



# The Sugar Reset

CURB SUGAR  
CRAVINGS & RESET  
YOUR TASTEBUDS

ABBY ELIZABETH

# THE SUGAR RESET

## *The Basics*

Cutting back on sugar is one of the best ways to improve your health and well-being. But curbing sugar intake is easier said than done.

Sugar is addictive, plain and simple. It fires the same reward centers in the brain as addictive drugs. This can make going cold turkey from sugar tough.

But here's the truth: most of us eat *way* too much sugar. In fact, Americans eat a whopping 17 teaspoons of added sugars on average per day. Yikes.

High-sugar diets can negatively impact your energy, mood, and weight, and increase the risk of chronic illness.

And that's where these sugar reset steps come in. So over the next 7 days, your goal is to take a break from added sugars and refined carbs.



### **Cutting back on sugar can help:**

- Maintain a healthy weight
- Increase energy
- Lower inflammation
- Improve dental health
- Balance mood
- Promote skin health
- Reduce the risk of diabetes, heart disease, & depression

This isn't about nixing sugar forever. It's about resetting your taste buds, so those sugary treats lose their pull.

You'll start to appreciate the natural sweetness of foods. And before you know it, those sugar cravings will fade.

Keep in mind, this guide is simply a framework. According to experts, it takes 3-4 weeks to establish a new habit. For more detailed and guided support, see **The 28-Day Total Body Reset Program.**

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## *How it Works*

Alright, let's get into the rules for this challenge. For 7 days, you will avoid added sugars, including all of the following:

- 1 – **Sugary sweets.** That means no cookies, cakes, donuts, candy, pastries, and ice cream.
- 2 – **Sweetened drinks.** This includes sodas, energy drinks, fruit juice, or sweeteners in coffee.
- 3 – **“Sugar-free” or artificial sweeteners.** This includes Splenda, stevia, monk fruit, xylitol, & erythritol. These can trick your brain into thinking you're eating sugar, and still cause cravings.
- 4 – **Natural sweeteners.** That means no honey, maple syrup, agave, or coconut sugar. While these are better options than table sugar and high fructose corn syrup, they still spike insulin and cause cravings.
- 5 – **Foods with added sugars:** These hide everywhere, including in healthy foods like yogurt, granola, and salad dressing. So check your labels.
- 6 – **Refined carbs.** White bread, white rice, and foods made with white flour (e.g., tortillas, crackers) have the fiber removed and convert to sugar quickly. This can lead to glucose spikes and create sugar cravings.

If this feels overwhelming, you'll need support to make it worth it. **The 28-Day Total Body Reset Program** gives you this.

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# SUGAR WITHDRAWAL

## *How to Deal*

Sugar addiction is real. So when you reduce your sugar intake, it can lead to withdrawal.

Withdrawal symptoms certainly aren't fun. But for many, they're part of the process. Knowing what to expect can help you move through it more smoothly.

The first few days are typically the hardest. If you're feeling irritable and snap at your family, be easy on yourself. Day by day, the withdrawal symptoms *will* fade if you notice you are having some.

### Sugar Withdrawal Symptoms

- Cravings for sweets
- Headaches
- Fatigue
- Mood swings
- Brain fog
- Anxiety or irritability
- Trouble sleeping
- Nausea

## How to Manage Sugar Withdrawal

- **Stay hydrated.** Hunger is often mistaken for thirst. So if you feel a sugar craving, drink up. If you find plain water boring, try infusing it with fresh fruit.
- **Move your body.** Research shows exercise can help ease withdrawal symptoms. So get moving! Go for walks and find movement you enjoy.
- **Eat balanced meals & snacks.** Having a mix of protein, healthy fats, and complex carbs will help keep your blood glucose stable.
- **Consume naturally sweet foods.** Think sweet potatoes, carrots, and fresh fruit. These can offer some sweetness without a giant glucose spike.