



Living Unprocessed:

DISCOVER

Where Awareness Begins



By Cathy Carney, NBC-HWC

A Note From Cathy



Welcome to **Living Unprocessed: Discover - where awareness begins.** I created this book to help you begin reconnecting with your body, your energy, and your natural balance.

For years, I pushed through stress and relied on convenience foods to keep going — until my health started breaking down. The result was significant autoimmune conditions that left me exhausted and searching for answers.

That experience became my turning point. I realized that what we eat, how we manage stress, and the way we care for ourselves every day make all the difference. I went back to school, earned a master's in health coaching and nutrition, and became a National Board-Certified Health & Wellness Coach (NBC-HWC) so I could help others break free from the same struggles.

I've combined everything I've learned — from personal healing to professional training — and built a 3-step framework supported by 5 action pillars that guide you from awareness to transformation. ***The Unprocessed Life Method™*** is a simple, practical framework designed to help you rebuild your energy, restore your health, and reconnect with the version of yourself that feels vibrant and alive.

Cathy

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04 Welcome to Awareness

Hi, I'm Cathy — and if you're reading this, chances are you've been searching for answers that go deeper than “eat less, move more, change your diet, you're just fine.”

You might wake up feeling tired even after sleeping, crash hard around 3 PM, find you're gaining weight without good reason, or notice that your body feels “off” even when you're doing everything you believe is right. I've been there - for years, I lived in a cycle of fatigue and frustration, grasping for answers from medical and other health professionals, to just end up with more questions and a lot of bills. Nothing made sense; I was athletic and exercised when I could, shopped the “healthy” stuff (so I thought), and tried to manage my stress, but my health continued to diminish. I was exhausted, overwhelmed, and frustrated.



Welcome to Awareness

Then I was diagnosed with my first autoimmune disease. What the heck was Hashimoto thyroid? The frustration mounted but so did my curiosity and with the turning of pages of a few related books, I was intrigued. There was so much information on the pages of these books that changed everything for me. What I thought was healthy - simply was not. In fact, I was eating completely processed food almost daily. Before this point, I hadn't paid any attention to the words "processed foods". Now I was listening.

What finally changed the road map for me was awareness.

Becoming aware of what my body was really asking for — and what was quietly working against it each and every time I put food in my mouth — became the turning point that rebuilt my energy and my health from the ground up.

This book is where your own Living Unprocessed journey begins.

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“Awareness was the turning point that rebuilt my energy and my health.”

(—Cathy Carney, Living Unprocessed)



06

What Does “Processed” Really Mean?



Processed foods include items that have been altered from their natural state to make them more convenient, “safer” to eat (sort of), or shelf-stable — things like canned soups, flavored yogurts, or packaged breads. While some processing is harmless, many packaged foods are made with refined oils, added sugars, manufactured salt, and artificial ingredients that enhance taste, texture, and shelf life.

Common additives include emulsifiers, preservatives, flavor enhancers, and artificial colors — all designed to make food hyper-palatable and long-lasting, but not necessarily nourishing. Over time, these ingredients can disrupt digestion, increase inflammation, cause unnecessary weight gain, and contribute to cravings and energy crashes.

The danger isn't just in what's added — it's in what's removed.

When nutrients, fiber, and natural balance are stripped away, your body loses the feedback it needs to regulate hunger, hormones, and energy.

What Does “Processed” Really Mean?

Ultra-processed foods go a step further — they’re industrially manufactured products that often contain little or no whole food at all. They’re built from refined starches, seed oils, and synthetic additives that create flavor, texture, and color while keeping costs low and shelf life long. Ingredients like high-fructose corn syrup, hydrogenated oils, artificial sweeteners, dyes, gums, and stabilizers are common, making these foods taste and feel addictive but provide little real nutrition.

Because they’re designed to be hyper-palatable and easy to overeat, they can disrupt blood sugar balance, fuel inflammation, create bloat and weight retention, and leave you feeling tired and craving more. Over time, a diet high in ultra-processed foods can drain energy, slow metabolism, and overwhelm the body’s natural repair systems.

Awareness means looking beyond marketing labels like “all natural” or “gluten-free” and asking a deeper question: “Is there any component of this food offering nutritional value that gives my body what it truly needs?”



LABEL TIP:

The longer the ingredient list — and the more words you can’t pronounce — the more likely it’s ultra-processed. Aim for foods with five ingredients or fewer, all of which you recognize.

Common Additives

Purpose: extend shelf life, boost color or flavor — often at the expense of your gut and hormones, causing cellular damage and inflammation.

Preservatives

Sodium benzoate, potassium sorbate, nitrites / nitrates (found in deli meats), BHA / BHT

Coloring Agents

Red 40, yellow 5, blue 1, caramel color, titanium dioxide

Flavor & Texture Enhancers

Monosodium glutamate (MSG), “natural flavors” (unregulated extracts), carrageenan, polysorbate 80, soy lecithin, xanthan gum

Why it matters: your body recognizes whole foods, not lab-made chemicals. These additives confuse your immune and digestive systems, leading to bloat, brain fog, and sluggish energy.

Hidden Sugars

Purpose: added sugars make food taste sweeter and more appealing, mask bitterness, enhance flavor, and create that “can’t-stop-eating-it” feeling.

Sweeteners

High-fructose corn syrup, aspartame, sucralose (Splenda), acesulfame potassium (Ace-K), erythritol & other sugar alcohol blends



Did You Know?

*There are over **50 different names** for sugar on ingredient labels — and companies often use multiple types so “sugar” doesn’t appear first. See page 34 of this guide for an expansive list of names for sugar.*

Why it matters: frequent sugar spikes exhaust your energy engines (mitochondria). They flood your system with insulin (causes inflammation), then leave you drained and craving more.

Hidden Sugars

Quick sugar check: stop and add up all the sugars in a box of cereal in your pantry, no matter their name, your body still reads them all the same way.

Energy crashes aren't in your head. They're your body's natural response to insulin swings. When you swap hidden sugars for real food, your mitochondria get steady fuel — and your 3 PM slump starts to fade.



Avoid “hidden sugars” in dressings, sauces, protein bars, and other bottled/canned goods. Look for: cane syrup, maltodextrin, dextrose. These drive inflammation quietly.

Notice cravings as signals, not weaknesses. They're your body's way of communicating what it needs — not a lack of willpower. Often, cravings mean you didn't eat enough protein or balanced nutrients earlier in the day, and your body is trying to find quick energy to make up for it.

Oils That Inflamm

Purpose: processed oils (fats) are used to keep foods shelf-stable — meaning they don't spoil quickly. The refining process strips away nutrients and antioxidants, but it also removes the natural compounds that make oils go rancid (spoil). The result is a cheap, flavorless fat that lasts a long time on store shelves... but not one your body thrives on.

Oils to Limit

Soybean, canola, corn, cottonseed, safflower, sunflower (especially “refined” or “hydrogenated”)

Processed foods often contain high amounts of poor quality oils to shelf-stable. These excess oils promote inflammation in the body leading to fatigue, brain fog, and slower recovery.



Why it matters: your body rebuilds every cell membrane from the fats you eat. Eating poor quality oils damages cells — this shows up as fatigue, hormone and weight imbalance, and sluggish recovery.

Oils That Inflamm

Refined seed oils (like canola, soybean, or vegetable oil) are poor quality fats that cause inflammation when we eat them frequently (it's hard not to - these oils are literally in the majority of processed foods).

When your body is inflamed, you may feel:

- Tired
- Foggy
- Sore or slow to recover

Better oils:

- Olive oil
- Avocado oil
- Coconut oil

These oils are more stable and help your body feel calm and supported from the inside out.

Tip: if it's liquid, clear, and cheap — question it.

True nourishing oils tend to be darker, stored in dark glass bottles, and will spoil faster. Freshness is your friend — your mitochondria can taste the difference.

The Problem With White Flours

Purpose: white flours are one of the most common “hidden” processed ingredients in everyday foods — even the ones labeled “healthy.” During processing, the grain’s bran and germ (where fiber, minerals, and healthy fats live) are stripped away, leaving only the starchy endosperm.

This creates a soft, shelf-stable flour that’s easy to work with — but hard on your body.

*Over time, that constant spike-and-crash pattern triggers **inflammation** — because your body has to keep responding to blood sugar swings, **fatigue and brain fog** — as your energy peaks and plummets, **weight gain or stubborn loss** — since high blood sugar encourages fat storage, **cravings** — as your body looks for quick fixes to restore balance. While white flour feels light, it often leaves you feeling heavy — sluggish, inflamed, and low on energy.*



Why it matters: without fiber and nutrients to slow digestion, white flour breaks down rapidly into glucose (sugar). That quick surge in blood sugar gives you fast energy, followed by a crash.

The Problem With White Flours

Swapping white flours for real, nutrient-dense grains helps your body regain balance. You'll notice fewer cravings, steadier energy, easier digestion, and even smoother weight loss — because your body finally has the support it needs to function the way it was designed to.

Instead of ...

White bread or bagels

Regular pasta

White rice

White flour in baking

Processed crackers

Try this ...

100% whole-grain or sprouted bread

Chickpea, lentil, or brown rice pasta

Quinoa, farro, or cauliflower rice

Almond, oat, or whole wheat pastry flour

Seed-based or whole-grain options

Why it matters: these swaps help balance blood sugar, calm inflammation, and restore steady energy — one simple upgrade at a time.



Awareness In Action

Each time you shop or reach for a package, ask:

- ✓ Can I pronounce every ingredient?
- ✓ Is there sugar (by any name) in the top 3?
- ✓ What oil was used — is it nourishing or inflammatory?
- ✓ How many ingredients are there? (More than 8–10 often = more processed.)
- ✓ Are there any dyes, colorings, or preservatives I don't recognize?
- ✓ Does this food still look close to how it exists in nature? (Or has it been changed a lot?)

Start noticing patterns, not perfection. Every time you swap one processed ingredient for a real one, you're restoring your health— one label at a time.

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The Awareness Shift

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“When people returned to traditional, unprocessed foods, their health returned with them.”

— Inspired by the research of Dr. Weston A. Price

We live in a culture of convenience. Meals are fast, snacks are everywhere, and exhaustion is considered normal. Over time, we’ve lost our connection to what food feels like — not just what it tastes like. Here’s the truth: your body isn’t broken. It’s simply reacting to a food system that leaves us undernourished.

Nearly a century ago, a dentist named Dr. Weston A. Price traveled the world studying the diets of traditional cultures. What he discovered was simple but profound: people who ate whole, unprocessed foods — meats, seafood, vegetables, fermented foods, and natural fats — enjoyed vibrant health, strong immunity, and lasting energy. When those same populations began eating processed foods filled with sugar, white flour, and refined oils, their health declined within a single generation. His findings remind us that our bodies were designed for real food — the kind that nourishes, not depletes. It’s the same foundation that inspires *The Unprocessed Life Method*: returning to balance through simple, natural nourishment.



Learn more about the Weston A. Price Foundation at www.westonaprice.org

The 3 PM Crash Connection

You might know this one well: it's mid-afternoon, and your brain suddenly feels heavy, you might even find you're craving something sweet, it's difficult to focus and you feel done for the day. That crash isn't weakness — it's your body whispering that it's out of rhythm, potentially even out of fuel!

What's Really Happening Inside Your Body

Most people think the afternoon crash is just about needing caffeine — but it's actually a sign of how our blood sugar, hormones, and inflammation are working behind the scenes. When we start the day with processed foods, refined carbohydrates (poor quality carbs), or coffee on an empty stomach, our blood sugar spikes quickly — giving a short burst of energy and focus.

This sounds nice but what rises fast also falls fast.

Within a few hours, blood glucose drops (this is our blood sugar levels), insulin surges (this regulates blood sugar), and cortisol (your stress hormone) steps in to help stabilize levels. The result? That midafternoon fog, irritability, and craving for something sweet or salty.



Every time your blood sugar goes up and down too quickly, it can cause small amounts of inflammation in your body. This means your body works harder than it should to stay balanced. You might not feel it right away, but over time this can make you feel tired, foggy, bloated, or slower to recover after stress or exercise.

Processed and packaged foods can make these ups and downs even worse. They break down quickly in your body, causing fast blood sugar spikes and more inflammation. Many of these foods also have added sugars, seed oils, and chemicals that make them taste good but don't give your body the nutrients it needs. Eating too many of these kinds of foods can leave you feeling tired, moody, or hungry again soon after eating.

Here's what's really happening:

When lunch is built mostly around refined carbs — like sub sandwiches, pizza, burgers with fries, or pasta — blood sugar rises quickly. That fast spike gives a short burst of energy but doesn't last long.

Stress hormones like adrenaline and cortisol surge to keep you alert. They act like a back-up energy source, but they also put you into “fight or flight” mode.



This first pillar of Living Unprocessed isn't about restriction; it's about recognition. Once you can see what's really going on, change stops feeling hard — because it finally makes sense.

Over time, this constant cycle of spiking and crashing leaves your energy system out of sync. Your cells burn through available fuel faster than your body can replace it, leaving you feeling drained before the day is done.

The crash isn't just about being tired — it's a signal that your body is inflamed, overworked, and craving stability. Processed food triggers this rollercoaster by flooding your system with quick energy, then leaving you empty.

The awareness step? Notice when your crash happens. You don't need to fix it yet — just observe it. That single act of awareness changes everything.

Before you change your habits, start by watching your patterns.

My simple 5 Day Awareness Tracker on the next few pages helps you see how your food, mood, and energy connect throughout the day. Awareness is the first step toward balance.



Purpose of the 5 Day Awareness Tracker

- ✓ Use this tracker to observe how your meals, mood, cravings, and energy shift throughout the day.
- ✓ Simply jot down what you notice — no judgment, no pressure.
- ✓ Awareness always comes before change.



Awareness TRACKER

DATE ____/____/____

BREAKFAST

MORNING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MORNING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

LUNCH

MIDDAY MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MIDDAY ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

DINNER

EVENING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

EVENING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy



Awareness TRACKER

DATE ____/____/____

BREAKFAST

MORNING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MORNING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

LUNCH

MIDDAY MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MIDDAY ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

DINNER

EVENING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

EVENING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy



Awareness TRACKER

DATE ____/____/____

BREAKFAST

MORNING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MORNING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

LUNCH

MIDDAY MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MIDDAY ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

DINNER

EVENING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

EVENING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy



Awareness TRACKER

DATE ____/____/____

BREAKFAST

MORNING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MORNING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

LUNCH

MIDDAY MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MIDDAY ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy

DINNER

EVENING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

EVENING ENERGY

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Low Energy

High Energy



Awareness TRACKER

DATE ____/____/____

BREAKFAST

MORNING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MORNING ENERGY

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Low Energy

High Energy

LUNCH

MIDDAY MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

MIDDAY ENERGY

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Low Energy

High Energy

DINNER

EVENING MOOD

😞 1 😐 2 😊 3 😄 4 😍 5

WHAT I NOTICED 💡

EVENING ENERGY

● → ● → ● → ● → ♥

Low Energy

High Energy



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Are You Living Overprocessed?

Take a moment to reflect.
Do any of these sound
familiar?



You feel foggy or unfocused after meals.

What it may mean: quick blood-sugar swings or hidden additives are stressing your system. Over time, frequent spikes/crashes can nudge your body toward storage mode instead of steady burn.

Try: pair carbs with protein + healthy fat (e.g., apple + almond butter). Add non-starchy (lettuce, broccoli, cucumbers) veggies for fiber.

Weight-loss support: steadier blood sugar = fewer cravings later, easier portion control.

You rely on caffeine or sugar to keep going.

What it may mean: your body is chasing fast fuel instead of getting steady energy—often leading to overeating later.

Try: hydrate + electrolytes on waking, then a protein-forward breakfast within 60–90 minutes (eggs + greens + avocado).

Weight-loss support: front-loading protein improves satiety and naturally reduces snacking.

You wake up tired or crash in the afternoon.

- ✓ What it may mean: unstable blood sugar, stress hormones on overdrive, or not enough protein earlier in the day.
- ✓ Try: balanced lunch (protein, fiber, healthy fat) and a 5–10 minute walk after meals.
- ✓ Weight-loss support: post-meal walks improve glucose handling and can reduce “storage signals.”

You crave salty or sweet snacks.

What it may mean:

mineral/electrolyte imbalance or under-eating protein—both drive cravings that add extra, low-quality calories.

Try: add a pinch of mineral salt to water; snack on eggs, nuts, Greek yogurt, or cottage cheese instead of cookies/chips.

Weight-loss support: protein + minerals = fewer rebound cravings, easier calorie control without counting.

You feel “puffy” or inflamed.

What it may mean:

ultra-processed foods, refined oils, or food sensitivities are nudging inflammation, which can make weight loss feel “stuck.”

Try: choose simple ingredients; cook with olive or avocado oil; add colorful veggies daily.

Weight-loss support: calming inflammation helps hormones and hunger cues work with you.

You often eat fast or distracted.

- ✓ What it may mean: poor digestion (your body never gets the “I’m eating” signal), which blunts fullness and leads to overeating.
- ✓ Try: 3 slow breaths before eating; chew well; put the phone away and turn off the TV while eating.
- ✓ Weight-loss support: mindful eating increases satiety therefore smaller portions feel satisfying.

You don’t have to chase perfection—just reduce “overprocessed” moments. As your blood sugar steadies and inflammation calms, your energy rises and your body can release what it no longer needs.



Use the Awareness Tracker to jot down meals, energy, mood, and cravings. Patterns will appear quickly—and those patterns point to your next small step. Small shifts, repeated, change everything. 🌱

Awareness is the first step toward lasting change — and you’ve already started. In the next part of The Unprocessed Life Method, we’ll take what you’ve discovered here and build your foundation. You’ll learn how to simplify food choices, quiet the noise of modern nutrition, and create daily balance that feels effortless.

Because when awareness meets action — transformation begins.”

🌟 Next in the series: Living Unprocessed — Simplify

Small Shifts that Support Natural Weight Loss

- Protein target each meal: ~20–35g (hand-size portion).
- Fiber habit: 2 fists of veg or 1 fist veg + 1 fist berries/beans.
- Oil upgrade: swap seed oils in dressings and for cooking for olive and avocado oils.
- Movement nudge: 5–10 minutes of relaxed walking after meals.

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The Science Made Simple



Your body runs on tiny energy engines called mitochondria — think of them as the “batteries” inside your cells. When you give your body the right fuel — real, unprocessed foods full of vitamins, minerals, and antioxidants — those batteries charge efficiently. They create clean, steady energy. You feel alert, clear, capable, and your metabolism works in sync with your body’s needs.

But when your body is flooded with processed ingredients — refined flours, seed oils, artificial sweeteners, and additives — those energy systems slow down. It’s like trying to run a high-performance engine on low-grade fuel. You may still function, but everything takes more effort. That’s when fatigue, brain fog, inflammation, and even weight gain can start to show up. Your cells can’t burn fuel efficiently, so your body shifts toward storing energy instead of using it.

Meanwhile, your **gut**, often called your “second brain,” gets overwhelmed. About 70% of your immune system lives there — and when your gut lining becomes irritated by processed foods, stress, or antibiotics, inflammation spreads through the body. This not only impacts digestion but also affects metabolism and mood, since most of your serotonin (your feel-good chemical) is made in the gut. When inflammation is high, it’s harder for your body to absorb nutrients and easier to hold on to extra weight, even when you’re eating less.

Your **hormones** work hard to keep blood sugar balanced, but constant spikes and crashes — from sugary breakfasts or carb-heavy lunches — keep them guessing. Insulin, cortisol, and adrenaline are always reacting instead of resting. When insulin stays elevated, your body tends to store more fat; when cortisol spikes too often, it signals your system to conserve energy rather than burn it. You might feel anxious, wired, or tired for no clear reason — and notice that your weight feels “stuck,” even when your habits improve.

This is why **awareness** matters so much.

When you start seeing these connections — energy, mood, digestion, cravings, and even weight — as part of one system, it stops feeling like a mystery. You realize it’s not about willpower or perfection; it’s about alignment. Once you understand why your body reacts the way it does, you can finally work with it instead of against it. That’s where healing — and natural weight balance — begins. Not in restriction, but in awareness. 🌱

When your body runs on real, steady energy instead of quick fixes, everything shifts. The result? You feel clear, energized, and your body naturally finds its healthy weight — without forcing it. Balanced energy is the foundation for weight balance. The more you nourish your body, the more it works for you — not against you.

How to Read Labels With Confidence



Most foods marketed as “healthy” have more going on behind the label than the front of the package suggests. Learning how to read labels isn’t about judgment or restriction — it’s about awareness.

When you know what you’re looking for, you can choose foods that support steady energy, less inflammation, and a calmer body. You don’t need to memorize everything — just a few key things that matter most.

Start by checking the ingredient list on the back of the package for added sugars, refined oils, and ultra-processed additives. Also, check the serving size — it tells you how much those numbers on the label actually represent. Small servings can make a food look healthier than it really is.

Once you practice this a few times, reading labels becomes second nature — a simple habit that helps you fuel your body with confidence, not confusion.

The Label-Check Method™

Check the First 3 Ingredients

Ingredients are listed from highest amount to lowest. So the first 3 ingredients tell you what the product is mostly made of. If the first three ingredients are sugar, refined flour, or oil → the product will work against your energy, not with it.

Can You Pronounce Every Ingredient?

If you can't easily say it, your body may not know how to use it efficiently. This doesn't mean these ingredients are "bad." It simply means: slow down and notice. Awareness first, change later.

Identify the Oil

The oil used in a product has a major impact on inflammation and energy. Oils that are more inflammatory when eaten often: soybean, canola, vegetable, cotton seed, corn. If an inflammatory oil appears near the top of the ingredient list, the product will likely contribute to inflammation and fatigue over time.

Look for Hidden Sugars

Sugar shows up under many names — especially those ending in "-ose." If it ends in "-ose," it is a form of sugar. You are not avoiding sugar entirely — you're simply noticing when it's hidden in foods that don't seem sweet.

Count the Ingredients

Shorter ingredient lists usually mean the food is closer to real, whole ingredients. Longer ingredient lists often mean more processing, additives, and stabilizers. There is no perfect number. Just use this as a signal, not a rule.

Does This Resemble Real Food?

This is the simplest and most important question: Does this food still look like something that exists in nature? Your body recognizes real food. When it recognizes what you eat, your energy becomes more stable and your inflammation naturally decreases.

How to Practice (No Overwhelm)

Choose one of the following this week:

- ✓ Check the oil in one packaged snack you buy often.
- ✓ Look at the first three ingredients on your breakfast.
- ✓ Find one ingredient ending in “-ose.”

Awareness doesn't require action right away.

*Change doesn't have to start big — it starts with noticing.
Awareness is powerful because it meets you where you are.
You don't need a total overhaul to feel better; one small,
intentional step at a time begins to reset the body's balance.*

Reflection Prompts

-  What did I notice when I checked labels this week?
-  Which foods felt aligned with how I want to feel?
-  Which ingredient surprised me the most?
-  What is one small swap I want to try next week?

Simply noticing patterns is enough to create change.

Other Names for Sugar

Simple sugars

Arabinose
Cellobiose
Dextrose
Fructose
Galactose
Glucose
Lactose
Maltose
Mannose
Ribose
Sucrose
Trehalose
Xylose

Other processed or refined sugars

Beet Sugar
Brown Sugar
Cane Sugar
Castor Sugar
Confectioner's Sugar
Demerara Sugar
Evaporated Cane Juice
Fruit Juice Concentrate
Icing Sugar
Invert Sugar
Raw Sugar
Turbinado Sugar

Syrups and derivatives

These are highly processed and often used to sweeten “low-fat” or “healthy” products.

Barley Malt Syrup
Brown Rice Syrup
Cane Syrup
Corn Syrup
Corn Syrup Solids
Glucose Syrup
Golden Syrup
High-Fructose Corn Syrup (HFCS)
Invert Sugar Syrup
Malt Syrup
Maple Syrup (natural, but still sugar)
Refiner's Syrup
Rice Syrup Solids
Sorghum Syrup
Tapioca Syrup

Malt-based and specialty sweeteners

Crystalline Fructose
Dextran
Diastatic Malt
Glucose Solids
Malt Extract
Maltodextrin

Sugar alcohols (often found in “sugar-free” foods)

Erythritol
Hydrogenated Starch
Hydrolysates
Isomalt
Lactitol
Maltitol
Mannitol
Sorbitol
Xylitol



35 Your Living Unprocessed Framework

You've just walked through Pillar 1: Discover

You've taken the most important step — paying attention on purpose. When you understand your body's signals, you can start to make changes that actually last. In the next part of The Unprocessed Life Method — **Simplify** — you'll learn how to turn that awareness into simple, sustainable habits that will **Nourish** your body. You'll see that creating balance doesn't require perfection — just clarity and consistency. ***The Unprocessed Life Method is a 3-step framework supported by 5 action pillars that guide you from awareness to transformation.***

1. **Discover (Awareness):** See what's really happening.
2. **Simplify (Foundation):** Learn how to make eating well easy.
3. **Nourish (Energy):** Rebuild your body from the inside out.
4. **Restore (Balance):** Calm your system and support healing.
5. **Transform (Mindset):** Create a new way of living, not just eating.

You've begun to discover how processed living affects your whole self.

*Now, it's time to learn how to make unprocessed living easy — no stress, no overwhelm. My **Simplify (Foundation)** eBook will be ready soon!*

Unprocessed Life Method™



Discover



Simplify



Transform

This content is for informational
purposes only and not a substitute
for medical advice.



A BODY IN BALANCE