sugar Intake

THURSDAY

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
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7PM			
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9PM			
10PM			
11PM			
12AM			

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Track Your Sugar Intake

FRIDAY _____

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
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10PM			
11PM			
12AM			

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Track Your Sugar Intake

SATURDAY

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
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10PM			
11PM			
12AM			

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Track Your Sugar Intake

SUNDAY

	WHAT DID YOU EAT?	HOW DO YOU FEEL?	HOW MUCH SUGAR IS THERE?
5AM			
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			
9PM			
10PM			
11PM			
12AM			

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Know Your Situation

ONCE YOU HAVE TRACKED YOUR INTAKE FOR A WEEK, BE SURE TO LOOK INTO THE FOODS YOU EAT AND FIGURE OUT HOW MUCH SUGAR THERE IS. YOU'LL BE SURPRISED THAT OFTEN SUGAR IS INCLUDED AS INGREDIENTS IN MANY TYPES OF FOOD, NOT JUST SWEETS OR DESSERTS.

THERE ARE AT LEAST 61 DIFFERENT NAMES FOR SUGAR LISTED ON FOOD LABELS!

THERE ARE COMMON SUGAR NAMES, SUCH AS SUCROSE AND HIGH-FRUCTOSE CORN SYRUP, BUT ALSO BARLEY MALT, DEXTROSE, MALTOSE AND RICE SYRUP.... MANY MANY MORE. TAKE A LOOK: [HTTP://SUGAR.SCIENCE.UCSF.EDU/HIDDEN-IN-PLAIN-SIGHT/#.wawum5mjeW0](http://sugar.science.ucsf.edu/hidden-in-plain-sight/#.wawum5mjeW0)

THE INFORMATION IS AVAILABLE OUT THERE, SO DO A SEARCH ON GOOGLE IF YOU ARE NEEDING HELP IN FINDING OUT WHAT INGREDIENTS REALLY MEAN.

AS I'VE MENTIONED, TRY TO BE AS EXACT AS POSSIBLE, BUT DON'T STRESS IF YOU CAN'T FIGURE OUT THE EXACT AMOUNT OF SUGAR CONTAINED IN SOMETHING YOU EAT. JUST PUT SOMETHING DOWN, SO YOU KNOW WHERE YOU ARE STARTING FROM AND HOW YOU CAN IMPROVE FROM IT.

NOW, THERE ARE SUGARS IN MANY NATURAL FOODS, SUCH AS FRUITS. IT'S NOT EASY TO MEASURE ALL THESE THINGS PROPERLY WITHOUT SOPHISTICATED SCIENTIFIC APPARATUS, SO WE ARE NOT REALLY TRYING TO FOCUS ON EXACTNESS RIGHT NOW. IT'S JUST AN EXERCISE TO HELP YOU BECOME MORE AWARE OF YOUR SUGAR INTAKE AND TO HAVE SOME SORT OF BASELINE TO GO FROM.

AND FOR MANY PEOPLE, WE ARE WANTING TO KICK OUT THE ADDED, SYNTHETIC, NON-NATURAL SUGARS (AT LEAST AT FIRST). IT'S PROBABLY NOT THE END OF THE WORLD IF YOU WANTED TO EAT ANOTHER APPLE IN YOUR DIET, VERSUS... A CHOCOLATE BAR. KNOW WHAT I MEAN?

SO TAKE SOME TIME TO GO THROUGH YOUR WEEKLY LOG, GET THE BEST ESTIMATES POSSIBLE.

TRY TO CALCULATE OR COME TO TERMS AS TO HOW MUCH SUGAR YOU ARE ACTUALLY INTAKING DAILY.

DO YOU HAVE CERTAIN MEALS THAT ARE RUINING YOUR DIET? CERTAIN SNACKS OR HABITS?

TAKE NOTE SO YOU KNOW WHERE YOU NEED TO WORK ON AND IMPROVE FROM.

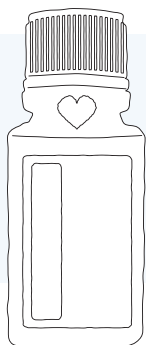
IF YOU CAN CALCULATE THE GRAMS PER DAY OF THE SUGAR YOU INTAKE, COMPARE THAT WITH THE AVERAGES.

ACCORDING TO THE AMERICAN HEART ASSOCIATION (AHA), THE MAXIMUM AMOUNT OF ADDED SUGARS YOU SHOULD EAT IN A DAY ARE:

MEN: 150 CALORIES PER DAY (37.5 GRAMS OR 9 TEASPOONS).

WOMEN: 100 CALORIES PER DAY (25 GRAMS OR 6 TEASPOONS).

TO PUT INTO PERSPECTIVE, A CAN OF COKE HAS 140 CALORIES... SO THAT'S ALREADY TOO MUCH FOR A DAY FOR MOST OF US. YUP, YIKES. DITCH SODA!



ESSENTIAL OILS HELPERS:

- NOW IS A GOOD TIME TO USE PEACE BLEND TO COUNTERACT WORRIES, ANXIETY AND FEARFUL EMOTIONS
- PATCHOULI AND BERGAMOT ARE GREAT FOR EASING WORRIES AND TROUBLES!
- USE BALANCE AND SERENITY BLENDS SO YOU CAN STOP FREAKING OUT AND MOVE FORWARD WITH ACTION

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Change Your Menu

THERE'S A LOT OF TEMPTATION OUT THERE, SO SET OURSELVES UP FOR SUCCESS!

NOW THAT YOU KNOW WHERE YOU ARE STARTING FROM, LET'S TACKLE HOW WE CAN IMPROVE OUR DIET AND TAKE IN LESS SUGAR.

THERE'S A LOT OF BAD SUGAR COMING FROM OUR COMMON BREAKFAST FOODS. TAKE NOTE OF BAD SUGAR BREAKFAST FOODS:

- BIG, FLAVOURED COFFEE DRINKS
- SWEETENED YOGURT
- BREAKFAST CEREALS WITH ADDED SUGAR
- PREPACKAGED SNACKS/BREADS/SWEETS
- TAKEAWAY ITEMS THAT HAVE ADDED SUGAR (DO THEY PROVIDE NUTRITIONAL INFO?)
- COOKIES/DONUTS/SWEETS/DESSERTS
- STORE BOUGHT MEALS WITH ADDED SUGAR
- WHAT'S YOUR SUGAR RUSH WEAKNESS FOOD???

FOR PRE-PACKAGED GOODS, YOU CAN READ THE NUTRITION FACTS AND GET THE SUGAR AMOUNTS OR CALORIES.

FIRST: EAT WITHIN AN HOUR OF WAKING UP

SECOND: INCLUDE PROTEIN IN YOUR BREAKFAST

THIRD: INCLUDE HEALTHY FATS AND FIBER

FINALLY: INCLUDE AS MUCH VEGETABLES AS POSSIBLE

PERSONALLY, I REALLY LIKE THE PROTEIN SHAKES WITH VEGGIES INCLUDED, BECAUSE YOU CAN INCLUDE EVERYTHING THAT YOU NEED IN A GREAT SHAKE THAT IS YOUR ENTIRE BREAKFAST MEAL. BUT I KNOW THAT NOT EVERYONE WANTS SMOOTHIES, SO YOU SIMPLY HAVE TO FIND YOUR IDEAL BREAKFAST THAT ISN'T LACED WITH SUGAR.

YOU'LL FIND MANY RECIPES FOR MORNING MEALS THAT ARE WITHOUT ADDED SUGAR SUCH AS:

- EGG, CHEESE AND AVOCADO
- HOMEMADE OATMEAL OR CEREAL MIXES
- SANDWICH, BURRITO OR VARIOUS RECIPES

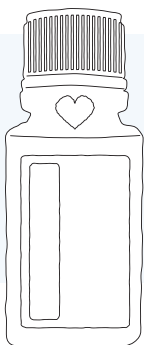
GOOGLE IS YOUR BEST FRIEND AND ASK FRIENDS AND FAMILY WHAT THEY PREFER. USE ALL THE RESOURCES TO FIND YOUR BREAKFAST NIRVANA!

FILL OUT THE BREAKFAST WORKSHEET ON THE NEXT PAGE, SO YOU'LL HAVE A GO-TO SOLUTION FOR A ENTIRE WEEK OF HEALTHY BREAKFAST OPTIONS.

THERE ARE ALSO SPOTS TO ADD IN NEW RECIPES AND THINGS TO TRY AS YOU GO, SO YOU CAN SWAP OUT FROM YOUR REGULAR ROUTINE OVER TIME AND WITH THE SEASONS.

THE WORKSHEET WILL GIVE YOU A GO-TO SOLUTION FOR BREAKFAST. EVEN IF YOU ARE SUPER BUSY OR SHORT ON TIME IN THE MORNINGS, HAVING MEALS PREPLANNED AND INGREDIENTS ALREADY IN YOUR HOUSE, WILL MAKE IT EASIER!

YOU'VE GOT TO ALLOW YOURSELF TO HAVE A GOOD BREAKFAST EVERY MORNING AND HAVE OPTIONS READY TO GO, SO YOU ARE NOT FACED WITH SUCH DECISIONS, FIRST THING EACH DAY. WHEN THINGS GET BUSY, IT'S EASY TO SUCCEMB TO TEMPTATIONS. DON'T LET THAT HAPPEN!



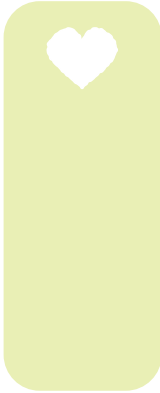
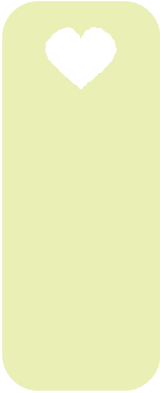



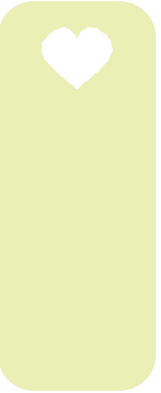
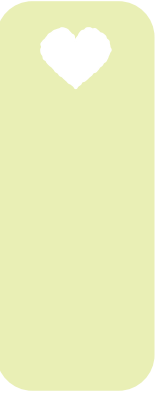
ESSENTIAL OILS HELPERS:

- WILD ORANGE IS GREAT FOR MORNINGS - USE IT TO WAKE UP, BOOST YOUR ENERGY, START THE DAY ON THE RIGHT FOOT!
- PEPPERMINT, CINNAMON, GINGER AND CITRUS OILS ARE GREAT TO ADD INTO BREAKFAST FOODS AND DRINKS, TO GIVE YOU VARIETY, MORE TASTE AND TO HELP CURB CRAVINGS!
- THE SLIM & SASSY LINE OF PRODUCTS PROVIDE A VARIETY OF HELPFUL ESSENTIAL OILS TO BOOST YOUR METABOLISM!

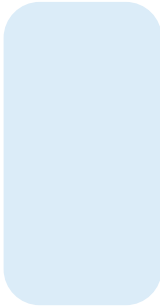
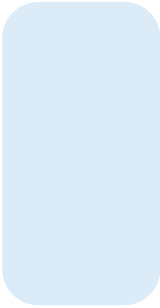
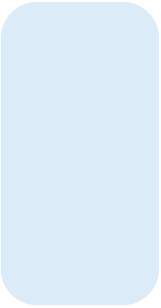
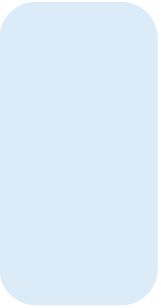
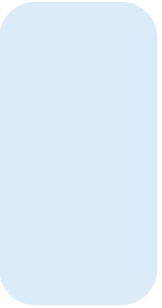
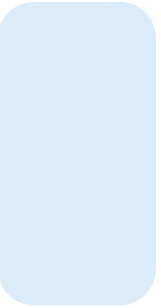
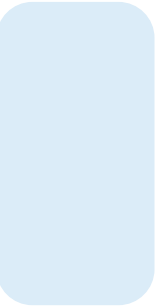
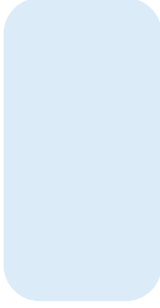
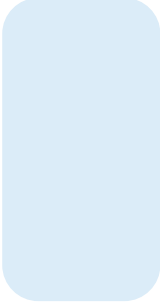
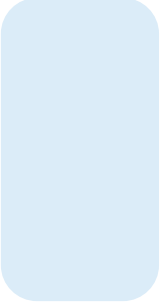
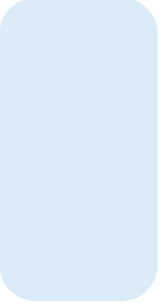
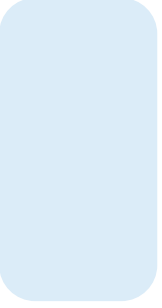
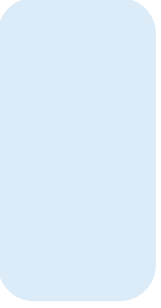
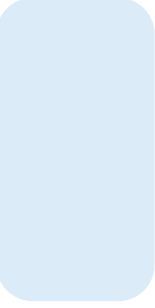
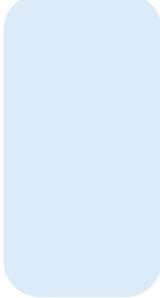
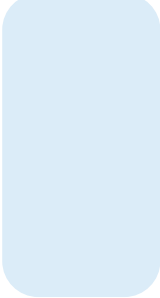
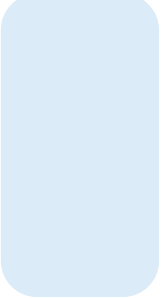
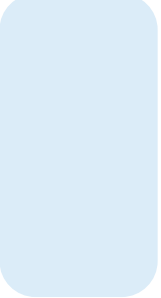
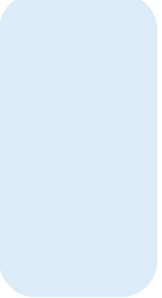
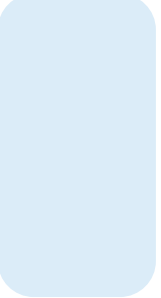
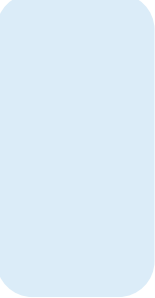
--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Breakfast Nirvana

AN IDEAL BREAKFAST WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
						

MORE BREAKFAST IDEAS TO TRY

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Replace the Bad with Good!

PREPACKAGED FOODS. I KNOW, IT'S CONVENIENT. BUT IT'S USUALLY THE WORSE OPTION HEALTH-WISE. LET'S TALK ABOUT WHAT WE CAN REPLACE.

TRY HEALTHY REPLACEMENTS TO WHATEVER BAD CHOICES THAT MIGHT BE IN YOUR CURRENT MENU THROUGHOUT THE DAY.

THERE ARE SOME CATEGORIES OF FOODS THAT REALLY CONTRIBUTE TO THE OVERLOADING OF SUGAR TO OUR BODIES. TRY TO AVOID SODA, STORE-BOUGHT FRUIT JUICES AND MIXES THAT HAVE ADDED SUGAR. SALAD DRESSINGS IN THE BOTTLE AND PREMADE SAUCES, CONDIMENTS...

INSTEAD, TRY REPLACEMENTS:

- HERBAL AND VARIETY OF TEA DRINKS (YOU CAN COLD BREW IN THE SUMMER, ADD LEMON, NOT SUGAR)
- INFUSIONS WITH FRUIT AND VEGGIES TO FLAVOR YOUR DRINKS
- COCONUT WATER, IT'S GOOD FOR YOU!
- SMOOTHIES AND HOME JUICING, SO YOU AREN'T GETTING EXTRA SUGARS

AND OF COURSE TRY HOMEMADE OPTIONS - OR BRIBE YOUR FAVORITE FAMILY CHEF TO HELP YOU OUT!

YOU CAN MAKE YOUR OWN SALAD DRESSINGS AT HOME IN MINUTES AND THEY CAN BE STORED FOR A LONG TIME.

HERE IN ITALY WE OFTEN JUST ADD LEMON, OLIVE OIL AND SALT/PEPPER TO TASTE AS A DRESSING FOR SALADS AND ON TOP OF MEAT.

FOR PASTA SAUCES, INSTEAD OF PREMADE BOTTLES, YOU CAN MAKE YOUR OWN AND FREEZE PORTIONS. YOU DON'T ADD EXTRA SUGAR AND THERE ARE MUCH MORE NUTRIENTS IN THE HOMEMADE VERSIONS AS WELL.

AGAIN, GOOGLE IS YOUR FRIEND, FIND THOSE HEALTHY RECIPES AND PUT THEM INTO ACTION

ARE YOU HUNGRY THROUGHOUT THE DAY?

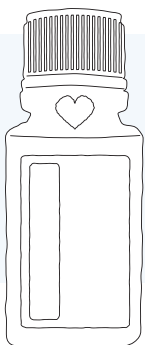
SNACKING IS OFTEN A BIG ISSUE WHEN IT COMES TO CALORIES AND HUGE SPIKES IN SUGAR INTAKE. YOU MIGHT BE DOING WELL OVERALL, BUT THOSE CRAVINGS REALLY GET YOU! AS I'VE MENTIONED BEFORE, EVEN A SODA IS TOO MUCH SUGAR FOR A DAY, BECAUSE SODAS SIMPLY HAVE WAY TOO MUCH SUGAR IN THEM. SO THAT COUPLE OF COOKIES, CHOCOLATE BAR OR SWEET SNACK, MIGHT BE RUINING YOUR DAILY INTAKE LEVEL!

I CERTAINLY DON'T LIKE TO STARVE, SO THE BEST THING TO DO IS TO HAVE HEALTHY OPTIONS AT ARMS REACH. DO YOURSELF A FAVOR AND ELIMINATE THE BAD TEMPTATIONS!

NUTS AND SEEDS ARE REALLY HEALTHY, GOOD FAT ALTERNATIVES. BANANAS, APPLES AND VARIOUS FRUITS ARE ALWAYS BETTER THAN PRE-MADE SNACKS. HOW ABOUT PLAIN YOGURT WITH SOME GRANOLA OR NUTS ON TOP?

WE ALL HAVE DIFFERENT TASTES, SO YOU SHOULD FIGURE OUT YOUR FAVORITE HEALTHY SNACK ALTERNATIVES AND HAVE THEM ON HAND.

FILL OUT THE WORKSHEETS AND GIVE YOURSELF A VAST MENU OF HEALTHY OPTIONS TO EAT FROM!



ESSENTIAL OILS HELPERS:

- THE SLIM & SASSY LINE OF PRODUCTS CAN HELP TO CURB CRAVINGS THROUGHOUT THE DAY
- DIFFUSE LAVENDER TO DISPEL FRUSTRATION, IRRITABILITY AND ANXIETY
- DIGESTZEN BLEND CAN GIVE YOU CONFIDENCE AND WILLPOWER, IN ADDITION TO DIGESTION HELP!

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

Snack Options

YUMMY SNACK IDEAS, SO YOU'LL ALWAYS HAVE HEALTHY OPTIONS WHEN CRAVINGS HIT!

WITH A LOT OF VARIETY TO CHOOSE FROM, YOU'LL NEVER GET BORED OF THE HEALTHY OPTIONS!

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Change Your Life

SET YOURSELF UP FOR SUCCESS!

HAVE YOU EVER CONSIDERED TAKING SUPPLEMENTS TO SUPPORT YOUR HEALTHY EATING HABITS? LET'S BE HONEST, WE ALL TRY OUR BEST, BUT IT'S PRETTY DIFFICULT WITH OUR BUSY LIVES TO ACTUALLY GET ALL THE NUTRIENTS OUR BODIES WOULD LIKE TO HAVE AND TRULY NEED TO THRIVE.

IT MIGHT BE THE REASON WHY YOU FEEL HUNGRY MORE OFTEN THAN YOU WOULD LIKE TO, PERHAPS YOUR BODY IS TELLING YOU SOMETHING?

THAT'S WHY I TAKE DAILY SUPPLEMENTS, JUST TO PATCH UP WHATEVER MIGHT BE MISSING. IT'S REALLY A NO BRAINER!

CONSIDER OMEGA 3S THAT WE KNOW WE SHOULD HAVE, BUT DO YOU HONESTLY EAT ENOUGH FISH, EVERY SINGLE WEEK, 52 WEEKS A YEAR TO MEET THE REQUIREMENTS? Hmm... IT'S TIME TO GIVE YOUR BODY WHAT IT NEEDS TO FEEL AT IT'S BEST!

YOUR BODY WON'T NEED TO SCREAM FOR HELP, IF IT'S GETTING EVERYTHING THAT IT NEEDS. MY PERSONAL EXPERIENCE IS THAT DAILY SUPPLEMENTS HAVE HELPED ME CREATE A BALANCED FOUNDATION TO BUILD UPON.

TAKE A BIT OF TIME TO DO YOU RESEARCH AND PICK THE SUPPLEMENTS THAT FIT WITH YOUR LIFE. YOU HAVE TO FIND SOMETHING THAT YOU WILL ACTUALLY TAKE REGULARLY, OTHERWISE, IT'S ALL POINTLESS!

I TAKE THE LIFELONG VITALITY PACK BY DOTERRA. IT'S A 3 PACK SUPPLEMENT REGIMEN AND I TOP IT OFF WITH PROBIOTICS AS A REWARD, BECAUSE IT TASTES SO GOOD! MY ENERGY LEVELS AND WILLPOWER HAVE DEFINITELY STRENGTHENED SINCE STARTING UP, SO I'M NOT GOING TO EVER FORGET TO TAKE THEM NOW!

IT'S PRETTY FANTASTIC TO FEEL SO GOOD AND I BELIEVE THE BALANCED STATE I AM IN, ALSO HELPS ME TO MAKE BETTER DECISIONS MOVING FORWARD. IT'S REALLY A WIN-WIN! GET HEALTHY, FEEL GOOD, SO THEN YOU GET EVEN MORE HEALTHY AND HAPPY!!!

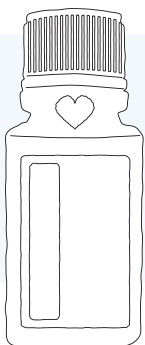
GET OUT AND TAKE YOUR MIND OFF THINGS. MENTALLY PREPARE!

SOMETIMES WE FOCUS A BIT TOO MUCH ON THE ISSUE, RIGHT? SO DON'T FORGET TO RELAX AND TAKE YOUR MIND OFF OF THE ISSUE SOMETIMES.

NOTHING LIKE FRESH AIR AND NATURE TO CLEAR YOUR MIND OF WORRIES. GET OUT OF THE HOUSE, DO THINGS YOU LOVE, GET YOUR MIND OFF OF CRAVINGS OR THINGS THAT YOU MISS, ESPECIALLY IN THE BEGINNING STAGES. THE BEGINNING OF YOUR JOURNEY WILL BE THE HARDEST, BECAUSE THERE IS A BIT OF WITHDRAWAL FROM ALL THE BAD HABITS OF YOUR PREVIOUS LIFE CHOICES!

WHEN YOU NEED A MOTIVATIONAL BOOST, TURN TO JOURNALING, CREATIVE ACTIVITIES AND OILS TO HELP YOU KEEP AT IT!

GO BACK TO THE FIRST PAGE WHERE YOU WROTE DOWN WHAT SUCCESS WOULD BE LIKE. REALLY IMMERSE YOURSELF INTO THOSE THOUGHTS OF LIVING WELL, VERSUS SUFFERING THE CONSEQUENCES. WHAT WILL YOUR LIFE BE LIKE? HOW WILL IT BE DIFFERENT? HOW WILL YOU LOOK AND FEEL? HOW WILL IT AFFECT YOU AND YOUR FAMILY? USE IT ALL AS A MOTIVATING TOOL!



ESSENTIAL OILS HELPERS:

- USE THE CITRUS BLISS BLEND FOR CREATIVITY AND HEALTHY RELATIONSHIPS
- ELEVATION BLEND FOR TRANSCENDENCE AND TAKING YOUR MIND OFF THE NEGATIVE
- BREATHE BLEND FOR ACCEPTANCE AND COMPASSION FOR YOURSELF

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Consistency

KEEP AT IT! YOU ARE DOING SOMETHING AMAZING FOR YOUR HEALTH!

WE ALL HAVE DIFFERENT LIFESTYLES AND SOMETIMES YOU MIGHT REVERT BACK TO OLD WAYS OR EAT SOMETHING YOU REGRET EATING...

THAT'S TOTALLY NORMAL AND OKAY!!!

BE MINDFUL ABOUT THESE INSTANCES. TAKE NOTE HOW YOU FEEL. LEARN FROM IT AND MOVE ON.

THE IMPORTANT POINT IS TO NOT GIVE UP.

ALL TOO OFTEN, WE THINK ONE MISSTEP IS THE END ALL BE ALL. WELL, IT'S THE EASY PATH, RIGHT? YOU WANT TO GIVE UP AND JUST NOT HAVE TO THINK ABOUT IT ANYMORE. BUT MISTAKES ARE PART OF THE JOURNEY.

PLEASE DON'T BEAT YOURSELF UP FOR MISTAKES OR BAD CHOICES. THIS IS A LONG-TERM GAME, A LIFE-LONG WAY OF LIVING REALLY!

JUST KEEP MOVING FORWARD, MAKING THE BEST CHOICES YOU CAN.

AS LONG AS YOU ARE WORKING TOWARDS YOUR GOALS, IT'S ALL GOOD

REMEMBER, YOU DON'T HAVE TO BE PERFECT.

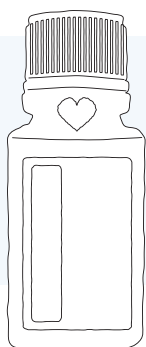
CONSISTENCY IS WAY MORE IMPORTANT THAN PERFECTION. I KNOW YOU WILL FEEL THE DIFFERENCE IN YOUR BODY AND THAT WILL BE ANOTHER MOTIVATING FACTOR. TAKE A LOOK BACK ON THE FIRST PAGE OF YOUR JOURNALING AS WELL, THAT CAN BE HELPFUL ALONG THE WAY AS A REMINDER OF YOUR GOALS AND WHAT YOU ARE WORKING TOWARDS.

I TRULY BELIEVE THAT YOUR MIND, BODY AND SPIRIT WILL ALL IMPROVE AND BENEFIT FROM THIS NO/LESS SUGAR JOURNEY.

ARE YOU EXCITED TO KICK SUGAR IN THE BUTT?

I WISH YOU THE BEST ON YOUR JOURNEY!

MY BEST TO YOU!
LOVE LINDA



ESSENTIAL OILS HELPERS:

- BLACK PEPPER, FRANKINCENSE, BERGAMOT AND WHITE FIR TO GET UP AND GO FOR IT!
- JUNIPER BERRY AND WILD ORANGE CAN HELP YOU OUT OF A SLUMP, A WAKE UP CALL.
- ELEVATION, LIME AND MOTIVATE IS THE ULTIMATE MOOD BOOST TO TAKE CONTROL AND WALK TOWARDS SUCCESS!

--- SUCCESS WILL BE YOURS WHEN YOU CHOOSE TO TAKE RESPONSIBILITY FOR MAKING IT SO. ---

More Information

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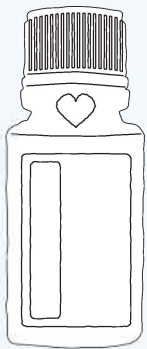
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IF YOU WANT TO LEARN MORE ABOUT THE ESSENTIAL OILS I USE OR HAVE OTHER QUESTIONS, CONTACT ME DIRECTLY
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