

3-Week Sugar Cleanse

To get you started right away, I am going to share with you information on how to do a 3-week “sugar cleanse” to jumpstart your health and help curb your cravings.

The 3-Week Sugar Cleanse

This simple process can help you wean off sugar and jumpstart your health and wellness. Most people who follow this manage to lose weight, gain more energy, increase mental clarity, and improve emotional wellbeing.

Week 1:

For the first week, your main goal is to cultivate awareness and mindfulness. Practice reading labels and identifying all the sources of added sugar in your diet. You can refer to the handout “the many names of sugar” and do some detective work. This is a great way to teach kids to read nutrition labels as well, and most children enjoy being a nutritional detective.

Week 2:

For the second week, start increasing your consumption of whole foods. By adding in healthful choices, you will naturally crowd out processed and packaged foods, which most often are our main sources of added sugar. Make sure you pay attention to the beverages you consume as well, and if possible, substitute sugary beverages with water and herbal tea. One word of caution, artificial sweeteners do more harm than good, so you want to avoid diet drinks as well.

Week 3:

For the third and last week, avoid all forms of sugar – and no artificial sweeteners either. You may choose to use natural sweeteners very sparingly if you have to – you can refer to the handout for a list – and you can also sweeten your food using fruit juices or puree in very small amount. The first couple of days may be a little tough, but you should be free of your sugar dependency by the middle of this third week.

For even greater detox effect, you can remove all processed and packaged foods, as well as all caffeinated and alcoholic beverages from your diet during this week. Some people reap even more benefits from going meat-free and gluten-free: the body uses a lot of energy to digest and assimilate meat, so taking it out will leave your body more energy to process and remove stored toxins. Some people have a low-grade allergic reaction to gluten – they may get occasional digestive issues, headache or even mood swings – and removing gluten from the diet and then adding it back in is the best way to find out if you have the intolerance.