



# REASONS TO GIVE UP SUGAR

with Carmel Liertz

# YOU'LL LOOK AND FEEL YOUNGER

Talk to yourself in the mirror and say out loud:

- *I love and respect myself so much that I'm giving up sugar. I'm capable of doing this.*
- Visualize yourself looking and feeling younger – without sugar in your life.

Concentrate on Exercise and Healthy Nutrition  
+ filtered water/herbal teas

- Enjoy Stretching and Walking in your favourite places. Use also as breaks from work.
- Eat small healthy snack portions regularly.
- BE AWARE that Fasting (unless overnight) and Missing Meals can make you crave sugar.

Too much Meat is known to increase sugar cravings.

**Forget counting calories and looking at your weight daily. You'll know you've changed because you'll simply feel better. The absence of sugar after some weeks makes you look and feel younger. Others will notice too.**



# ***WHAT'S WRONG WITH SUGAR?***

- **SUGAR IS ADDICTIVE**
- **SUGAR IS EMPTY NUTRITION – contains no vitamins**
- **SUGAR IS A DEPRESSANT – not an antidepressant as people think**  
After a quick boost from sugar, a slump follows – with the taking of the body's B Vitamins.  
The resultant B vitamin deficit then creates symptoms of:  
**Irritability – General Nervousness – Anxiety, all made worse with Stress.**
- **SUGAR TRIGGERS STRESS HORMONES – increasing heart rate, blood pressure and oxygen demands on the heart**
- **SUGAR ADDS STRESS TO THE NERVOUS SYSTEM (as does Caffeine, Salt)**
- **SUGAR AFFECTS THE BRAIN & CONTROL IN PERFORMANCE.**

# ***SUGAR DAMAGES YOUR MIND-BODY HEALTH***

Sugar is acidic and inflammatory– causing Chronic Conditions

**A Diet with Sugar increases your risk of these Chronic Diseases:**

- OBESITY
- DIABETES
- CARDIOVASCULAR DISEASE
- FATTY LIVER DISEASE (non-alcoholic)
- COGNITIVE DECLINE
- MENTAL HEALTH PROBLEMS / MENTAL DISORDERS
- SOME CANCERS



# *FAVOURITE SUBSTITUTES FOR SUGAR*

- Carob Powder – low sodium, low fat, high fibre, gluten free / caffeine free  
– contains antioxidants and calcium
- Natural Coconut with Vanilla Yoghurt (without added sugar)
- Dried Fruits – sun ripened, no additives with vegetable oil or preservatives  
– 100% Dates, Sultanas, Raisins, Currants

Favourite Recipes without sugar:

Healthy Carrot Slice (1/2 cup plump raisins for sweetness)

Pumpkin Biscuits (1/2 cup dates for sweetness)

Healthy Christmas Cake (mix of dried fruits + orange for sweetness).

## ***BENEFITS FOR PERFORMERS/PRESENTERS IN ALL FIELDS***

- clear brain / sense of control
- clear memory
- sustained focus and energy
- ‘In The Zone’ happens quickly
- ‘In The Flow’ comes easily.

