

Hi!

As you know, I am not a nutritionist or dietician but simply a woman who has successfully ridded alcohol from my life for over 13 years and gone on to enjoy a healthy lifestyle, where nutrition and fitness have played major roles.

That said, when I stopped drinking, I noticed my craving for sugar increased, which is a common occurrence in people who have given up alcohol.

I went on a sugar cleanse a few years ago that helped me get my cravings, my moods, and my weight back under control, but slowly the sugar has crept back in to my life, with each healthy recipe I've made (because even dark chocolate and natural sugars like maple syrup and honey are sugar!)

It is once again time to kick my sugar monster to the curb!

**Please note that if you have medical reasons why you shouldn't be starting a sugar detox, please do not start this cleanse. If you have high or low blood sugar, talk to your doctor before starting this program.**

I am someone who can't drink alcohol. **One glass of wine would ignite my cravings for more alcohol** and I would have to detox and work through the pain of a relapse all over again.

Like alcohol addiction, **sugar addiction is real**. For some people, this detox phase may be the stepping stone they need to begin a life entirely without sugar. For some people, sugar addiction must be managed the same way my alcohol addiction is; **with complete abstinence**.

Perhaps that person is me. Perhaps that person is you.

But before we worry about whether we will live the rest of our lives without another piece of birthday cake, I want you to know that at this point, I am looking to use this Challenge the way I used my last cleanse; as a re-set.

To allow my body a break from sugar and an opportunity to find a new balance. We will be re-introducing sugar slowly, in the form of fruit, then grains, but this happens later in the Challenge.

We will be documenting how we feel all along by using our **Food Journal** which will help guide our choices moving forward. **I created a Journal specifically for the Sugar Challenge-- download it from my website, SarahTalksFood.com, under the tab "Food Journals" and print one for each day starting today!**

For 28 days, we will be removing the following:

- All processed foods
- Dairy (we WILL use coconut milk and almond milk)
- Alcohol
- Refined sugars
- Natural and artificial sweeteners like honey, maple syrup, molasses, coconut sugar, agave, brown rice syrup, stevia, aspartame, sucralose etc.
- Dried fruit
- Fruit (for most of the Challenge)
- Gum, mints, lozenges or candy
- We will also be removing starchy vegetables like potatoes, sweet potatoes, carrots pumpkin, squash, peas and corn.

After the 28 days is up, we get to decide what sugars, if any, will make their way back in to our diets; and that is the key, that instead of being ruled by our cravings, **we get to decide based on how we feel.**

Don't worry! More details about food as well as **shopping lists and recipes will arrive in your inbox** in the coming days. I also plan to use the **Facebook group** extensively, so be sure to join is there as well!

**This cleanse is a re-set.** A chance for our bodies to get to a more natural state, not fueled by fake foods and sugar; an opportunity for our bodies and our brains to send and receive messages regarding what we are eating and how we are feeling; a chance to truly feel the connection between what we eat and how we think, move and feel.

We will be doing this together, as a team, and so the health of the group is affected by each individual; we rely on one another to keep us strong, accountable and on track.

Please be honest about your struggles, and even if you fall off track, we want to know about it, but please make a decision, today, that this is what you are going to do for 28 days starting on February 16th.

**Please don't sign up if you don't intend to work your butt off to finish.**

When it gets hard, we need you to dig in and keep the rest of us accountable, with you.

If you are here and you are ready, then we are here for you---waiting to cheer you on.

**You are awesome.**

xo Sarah

**P.S. I'd love to hear from you! How are you feeling about your commitment level to this Challenge? It is normal to be apprehensive, but together we can do this. Feel free to send me any questions or concerns. :)**