

Hi!

We are here. We have made it.

We are finishing up our preparatory phase and embarking on our 28-day detox. I couldn't be more excited!

Congratulations for trusting the process, working through the assignments, stocking your fridge and pantry and for trusting me to help you along this journey.

I am humbled beyond measure.

Perhaps you will be feeling uneasy today. Maybe a little nervous or scared that you won't be able to do the whole 28 days. Perhaps you are excited, itching to start and just get this thing going!

Perhaps you feel a whole bunch of emotions all at once.

Please know that it is all normal. Every single one of your feelings is normal.

It is by feeling our feelings, and not using sugar to soothe them, that we will get through this Challenge and become more empowered by it in the process.

That is the goal. Not to just quit sugar for 28 days, but to become better versions of ourselves through the experience; having better tools to work through our stress, to see that a life without sugar is a life of freedom and happiness (I am not saying we will never eat sugar again, but being free from addiction is key here).

All you have to do when you feel anxious today, or throughout the Challenge, is **STOP**.

Breathe.

Drink a tall glass of water.

Think about where your feelings are coming from. Be the observer of those feelings, instead of acting on them.

And change your state.

You must get out of your current state in order to move to a better, healthier one. If you are feeling anxious or depressed or sad, you must get up, move around, dance, go outside, turn up the music, go to the gym, call a friend, make a cup of tea, clean out a closet, SOMETHING, ANYTHING to get you out of that state.

I promise the cravings will pass. They always do. And it is in getting through each of those cravings that we begin to believe that we can do it.. Through each success, we build up trust in our ability to succeed again. And when we string together those successes, we end up achieving our goal.

Please trust yourself to do this.

Do not give up or give in to your cravings.

Know that they will ABSOLUTELY come up. There is NO avoiding them! But you will not succumb to them.

We are killing off the sugar in our bodies and we are finding new ways of soothing our emotions.

This doesn't happen overnight. But it DOES happen, and it DOES get easier. I promise.

Speaking of changing your state, you have a new Homework Assignment that must be completed today. It is broken into two parts

Part 1:

You MUST move your body today. And you MUST do that Outdoors. Do anything you like; take a walk, a hike, a run; ride your bike, go cross country skiing, skating, whatever you can do depending on the weather where you are, but you must get outside and get some fresh air.

Part 2:

You must get a piece of paper or buy a journal and create your Gratitude journal. All I ask is that you write down 5 things you are grateful for each day. Please write more if you are grateful for more, but for some people, this will be a new practice, and I only ask for 5. It can be anything.

But be grateful. PLEASE DO NOT IGNORE THIS HOMEWORK. Your level of success on this Challenge is highly dependent on it.

Trust me.

What we focus on expands. So, when we focus on the goodness we have, we get more goodness. This is how the law of attraction works. It is just the way it is.

Here are mine today:

I am grateful for my health.

I am grateful to be serving others along this journey.

I am grateful for the food in my fridge and pantry that will nourish me.

I am grateful to live in peace and safety.

I am grateful for an open mind and a willing heart as I embark on this Challenge.

I would love to hear yours. If you like, feel free to post in the group and tell us what you are grateful for. :)

I have had a lot of excellent questions about what foods should be avoided on the Challenge. If you have yet to join our Facebook group, please do it!!!

I just added my Costco shopping trip video, and we have lots of great conversations there, so it is an amazing resource and most of your questions will be answered either by Challengers or by me,

personally. It is amazing to be a part of something and the group really helps with that feeling of community and connection.

But here is a recap with some additions, based on your questions:

Please review Email #4 and Email # 6 on the website. These give us a good overview of foods we will be avoiding. Go to <http://sarahtalksfood.com/kick-the-sugar-challenge/>

To those lists, please add turnip, beets, rutabaga and any other root vegetable. They are very high in starch (which immediately converts to sugar).

We avoid all dairy (no butter, cheese, milk, cream etc) but we DO enjoy coconut milk and almond milk (see the Recipe Guide for home made--so good!!)

We ARE allowing zucchini, as it is very low in starch and ALL cruciferous vegetables are excellent choices! Cruciferous veggies include: Kale, Cabbage, Broccoli, Cauliflower and Brussels Sprouts. Think of the pungent veggies and eat these regularly. :) Please see the Recipe Guide on the website for lots of yummy ideas. Please let me know if you have any other questions.

A fellow Challenger posted this quote on her Facebook page today, and I thought it was very fitting as we embark on our journey together.

"The moment you're ready to quit is usually the moment right before the miracle happens" ~ BillyCox.com

I look forward to what's to come, and I am SO proud of you for making this bold step!

Congratulations!!!!

Sending hugs and high fives. Sleep well tonight.

Sarah xo

P.S. If you have any questions about the Challenge, feel free to hit reply and let me know! Now, get outside and have some fun!! :)