

Naturally Manage Your Arthritis Inflammation & Pain.

HOW TO BREAK FREE FROM THE

Sugar-Craving Cycle



Discover the simple steps to combat arthritis fatigue, mobility and pain, **WITHOUT** more medication, or expensive supplements.

natural health 
dynamics

Less Sugar, Less Pain!

Our sugar consumption has skyrocketed tenfold since the 1920s, leading to a dramatic rise in chronic health conditions, including arthritis.

Today, we consume over three times the recommended daily intake of sugar on average. Every day, more of what we eat contains added sugar or has been grown, bred, or enhanced to have high sugar levels.

As a result, we've become hooked, trapped in a Sugar Craving Cycle. We've desensitised our taste buds to sweetness and are stuck on a sugar roller-coaster that drives yearnings and causes pain, inflammation, and fatigue.

In this guide, we'll show you how to reverse this cycle, regain your sugar sensitivity, and develop your palate to naturally reduce your sugar intake and cravings, helping you feel great... in just a couple of weeks.



The Shocking Reality of Sugar Consumption

In the UK, we are consuming far more sugar on a daily basis than is recommended. This is detrimental to everyone, particularly those with chronic health conditions such as arthritis.

Excess Sugar and Its Consequences

Excess sugar causes inflammation and pain, fatigue, brain fog, and low energy levels, all contributing to compromised health, mobility and wellness.

The Source of Our Sugar

There are two principal ways we access the sugar, or more specifically the glucose, that our bodies need to function optimally.

Firstly is **Natural sugars** which are found in fruits, vegetables, grains, and dairy. These also provide our bodies with essential nutrients.

Then secondly, are the unnecessary **“Free sugars”** added to foods, such as soft drinks, fruit juices, chocolate, cakes, and processed foods.

These all push our daily sugar consumption over the limit, causing sugar spikes and slumps which drive cravings and lead to a lack of energy, chronic fatigue, and brain fog.



Jacqui Mayes, Nutritionist.

Jacqui shares some the shocking numbers when it comes to drinks & snacks that we might think of as 'healthy'.

Are you consuming more than 100% of your maximum Daily Sugar Intake in just one snack?

Nature Valley: Oats and Honey Bar (28g per 100g)

Jordans Frusli: Raisins and Hazelnuts (32g per 100g)

Nutrigrain: Fuity Bar (35g per 100g)

Nakd: Banana Crunch (42g per 100g)

NOTE: Always check the label.

Why Is There Sugar in Everything?

Almost anything you consume that comes out of a plastic bottle, wrapper, or foil tray, has added sugar.

Food companies add sugar for many reasons; to enhance flavor, texture, increase shelf-life, drive consumer demand, and ultimately increase their profits.

So whilst adding sugar may be good for their bottom-line, it's very detrimental to our health and well-being.

Battling the Sugar-Craving Cycle

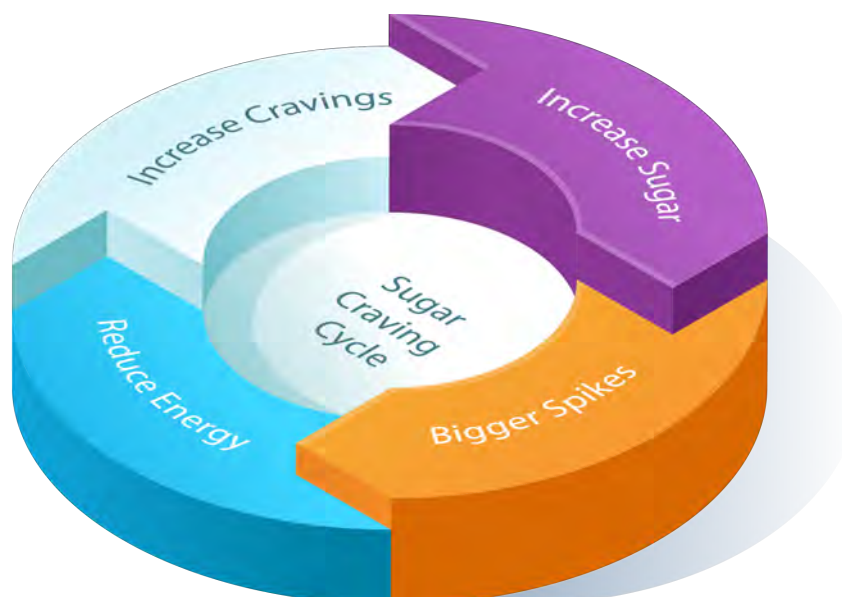
Sugar acts like an addictive substance. Our brains experience a dopamine hit when we consume it, making us crave more.

Over time, we become less sensitive to sweetness, requiring more sugar to get the same short-term boost.

This sets us on a glucose roller-coaster, switching from managing short-term spikes to dealing with slumps, leaving us tired and craving more sugar.

It's a vicious cycle that seriously damages our health.

The Sugar-Craving Cycle



It's Time To Take Control.

The good news is that you can take control. You can stop the cravings, boost your energy, reduce arthritis pain, and feel your best.

Stopping the Sugar Craving Cycle is essential for managing sugar consumption and improving arthritis naturally. Are you ready to get started?

There are many quick fixes that you may already know, or have tried, to cut down your sugar intake (we've included some at the end of this guide).

But to really take control of your sugar and achieve long-term health benefits, you need a different approach.

Reverse The Sugar-Craving Cycle



Alice Sheldon: Habit Coach.

Alice outlines the fundamentals of 'Habit Change' and shares a simple process that's been proven to work for anyone who's looking to create new healthier habits.

More details on the next page.

Breaking-Free From The Sugar-Craving Cycle.

Natural Healthy Habits. 28-Day Sugar Reset

Over the last six months, we've worked with a Nutritionist and Habit Coach to create a simple 28-Day Sugar Reset programme, to put you on a pathway to natural pain relief.

In this programme, you'll learn how to:

- Identify what's already working for you.
- Understand your current triggers driving your habits and cravings.
- Explore sugar-reducing strategies and decide where to start.
- Map out your route to success, prioritize your actions, and get started.
- You'll also receive a week-by-week plan, video training, and online expert support to help you take action, track your results, and see real progress day by day.

With this programme, you'll know exactly how to make tiny habit modifications to feel your best in just a few weeks.

We'll email you full details about this new programme in the coming days.



Jacqui Mayes, Nutritionist.

In this programme Jacqui will give you a clear understanding of how your body is processing sugars and the impact this has on your arthritis. She'll also guide and support you through your Journey.



Alice Sheldon, Habit Coach.

Alice will not only give you the tools and strategies to build your own unique habit changes, but she'll also be there with you week by week providing the encouragement and motivation you need to succeed..

Not Ready Yet?

If you're not yet ready for habit change, here are some Quick Sugar-Reducing Tips for you.

These are all based around three core strategies of Reduce, Replace or Remove. So when faced with having something you know has sugar in it, ask yourself;

- 1. Could I REDUCE it?**
- 2. Could I REPLACE it with a lower sugar alternative, or**
- 3. Could I just REMOVE it altogether?**

20 Quick Tips:

1. Use less sugar in your coffee or tea.
2. Choose unsweetened versions of your favorite drinks.
3. Opt for fresh fruit over sugary snacks.
4. Read labels to identify and avoid added sugars.
5. Replace soda with sparkling water.
6. Use spices like cinnamon to add flavor without sugar.
7. Choose whole grains over refined grains.
8. Snack on nuts and seeds instead of candy.
9. Replace sugary desserts with fruit-based options.
10. Avoid processed foods with hidden sugars.
11. Drink water or herbal tea instead of sugary drinks.
12. Make homemade sauces and dressings without added sugar.
13. Use natural sweeteners like honey or maple syrup in moderation.
14. Opt for dark chocolate instead of milk chocolate.
15. Choose plain yogurt and add your own fruit.
16. Reduce portion sizes of sweet treats.
17. Replace sugary breakfast cereals with oatmeal or whole-grain options.
18. Avoid flavored coffee creamers and use milk or unsweetened alternatives.
19. Replace sugary condiments like ketchup with homemade versions.
20. Plan meals and snacks to avoid impulsive sugary choices.

Breaking-Free From The Sugar-Craving Cycle.

Welcome to Natural Health Dynamics

We're here to help you build simple, healthy habits that last. Our mission is all about making your journey to better health easy and enjoyable.

What We're All About:

Education: We break down the complexities of natural health, making it easy to understand and accessible for everyone.

Empowerment: We give you the tools, knowledge, and confidence to take control of your health journey, helping you make informed decisions every step of the way.

Support: We're here for you with unwavering support, guidance, and a nurturing community to help you on your natural health journey.

Inspiring Change: We aim to inspire and facilitate real, positive changes in how you approach your health and well-being.

Join us, and let's take this journey to better health together!



Jonathan Howkins and Matthew Burch, co-founders of Natural Health Dynamics



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