



28 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 28 day sugar Detox

1. Remove all sugar and simple carbohydrates from diet for 28 days in a row.
2. Remove all foods from the “avoid” list below, and eat only foods on the “good” list for the 28 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 overcorrect 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 ff 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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Foods to Eat and Avoid During Your 28 Day Sugar Detox

Good Foods:

Buy as many of these organic as possible

All Herbs	Lemon and Lime
All Vegetables, Except Potatoes	Lentils
Avocado	Nuts
Beans	Olive Oil
Beets*	Organic Free-Range Chicken
Wild Rice	Organic Free-Range Turkey
Carrots*	Quinoa
Coconut Oil	Sashimi
Eggs	Seeds
Fish	Tomatoes
Goji Berries	Wild Caught Salmon
Grape Seed Oil	Yams

**Limit to 1/2 cup per serving*

Foods to Avoid:

Agave Nectar	Flour	Seitan
Alcohol	Flour Tortillas	Soy
All Fried Foods	French bread	Sucrose
All Fruit not on Good Foods list	Fructose	Sugar
All Grains not on Good Foods list	Fruit Juice	Tortillas
Artificial Sweeteners	High Glycemic Fruits	Trans Fats
Breads	High Fructose Corn Syrup	Vinegar
Buckwheat	Honey	Wheat Bread
Candy	Hydrogenated Oils	Wheat Pasta
Cereal	Maple Syrup	White Bread
Cheese	Millet	White Flour
Cream Sauces	MSG: Monosodium Glutamate	White Rice
Dairy	Oatmeal	Yogurt
Evaporated Cane Juice	Potatoes	
Exekiel Bread	Raw Cane Sugar	

This is a list of foods only during the 28 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:	Most Commonly Reported Negative Effects During The Cleanse:
Fat loss	(these symptoms pass after a day or two)
Less bloating	Headaches
Clearer skin	Flu / Cold-like symptoms / Chilling
Less craving for sugar / food	More emotionally sensitive
Increased sense of taste (healthy food starts tasting better)	Lethargic / Low energy
Increased energy	Diarrhea/ Constipation
More consistent energy	Gas / Bloating
More regular bowel movements	Body odor / Bad breath
Increased sense of wellbeing	Skin breakouts / Rashes
Elevated mood/less depression	Irritable
Lower cholesterol	Sporadic sleep
Better sleep	Old memories / emotions resurfacing
Old memories / emotions resurfacing	Mucus drainage

Most Commonly Reported Positive Effects AFTER The Cleanse:	Most Commonly Reported Negative Effects After The Cleanse:
Fat loss	<i>No reports of negative effects after cleanse...</i>
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	

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.

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Signs of blood sugar imbalance:

- 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
- 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 28 sugar detox!

If you are experiencing...

Headaches • Irritability • Dizziness • Feeling shaky • Lack of energy • Trouble concentrating

And if you're serious about kicking your sugar addiction, which may be the cause of diabetes or some other sugar imbalance issue you may have, take the next step and contact us to set up a **Free 15 min consultation with Demeka Scott (Certified Nutritional Consultant). 678.701.7757 www.healthylivingjourney.com**

Breakfast	Lunch	Dinner
<p>Egg Bacon Wrap (ovenstyle) w/ Berry Bowl</p> <ul style="list-style-type: none"> • Coconut oil (or other oil/ fat) • 2 Eggs (or as many as you want) • 2 slices of Turkey bacon (or as many pieces as eggs) • Chopped onions (about 2 Tbsp) • Spinach, lightly sautéed (about ¼ cup) <p>Berry Bowl Mix:</p> <ul style="list-style-type: none"> • ¼ cup (each) Raspberries, Black Berries, Blue Berries, ½ Lemon (juiced) <u>NO Strawberry!</u> <ol style="list-style-type: none"> 1. Preheat oven to 350 degree. Spread a small amount of coconut oil into muffin tins. 2. Loop one slice of bacon around the sides of the muffin tin to form a circle. (I pre-cook my turkey bacon, 1-2 mins on each side...this is optional). 3. Crack eggs in bowl, whip and mix in veggies. Then pour desired amounts in between bacon. (Adding salt & pepper is optional). 4. Bake for about 15-20 mins until the egg has risen and set. Let sit and using a knife gently remove the bacon egg cup. 5. Mix fruit in bowl, pour lemon juice on top 	<p>Garlic-Lime Fish Wraps</p> <ul style="list-style-type: none"> • 1-2 limes Juice and zest • 1 clove garlic, grated or finely minced • 1/2 teaspoon chili powder • Sea salt and black pepper to taste • 2 Tilapia fillets • 1 head Romaine lettuce -leaves rinsed <p>Wrap Toppers:</p> <ul style="list-style-type: none"> • 2 dozen cherry tomatoes, halved • 1 avocado, thinly sliced • 1/4 cup chopped <ol style="list-style-type: none"> 1. In a large mixing bowl, whisk together lime juice, zest, garlic, chili powder, sea salt & black pepper. Place the tilapia in the bowl and massage the seasonings into it. Grill for approximately 3 minutes per side. 2. Set the cooked tilapias aside to rest for 10 minutes, then slice into small strips. You may want to divide the tilapia into sections before slicing, as it is typically very long. 3. Serve the tilapia, tomatoes, cilantro, and avocado in your lettuce leaves. 	<p>Lemon - Grilled Chicken w/ Salad</p> <ul style="list-style-type: none"> • 2 boneless, skinless chicken breasts • Juice and zest of 2 lemons, divided • 1-2 cloves of garlic - pressed, chopped or grated • Sea salt & black pepper to taste • 1 Tbsp melted coconut oil to grease your grill/grill pan • 1 Tbsp extra virgin olive oil (to finish) <ol style="list-style-type: none"> 1. Split the chicken breasts by running a knife along and through the thick/long side, thereby opening up the breast into a "butterfly" or heart shape. 2. In a bowl large enough to marinate the chicken, mix 1/2 of the lemon juice, garlic, sea salt & black pepper. 3. Place chicken into the bowl with the marinade; set aside for 10-20 minutes. 4. Brush your grill or grill pan with coconut oil, and then grill chicken 4 minutes per side over medium-high heat or until it is cooked through and no pink is visible, basting with lemon juice while grilling. Allow to cool slightly before slicing. Finish with extra virgin olive oil drizzle. 5. Your salad can be as simple as a romaine lettuce/spinach mix w/ cucumbers & dressing.

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