

HONEY HILL NATURALS

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7 Day Holiday Sugar Help



Pretty much everyone can agree that sugar is toxic and addicting. We know it's harmful to our health, ruins our skin, and makes us gain weight right where we hate it the most; our belly! I know this is one of the biggest struggles for so many people. I know because I too, have been addicted to sugar. This cycle is a difficult one but know this; It can be stopped! With just a little mindfulness, not willpower, you will be able to add tons of nutrition, healthy fats and sugar-busting swaps to your daily diet that will improve your overall wellbeing, energy levels and BMI! Try my tips and strategies for just 7 days. You're going to be so happy that you did!



Eat a Big Salad Everyday

Eating a healthy, balanced diet provides nutrients to your body.

These nutrients give you energy and keep your heart beating, your brain active and your muscles working. Filling up your tummy with nutrient-dense salads and fresh fruits and veggies at the start of your meal, makes you naturally crave less sugar. As a general rule, aim for 1 big salad, about 4 cups of greens, or 2 small salads, about 2 cups of greens each. Top it off with lots of other veggies, cheeses, nuts, etc. and sprinkle (or spray) with vinegar and olive oil. If you're not a salad person, swap out this big salad with a bowl of veggies like Brussel sprouts, broccoli, asparagus, cauliflower, or green beans. The shredded versions of these veggies makes a great option, too! Enjoy!

Add in Healthy Fats



Add in healthy fats like avocado, grass-fed butter, beans, fish, eggs, hard cheeses, cream cheese, heavy cream, nuts and seeds, and healthy oils while *taking out* processed carbs and refined sugars. Healthy fats keep you satisfied for longer, and do not raise insulin, so you have less cravings. Healthy fats are healthier for our brain, organs, hormones, and cells.

Tip: Use whole-fat cream or half-and-half, Stevia or Monk Fruit or other healthy sugar substitute in your morning coffee instead of sugar-filled creamer. Top it off with a sprinkle of cinnamon on top, as cinnamon works to stabilize blood sugar.



Use Healthy Swaps for Sugar

Swap cane sugar granules for Swerve, Stevia, or Monk Fruit Sweetener. These sugar substitutes do not raise insulin levels. Swap sugary drinks, energy drinks, and sodas for tea or lemon water, sweetened with one of these health sweeteners. Swap fruits, whole-fat yogurts for sugary desserts and treats. Swap candies for choices like Lily's chocolate bars that is sweetened with Stevia. Swap out sugar-filled cakes and pasties with healthy fat, keto bombs, and treats. See some of my family favorites like Keto Cheesecake Fluff [here](#).



Add in Real Salt to Your Daily Routine and Drink More Water.

You read that correctly. I really do mean to add more salt into your daily diet. I am not referring to the mainstream iodized salt you find very cheap everywhere. These containers have been found to contain toxic plastic particles among other things, and actually causes microscopic injuries to our arteries, which in turn causes high blood pressure. Real salt (like Himalayan Pink salt or Redmonds Real salt) contains the natural trace elements, or minerals, vital for good health. Proper hydration contains these salts. Our body doesn't require so much of the water as it does the essential salts.

Many times, our body will confuse the cravings for sugar for salt. So, if you're a salty eater, you may not be out of the woods. Craving salty foods can be the same as craving sugary foods. Drink filtered water with a shake or two of added real salts to your drink instead. Mineral water works well here, too. Believe it or not, this stops many cravings! For more tips, check out my blog post titled [Drink More Water here!](#)

Exercise and Sleep

Two other very important aspects to a sugar detox (and insulin resistance) is *exercise* and *sleep*.

Exercise – Do weight-bearing exercises or lift weights for at least 30 minutes, as well as high intensity workouts for cardio, such as Cross-fit or H.I.I.T. Both of these improve insulin sensitivity and reduce sugar cravings very effectively! Aim for 5-6 total workouts each week. Some workouts can even be done in a chair.

Workout at your own level and check with your doctor if you have other health concerns.



Sleep – Sleep, when we don’ t get what we need, makes us hold onto body fat, we lack energy, and we crave sugar and carb foods. If you’ re having trouble falling asleep or staying asleep, look to natural ways like using lavender



essential oil in a diffuser next to your bed, using a sleep spray set [like this one](#). I call it The Better Sleep Bundle. Stay off your phone or laptop for at least one hour before going to bed

or meditating. Magnesium Oil Spray [like this one](#), sprayed on the bottoms of the feet before going to bed is also very helpful, as most of us are magnesium deficient. Check out my blog post titled [Senses Countdown to Restful Sleep](#).

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