

SugarDivorce.Com / Rena Greenberg

5 Easy Sugar Divorce Tips to Get Started TODAY

Sugar Divorce



5 Easy Sugar Divorce Tips



EAT PROTEIN



1. One of my clients said to me, “Meat is my medicine.” Wow, did she hit the nail on the head! You may not want to eat large amounts of processed meat. I don’t blame you!

But how about small amounts of grass fed beef, organic chicken, fish or cage-free eggs, throughout the day, to keep your blood sugar balanced and end those cravings?! I’m not talking about being on any special diet.

Dieting leads to deprivation, subconsciously.

Not dieting, but just mindfully eating small amounts of pure protein, with salad and veggies, regularly, only when you are hungry, is the surest way to cut cravings for Sweetie.

This is science-based information and studies back up the fact that protein has more satiating power than carbs or fat. When you ingest food, your stomach expands and the nerve cells send messages to your brain, via the Vagus nerve, telling you when you are full. When your stomach empties, you again experience hunger.

But studies have confirmed that all calories are not equal. That’s why counting calories for weight loss doesn’t work in the long run. Protein has more satiating power.

Face it, feeling hungry is no fun and if you feel hungry for too long, you're going to, most likely, end up overeating or binge eating later.

When you eat protein, 3-5 times a day, you end up feeling satisfied and less hungry.

In fact, in one National Institute of Health study, adult men who were consuming more of their calories from protein had no urge to eat late at night and were less preoccupied with thoughts of food.

Interestingly, studies also confirmed that what increases appetite the most is the chemical additives in food.

Food, such as cakes, breads and muffins (your Sweetie) have the least satiating power. Bottom line: Sweetie, no matter how cute, is making you fat, irritable and hungry! It's time to boot him/her out!

But what about that fear that you'll be hungry, deprived or denied? That's not going to happen when you follow my 31 day Sugar Divorce Fat Burning Meal Plan & Recipe Guide (with snacks).

You'll get to eat delicious foods like pizza, nachos and popcorn, **plus my 52 bonus Sugar Divorce dessert recipes.** You are going to love your new way of eating!



Listen To Your Body

2. That's right – *stop being the victim of a greedy, manipulative food industry.*

And don't let all the contradictory nutritional advice throw you off.

Your body tells you exactly what foods you need.

Pay attention.

Do certain foods trigger you, creating hunger and causing you to want more food? Then eliminate them.

Not because you're a "good girl" or a "good boy," but because you don't want that result anymore.

No one else is an "expert" on your body, except you. Vegan, raw, paleo, low carb, no carb or an all-carb vegetarian diet, all sound great. Except for one thing: they may not make sense for you and your body type.

Avoid All TRIGGERS

There's no such thing as "everything in moderation" when it comes to trigger foods.



Yes, some people can eat the foods that are your triggers and they don't react. But you're not those other people. Face reality.

Sugar (in all its forms) and the chemicals in processed food are a trigger for you that must be avoided if you don't want Sweetie to take over your life.

How do I know? Because you're reading this!

My body is the same way and millions of other people have the same sensitivity that we do, too. You're not alone.

And you are not a victim. Don't fall into the deadly thinking of, "It's no fair . . . Everyone else gets to eat blah, blah, blah . . ." I'm sure there are many blessings that you have that other people don't have.

Life isn't fair. It's an opportunity to be your very best and highest expression of yourself, based on the package you got. It's time to face reality and to be honest about what is true for you.

Honor your blood sugar and carb addiction issues. Trigger foods create hunger and cravings.

Divorce them. You don't want or need them anymore.

Remind yourself that every time you say no to a trigger food, you are one step closer to your freedom. That's because you are changing your deep-seated habits, one bite at a time.

Freedom is the goal - freedom from a greedy, manipulative food industry that wants to hypnotize you into believing that you need Sweetie to be happy. You don't!

Claim your freedom and take your life back! Every day you'll get stronger.

I've gone almost 30 years without Sweetie, and he's a distant memory. Nothing would make me go back . . . and you can feel the same!

How do you know which foods are triggers for you? By learning to pay attention to your body's signals.

The interesting thing is that we tend to crave the very foods that we are sensitive to. If you have an emotional attachment to a certain food, it could very well be a trigger for you.

It's very unlikely that lettuce is a trigger food! The most common triggers are foods high in saturated fat, chemicals and sugar.

High levels of saturated fat, found in foods like cheese and bacon, affect your brain's ability to control appetite.

Foods high in sugar increase the levels of your ghrelin hormone, which stimulates hunger and intensifies cravings.

When you eat foods with a high combination of sugar and fat, like Sweetie, it can feel almost impossible to stop after just a couple of bites.

Sugary food releases your endorphins and can give you a high similar to cocaine and heroine. The good news is that the power in your subconscious mind is stronger than any physical obstacle.

Learn how to trick your brain into craving that final and amicable Sugar divorce, so you can move on and live your life happy and free.

Steady Blood Sugar



4. **Keep your blood sugar steady.** Avoid spikes in blood sugar. When your blood sugar spikes, caused by eating chemical filled and/or overly sweet foods or even simple, white-flour carbs, your body is put on alert to produce the hormone, insulin.

When your body produces insulin in the right amount, the excess is stored as glycogen, in your liver, and used for energy for your brain and fuel for your body.

However, in excess, insulin is known as the fat-storing hormone.

When your blood sugar spikes up and down, you get more hungry. That's when you experience those out of control cravings.

How do you keep your blood sugar steady? Eating whole, real, clean food when you are physically hungry.

Do not go long periods of time without eating.

The Sugar Divorce 31 Day Meal Plan and Recipe Guide and my Healthy Cooking Class (right now included as a free bonus) is especially designed to balance your blood sugar, cut cravings, energize you and help you to feel healthy, vibrant and balanced.

Plus, the fat burning recipes are delicious!

Cleanse Your Mind

5. Cleanse Your Mind.

Learn a science based strategy, tested and proven in 75 hospitals, to train your brain and change the way you think about yourself and your relationship with food forever.

It's time to understand how your brain works and how that has kept you hooked on Sweetie. Then you can harness the power of your subconscious mind to break the knot and set yourself free.

Your mind has many pleasurable associations with Sweetie but with the right tools you can re-write the script, re-wire your brain and change the messages.

You can actually end up being completely turned off to Sweetie and feel confident with your new life.

The three audio coaching sessions in the Sugar Divorce Master Package will teach you step by step how to use powerful cognitive conditioning strategies to change the subconscious program that's been dictating your behavior.

Your mind is like a computer and once you understand how to change your own patterns, you can easily start making healthier choices and follow the Sugar Divorce program, step by step, to live the happy, healthy life that you are longing for.



Sugar Divorce

You can get Sweetie out of your life in 31 short days and finally be free. File today with our science-based Sugar Divorce 2-step plan:

Step One:

Cleanse Your Mind – Retrain Your Brain

Step Two

Nourish Your Body - Get in the Fat Burning Zone with 31 days of Smart Meal Plans & Tasty Recipes + my Healthy Cooking Class

When you join the Sugar Divorce Membership Club, Please take advantage of the Sugar Divorce Community Forum. You can ask me any questions or just let us know how you're doing.

The Community Forum Membership is a lifetime membership, included as a bonus with the Sugar Divorce Master Package. Get the support you need to change your life!

Make a decision today to change your life and stop the madness and struggle of dieting.

It's time to open your heart to yourself and live the healthy, happy, peaceful life that you deserve.

Since my divorce from Sweetie, I've never been happier and my goal is to support you to do the same. Break out of that sugar trap and be free! You can do it!

To Your Health & Happiness Always,
Rena

Sugar Divorce

BY RENA GREENBERG



Congratulations on your decision to get that final Sugar Divorce!

Freedom, happiness and inner peace await you . . .

*I am honored to be a part of your journey.
I love to connect with you!*

*Please get in touch with me and let me know your Sugar Divorce story. I'm happy to assist you in any way I can. And, I can't wait to celebrate with you!
To Your Health & Happiness,*

Rena Greenberg



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