

*5 Ways to*  
**KICK THE**  
**SUGAR HABIT**  
*& Banish Cravings Forever*

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# *Hi, I'm Lori!*

Welcome and nice to meet you! I am so happy you are here to take action on your health.

As a certified Integrative Nutrition Health Coach and Wellness Educator, I teach busy professionals how to stay energized, reduce fatigue and improve brain clarity and overall health and outlook on life.

I am a graduate of the Institute for Integrative Nutrition, the world's largest nutrition school, and have a bachelor's degree in Psychology and Business.

In my practice, Mindful Health, I support people to change their relationship with food and experience lasting results, provide one-on-one health and business coaching, and present wellness workshops to the public.

Using the principles of clean eating, self-care, and mindfulness, I help my clients take the mystery out of eating well and have fun making the transition to a healthier lifestyle.

Please join me for some healthy fun in my [Facebook Group](#) today! I can't wait to connect and partner with you - on your journey toward better health.

*Lori Kampa Kearney*



# Ready to get off the sugar rollercoaster?

How often do YOU find yourself reaching for a sugary snack for a pick-me-up or to satisfy your sweet tooth? How often do you FEEL great about that choice? Probably, pretty rare.

Now is the time to get off the endless rollercoaster of sugar highs and lows! Envision how good it will feel to KICK those crazy, frustrating and uncontrollable cravings - BAM!

Here's YOUR chance. A real chance to gain the upper hand with sugar, and not allow it to control your choices any longer. A chance to feel confident in the food and drink you choose to eat and drink.

In the following are five, just FIVE, easy to implement tools to help you change your relationship with sugar. Tools that will help you to naturally reduce those cravings gradually over time.

Don't worry, you won't feel deprived! It is about freedom -- the freedom to EAT FOODS YOU LOVE and have sweetness in your life without the side effects and the guilt.

# *5 Ways to KICK THE SUGAR HABIT*

## **1. CROWD OUT CRAVINGS WITH WATER.**

Hydration is your best ally! Drink a full glass of water the moment you have a craving. Keep drinking water all day. Aim for half of your body weight in ounces per day (e.g. 80 ounces if you weigh 160 pounds).

## **2. FIND THE SNEAKY SUGAR.**

Most of the added sugar Americans eat comes from processed foods like bread, salad dressings, peanut butter and pasta sauce. To avoid this sneaky sugar, avoid anything that comes in a package and focus on eating real food.

## **3. AVOID THE FAKE STUFF.**

Artificial ingredients affect blood sugar levels and are linked to other serious health problems. If you need to add a sweetener, use just a small amount of natural sugar, local honey, 100-percent maple syrup or dates.



## 4. VEG OUT

We experience cravings because our body is starved for vitamins and minerals. Add one or two servings of vegetables at every meal. Squash out cravings with natural sweet foods such as sweet potatoes, carrots or squash. Yum! The vegetables will "crowd out" your cravings for unhealthy foods, just like that. IT'S MAGIC!

## 5. GIVE YOURSELF A BREAK AND DISTRACT YOURSELF.

Cravings? Wait 20 minutes to evaluate what you are truly craving. It may not be food! We may crave certain foods such as sugar when we are dissatisfied with a relationship, feel bored, stressed, or uninspired. To distract your brain and those crazy cravings, do something active like take a walk, play a game or clean.



# Join Our Facebook Group

I CAN'T WAIT TO CONNECT WITH YOU!



[JOIN FOR FREE HERE](#)

# Free Masterclass

## *How To Kick The Sugar Habit*



I'LL BE THERE!