

SUGAR

+

STRESS

=

SICK

**Kick the Sugar Addiction
and Reduce Stress
For A Healthy Lifestyle**

Resilience informed
Whole-Body Nutrition to help
you feel better, have more energy,
and stay healthy.

J E A N M O R R I S O N

Sugar + Stress = Sick

Jean Morrison

JEAN MORRISON

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Foreword

Of the many books currently available on the subject of health, diet, and weight control, few stand out and few are truly unique. 3S is one of them. On reading it, although I have read so very many in this genre, I realized areas which I found personally useful and practical that needed an upgrade. The book sparkled with the author's intelligence.

As described in the title, the formula is simple: “sugar plus stress equals sick”. There are, of course, many factors associated with this formula. There are all the kinds of sugar we take in—even several kinds in one day. Then, there are all the forms of stress—physical, emotional, mental, psychic, and so on. Finally, there is how this translates into sickness in its many manifestations.

The author, whom I have known since her childhood, weaves all this data together in a very readable, intelligent, understandable, and entertaining fashion. Her direct life experiences supply the foundation of the work, supported further by intuition, reasoning from facts, and the competent testimony of relevant experts. The result is a powerful argument for a disciplined lifestyle of purity, deftly guided and supported by the right coach.

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Although adequately buttressed by references and facts, the book is not burdened by them. It flows along with simple and intelligent explanations that provide adequate direction toward the balanced life we all hear about and so much desire. It is brief but substantial, simple but not simplistic. Read it—and be guided accordingly.

Leonard Mehlmauer, ND (ret.)

Lake San Marcos, May 2017

Introduction

Welcome to Sugar + Stress = Sick: Resilience Informed Whole-Body Nutrition to help you feel better, have more energy, and stay healthy.

About Me:

Let me tell you a little about myself. I'm a bodymind health practitioner, certified health coach, board certified cognitive specialist, and resilience trainer. This means that I am a health educator with a lot of experience with stress reduction and how people think. I used that experience to become a fifth-degree black belt. I am still a self-defense instructor today.

Perhaps my greatest accomplishment was becoming 'Woman of the Year' in 2000, an award I received from the L.A. County Commission for Women for my work to raise awareness about sexual assault and domestic violence. I'm a sexual assault survivor.

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Why should you listen to me? I've been where you are. When I feel stress, it goes straight to my body. In other words, I'm anything but perfect. If you want to eat clean, gain energy, and love your balanced life again, then I can help you.

I've gained and lost weight—a lot of it. I've tried every diet, I've faced body changes since I've aged, I've walked through PTSD, and at one point I was told that I was going to die in 3 months if I didn't get on five medications immediately. I didn't get on those medications. Wishing to avoid being on medications for the rest of my life, I chose a different path—one that allowed me to heal from the inside out. That process formed the plan that I give to you now. My clients say I give good advice and make demands in the right proportions.

This book represents a summary of everything I found to be true based on my own health journey, working with clients, and learning from highly experienced medical and natural health practitioners. I'm confident that it will help you get to a balanced lifestyle, and save you a lot of time and energy researching what really works.

Most importantly, I'm absolutely passionate about helping you to find a balanced you – inside and out.

Let's get started

Chapter 1

What is 3S: Sugar + Stress = Sick?

The purpose of this program is to provide a roadmap to a balanced lifestyle, taking into account the two major contributors to disease in body and mind; sugar/toxins, and stress. This book provides a summary of best practices for understanding sugar and clean eating combined with easy stress management you can use every day, anywhere, to bring balance to your life. I give you tools to build a healthy, optimal bodymind and a more resilient lifestyle that you can maintain for a longer lifetime.

3S is simple. But, simple is not the same as easy. Still, you can do it. Anyone can use this program to reach an optimal weight, gain energy, feel amazing, and reset to a healthy lifestyle. Following 3S suggestions is likely to extend your life. Why? Because 3S puts the power to heal back in your hands—where it belongs!

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The changes you make through 3S have profound implications for your health and life. Little changes lead to big transformations. The balanced life that the 3S Plan presents is made critical precisely because life is full of unexpected change—change that pushes you out of your resilient zone and negatively impacts your health. Follow a daily 3S plan and gain health, knowledge and the tools you need for long-term health. One of my clients recently said that this plan provides calm-in-the-midst of a storm. I think that’s what we all want for ourselves. Use this program to create the framework for true health balance-in-the-midst of life.

This is an image of me before I started the plan, and after my initial weight loss.

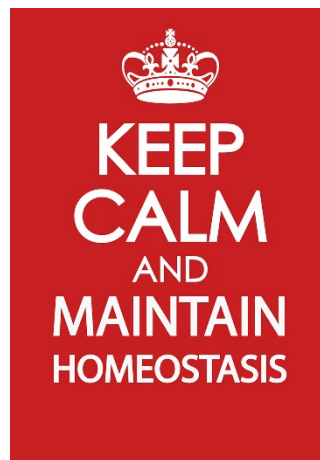


You can lose weight, gain energy and feel amazing just like I did. You can hit the reset button and extend your life. 3S puts the power back in your hands to do just that. Why? You’re worth it and life is worth extending. How? The bodymind, given half the chance, heals itself. All you have to do is learn how to consciously get your “self” out of the way so the bodymind can do its job.

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Let's unpack that concept – the idea that the body is designed to heal itself. When you think about it, if you get a cut, as long as you don't rub it in dirt, your cut immediately starts to heal. That's your body working to right itself. Skin scars and heals over, and torn muscles reform and rebuild. Even the brain forms new pathways after injury to its best ability. The nervous system does the same thing. Your body is always trying to return to calm after trauma and to find balance.

That self-regulating process that works to your advantage has a scientific name: homeostasis. Simply defined, homeostasis is the tendency toward a relatively stable physiological equilibrium. The bodymind has the ability to shift resources around to provide the best environment for healing and health. When you follow the 3S approach, you move the bodymind toward peak performance so that homeostasis can happen most efficiently.



Chapter 2

Bodymind:

I've thrown out a new concept here called "bodymind" so let me define that.

The term "bodymind" refers to you as a single, integrated human being (holistic). The body, the mind, the spirit are all one; dynamically interactive and interrelated. Although it's helpful at times to consider just the physical body, or just the mind, it makes little sense to make changes in one area without thinking about how the whole will be impacted.

Let's explore this concept of the bodymind as a whole. If you get involved in a traumatic car accident, is trauma ONLY experienced physically? Is there not a mental and emotional wound that remains long after visible wounds have healed? Taking it a step further... you might receive medical help for broken bones separately from counseling for mental or emotional wounds. Do those services impact just the part of YOU the service was aimed to address? Did mending the physical break improve your mental and emotional outlook for long term recovery?

The trend in recent years to look at medicine, psychotherapy and wellness from an integrated, relational perspective. Growth of the field of Integrated Medicine is a good example of that, just as body-based approaches to mental and emotion health—like Trauma Resilience Model (TRM), and Somatic Psychotherapy—are coming to prominence. For decades, medical doctors who have been trained solely to treat the physical body have recognized the importance of “a positive mental attitude” in healing outcomes for cancer treatment and recovery from severe injury. Is this an implied recognition of dynamic bodymind connectedness?

Even the online reference website WikiHow has an article entitled How to Improve The Mind Body Connection that states, “The primary way to strengthen and improve your mind-body connection is by incorporating lifestyle changes that will help you reduce stress, strengthen your body and improve your emotional state of mind; this will in turn encourage your body’s natural healing processes.” The question is how?

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3S builds resilience in the bodymind by strengthening physical, mental, and emotional aspects SIMULTANEOUSLY.

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Recognizing the bodymind as a dynamic, integrated whole, is critical for understanding how 3S works. This program assumes a dynamic wholeness of the body that is fed by physical, mental and emotional FOOD. The fruits and vegetables you eat build (or diminish) the body physically AND impact how you think and what you feel. What you sense, think and feel builds (or diminishes) mental/emotional strength AND impacts the strength (or weakness) of your physical health. What you eat becomes the cells you use to think and feel with, and what you think and feel impacts the strength of muscles, organs, and your nervous system.

You are one, you are not a separate body and a separate mind – you are a bodymind. You are what you eat AND you are what you give your attention to. What you eat AND your relative stress level (from mental and emotional habits) push sugar higher or lower. This is the root of a healthy or unhealthy lifestyle.

Later, we'll look at how the combination of sugar/toxins and stress impact the body in greater detail. For now, let's consider what sugar (alone) does to the body, and how it impacts the bodymind.

Chapter 3

How does sugar impact the bodymind?

‘Sugar’ is not the enemy. The body needs some form of sugar for fuel. You’re likely familiar with sugar in the form of glucose, fructose or sucrose, but dextrose, starch, and lactose are also forms of sugar common in foods. All of these forms of sugar in whole fruits or vegetables provide fuel for the body.

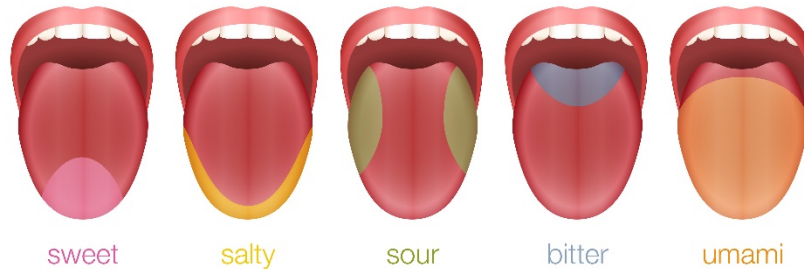
When natural sugar sources are highly processed, beneficial fiber is lost and chemicals added. Efforts to chemically synthesize nature’s sweetness in artificial sweeteners most often lower calorie count only to introduce disease causing elements. These elements add up.

Too much refined or chemicalized sugar contributes to heart disease, stroke, diabetes, depression, some forms of cancer, leaky gut, and other digestive problems, just to name a few.

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For the rest of this discussion, references to sugar involve chemicalized sugar, refined sugar (like common granulated sugar), or artificial sweeteners – not to the natural sugars found in whole fruits or vegetables.

Taste areas on the human tongue



It's on the tip of your tongue! Let's take a look at what happens as chemicalized sugar makes its way from mouth to brain. Your taste receptors on the top of your tongue respond to sugar consumed in any form. Then two things happen; signals travel directly to your brain, and the sugar travels to sugar receptors in your stomach.

Chemical and electrical reactions in the brain ask a series of questions like: "Is this ok to eat?" "Should I eat more of this, or should I stop?" "Does this feel good or bad?" If you ate natural fruits and vegetables, the fiber in that food tells the brain when it's done. Not so if you ate something with chemicalized sugar. The stomach-to-brain-to-stomach feedback loop is short-circuited by refined and/or chemicalized sugar! This is how eating too much refined and/or chemicalized sugar, or for too long, creates sugar cravings and addiction—and increased tolerance to sugar.

Meanwhile, sugar is further broken down in the stomach. Fiber in whole fruits and vegetables AGAIN play an important role by reacting with chemicals to send signals to the brain saying you're full, or not. Sugar byproducts (partially broken down carbs) are passed from the stomach to the small intestine.

It's in the small intestine that some of the sugar is broken down into fuel (the glucose, fructose, dextrose, lactose parts) as monosaccharides, and indigestible FIBERS (like inulin and chicory root) are passed to the large intestines to play yet another important role. Monosaccharides are distributed throughout the body's cells for fuel at the cellular level.

That indigestible fiber is then passed to the large intestine where it plays a critical role in cleaning and energizing that organ before being eliminated from the body. Their ability to clean and contribute to health is impacted by healthy microbes there. So, fiber helps healthy bacteria do its work.

But fiber also interacts with those microbes to create peripheral Serotonin; a key hormone that (1) helps regulate nerve cell communication, and (2) involves a variety of body processes that contribute to well-being and happiness. A depletion of Serotonin is associated with many forms of depression. About 90% of Serotonin is produced in the gut. Therefore, refined and chemicalized sugars can set you up for depression—and the natural sugars in fresh fruits and veggies can help prevent or minimize depression!

A healthy large intestine is responsible for much of your immune system. Since chemicalized sugars lack fiber, if you're eating them regularly, you're harming your large intestines, depriving them of elements they need to maintain your health, contributing to disease by lowering your immune, and contributing to higher stress and mood imbalance.

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It is possible to get too much natural sugar for some who are genetically vulnerable—like those with diabetes in their family history. But, this is rare and unlikely because of homeostasis and how the body processes sugar from fruits and vegetables:

The magic ingredient that occurs in natural fruits and vegetables along with sugar is FIBER. When the body processes raw fruits and vegetables, their fiber sends signals to the brain to stop when you've had enough. The fructose in living, whole foods doesn't do that on its own. And chemicalized sugar manufacturers process the fiber out of foods in order to prolong the shelf life of their product. Thus, processing prioritizes shelf life over your health.

Most Americans eat a lot of refined, processed sugar—and on a regular basis. Eating a SAD diet (Standard American Diet) loaded with high amounts of daily sugar is harmful to the bodymind. Too much refined or chemical sugar is toxic, it creates stress in the bodymind—all of it, mental and physical, as illustrated above.

Too little or too much glucose decreases energy levels in several ways. Two of the most important are ATP (adenosine triphosphate) formation, and something you've probably never heard of—the orexin system.

All cells, from fungi to our individual cells, breakdown glucose into ATP for energy. Too little ATP from lack of glucose results in hypoglycemia, where too much glucose (hyperglycemia) thickens the blood and slows energy production as well.

Blood sugar spikes from glucose also impact the hormone orexin that regulates wakefulness/fatigue as well as happiness/sorrow. Hyperglycemia causes cellular inflammation and decreased orexin activity, or (in body cell terms) Sugar + Stress = Sad + Sick.

A fuller list of what happens physically and mentally in the bodymind due to hypo- and hyperglycemia is included in the Body Resilience Zone explanation in Chapter 8.

What about fructose? Much is made of high fructose levels from substances like high fructose corn syrup (HFCS) and products like sugary drinks. There's definitely good reason to be concerned. Fructose is transported from the small intestine to the liver. The liver metabolizes fructose. With repeated exposure, too much fructose builds up, causing fatty liver, excessive fat storage, and leptin resistance.

According to Scientific American, "NAFLD is a medical condition associated with obesity that can eventually lead to other liver conditions or even liver failure. In less than a decade, NAFLD will likely become the number one cause of liver transplants in the country, and demand will continue to overwhelm the supply of livers available."

Today, up to 25 percent of people in the U.S. are living with non-alcoholic fatty liver disease (NAFLD), according to the American Liver Foundation.

So how are people getting fatty liver not associated with excessive alcohol consumption? Poor diet (Standard American Diet) with regular doses of chemicalized sugar is one huge factor. But what our food supply is being treated with is also emerging as a major factor – worldwide. Studies are now demonstrating a link between regular low doses of a popular glyphosate-based herbicide with worldwide distribution and increases in fatty liver disease. In this case, it's Sugar + Toxins = Bodymind Stress = Sick.

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Too much fructose also results in dumping excessive amounts into the blood stream, compounding hyperglycemia and all the health problems that go with it. The collection of these symptoms is what is now being referred to as metabolic syndrome.

• *Glyphosate-based herbicides (GBH), such as Roundup, are the major pesticides used worldwide*¹. *Residues of GBH are routinely detected in foodstuffs*²³ *and drinking water*⁴. Scientific Reports 7, Article number: 39328 (2017)
doi:10.1038/srep39328

Metabolic Syndrome should simply be called what it is, Sugar Addiction Syndrome – or Sugar Poisoning. Metabolic Syndrome, like newly marketed sugars, is a new name for an old disease. As discussed, too much sugar tricks our brain into believing our body is starving.

To sum up: Too much sugar over time causes an addictive reaction, insulin resistance, too much sugar in the blood, and too much fat in the liver. This negative impact on insulin, blood and liver causes inflammation. Chronic inflammation causes disease. That's the basic pathway. This is at the root of chronic disease on the rise at the global level.

So, how does sugar impact the body/mind this way?

The body doesn't recognize processed sugar and artificial sweeteners as food because they are synthesized, chemicalized, not food. They are not intended by Nature for human consumption. Again, fiber contained in natural fruits and vegetables is removed in processing, so there's no natural counter to sugar cravings. When you eat chemicalized sugars, the body gets sugar without fiber, knows it didn't get any real nutrients, and demands more food. The brain is signaled that more nutrients (more food) are needed and to eat more. This is your craving.

Think about what happens when you eat clean food versus processed food. What's a clean food? A clean food is a whole food like strawberries. When you eat strawberries, your body tells you when to stop. Your body knows—through this feedback mechanism—when it's had enough. It has an automatic trip wire.

This doesn't happen when you eat pizza, there's no pizza trip wire. Your body behaves like it wants more and more. You get to the point where you feel like you can't fit any more in your stomach, only then do you stop. This is because your body wasn't designed to eat chemicals and processed food. It was designed to get natural sugars from fruits and vegetables. Your body just doesn't recognize or respond to chemicalized sugars appropriately. That's what I call low quality nutrition.

So how much sugar is ok? The answer is not very complicated. Eat whole fruits (2 – 3) and vegetables in moderation as a rule, supplemented with some natural stevia or stevia/lo han guo/chicory root sweeteners. If you have a stronger body, it may be OK to include some natural derivative sugars (defined in the next chapter) in limited quantity when you're eating a maintenance diet. No sugar should be used during detox. If you're highly sensitive, limiting chemicalized sugars to a few special occasions per year, or eliminating them in favor of items with natural derivative sugars, makes the most sense. Others can incorporate moderate amounts of natural derivatives and some lower quality foods and maintain balance. But you'll have to investigate this consciously and responsibly, without rationalization to really dial it in, right?

In the 90 Day Program, you'll receive some guidance on how often to incorporate low quality foods into your personalized maintenance plan.

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You've no doubt heard average daily recommendation about "added sugar." Though I refer to it later, I don't subscribe to the concept of suggesting any particular amount of "added sugars" — especially chemicalized and highly processed sugars — on a daily basis. Daily intake of processed and chemicalized sugar doesn't promote bodymind balance. So we won't discuss "added sugars" as OK on a regular basis at all. That's crazy talk. It's better to reframe how you think about sugar and do what you're doing now—namely understand sugar. Here are the basic truths to remember:

Quality and quantity of sugar matters, as does quality of "food" generally

Natural sugar in whole foods is the only sugar specifically designed by Nature for your bodymind,

Refined and chemicalized sugars are addictive, while natural sugar from whole foods are not.

Refined/chemicalized sugar is harmful if eaten regularly (and especially daily) in any amount

Note: this includes anything in a box, bag, container, packaged baked goods, bread and milk (even most packaged nut milks)

Marketing strategy complicates understanding sugar for consumers. Marketers count on you thinking you're getting a slightly better (safer) sugar, when you're really getting more chemicals packaged differently and under a new name. It's a common marketing practice to change the names of a product when they get a bad reputation, and market it under another name; same pig, new lipstick. I have a list of hundreds of names of sugars and sugar substitutes, and that list grows regularly. You'll find that list on my website.

<http://www.SugarStressSickBook.com/sugar-names/>

These sugars are chemical substances with little to no benefit and a lot of health consequences. Your body has to either store some of those substances as toxins, or it has to work extra hard to eliminate them, or both. That wrecks havoc with hormones—including the hormones that control your ability to think, interact, focus, and balance your mood.

The Many Names of Sugar

AVOID COMPLETELY	AVOID or Rare Special Occasions	MINIMAL USE	BEST ALTERNATIVE	BEST	MINIMAL USE	AVOID OR LIMIT	SOURCE WELL
<i>Chemically Engineered (Artificial) Sweetener</i>	Sugar Group 1 Highly Processed - High in Fructose, or Sucrose (50/50 Glucose/Fructose)	Sugar Group 2. Lightly processed, plant-extracted sweeteners & FODMAPS, Sugar Alcohols	Plant-based lightly processed Sugar Fibers, plant-based sweeteners	Whole Fruit	Starchy Foods	Grains that Impact Sugars in the Body	Foods with Hormones that Impact Sugar Metabolism
Acosulfame K	100% Raw Honey	Coconut Palm Sugar	Alant Starch (Inulin)	Dates (careful if diabetic)	Acorn Squash	Rice	Alternatives to typical dairy.
Adame (Adame)	Algae Nectar	Lycium powder	Alant (Inulin)	Apples	Bread	Brown rice	Homemade Nat milk
Advantame	Barley malt/Barley Malt Syrup	Raw Date Syrup	Atlanta Starch (Inulin)	Coconut	Butternut Squash	Buckwheat	Unsweetened Almond milk without additives
Albame	Beech sugar	Yacon Syrup	Caveet	Strawberries	Corn	Commeal	Fresh organic local cow
Amitosweet	Black Strap Molasses	C-Tender with Erythritol	Dulcin (Inulin)	Raspberries	Couscous	Millet	Better animal proteins.
Aspartame-Acesulfame Salt	Brown Rice Syrup	Carob Syrup	Diabetic Sugar (Inulin)	Blueberries	Green Peas	Oatmeal	Grass fed, pastured, well-treated cows
Calcium Saccharin	Brown sugar	ClearCut™	Fructooligosaccharide	Oranges	Paranip	Popcorn	Fresh caught fish
C/are (w/aspartame)	Buttercream	Erythritol	Helenin (Inulin)	Guava	Potato	Wheat/whole-wheat flour	Locally or individually sourced game or fowl
Cologran	Buttered Sugar	Ethyl maltol	Helenin (Inulin)	Watermelon	Pumpkin	Whole rye	Range, pastured, cage free, local chickens
Cyclamate	Cane sugar	Glucitol (Sorbitol)	Inulin	Etc	Rice	Whole grain barley	
Cyclamate	Caramel	Glycerol (Glycerin)	Isomalto-oligosaccharide		Sweet Potato	Wild rice	
Dulcin (banned in 1950's)	Caster Sugar	Hydrogenated Starch Hydrolysate (HSH)	Just Like Sugar		Yam	Quinoa *	
Equal (aspartame)	Confectioner's Sugar	Isomalt	Lg Man Gup (monk fruit)		Beans*	Amaranth *	
Hemmesetas	Corn Sugar (HFCS)	Lactitol	Neosugar (Inulin)		Levins*		
Ideal	Corn Sweetener (HFCS)	Lactyl- with Lactitol	Oligofructose				
Nutra Taste	Corn syrup	Lakanto	Polydextrose (synthetic)				
Necta Sweet	Corn syrup solids	Maltitol	Stuvia (Green)				
Neohesperidin DC	Corn Syrup (HFCS)	Maltitol	Sweetyle				
Neotame	Crystalline fructose	Mannitol					
NutraSweet (aspartame)	Demerara sugar	Nutstevia					
Purvia	Dextrose	Polysweet with Xylitol					
Saccharin	Diatrase	Sorbitol					
Sodium Saccharin	Diatrastic malt powder	SweetPearl: Maltitol					
Somersweet with Acesulfame K	DouMatok Sugar	SweetPerfection with Erythritol					
Splenda	Evaporated cane juice	Xylitol					
Sucaryl	Fructose Glucose Syrup (HFCS)	Xylisweet					
Sucralose	Fructose	Zerose					
Sugar Twin (aspartame)	Fruit juice concentrates	Zweet					
Suweet (acesulfame K)	Galactose						
Sweet 'N Low (saccharin)	Glucose						
Sweet'N Safe	Glucose Fructose Syrup (HFCS)						
Sweet 'N Low	Golden sugar						
Sweet One (acesulfame K)	Golden Syrup						
Sweet Twin (saccharin)	Granulated Sugar						
Sweetz	High Fructose Corn Syrup (HFCS)						
Sweetthree	High Maltose Corn Syrup (HMCS)						

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Sugar imbalance in the bodymind leads to plaque build-up in muscles contributing to heart disease, arteriosclerosis, peripheral artery disease, stroke, and early dementia. Remember that pathway I talked about before? It increases inflammation messengers called cytokines in the blood, and chronic inflammation is linked to diabetes, heart disease, stroke, and all other kinds of chronic diseases. Inflammation is not our friend.

You've heard about gluten. Along with sugar, gluten and stress are contributing factors to leaky gut syndrome and autoimmune diseases like celiac disease. 3S is gluten free, and a great way to transition off gluten. You can use this program to cleanse before moving to gluten-free maintenance.

There are too many negative effects of adding stress and sugar to your diet to list here. But, it bears mentioning that scientific evidence continues to mount about the significant role sugars and toxins in processed foods play in the rise of obesity, heart disease, stroke, diabetes, and disease generally.

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Chapter 4

Types of sugar:

Let's look at the three different types of sugar I define in 3S:

Natural Sugar,

Natural Derivative Sugar, and

Chemicalized Sugar.

Natural sugar is what's contained in whole foods – that's fruits, vegetables, and starches in their original form like strawberries, apples, and cucumbers, or starches that break down into glucose and/or fructose and used for clean energy. That kind of fuel is like superior gasoline—putting the best kind of gas in your tank.

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Natural sugar is the only kind your body was specifically designed by Nature to digest—sugars in all natural, whole form in fruits and vegetables. Your bodymind is your life vehicle. It makes good use of this fuel. If you're sensitive to it, you can feel the way your bodymind responds positively after you eat a piece of fruit or a vegetable. Put this in contrast to how your bodymind responds to a candy bar. Candy gives an unnatural high, right? Whereas fruits and vegetables in whole form give you a relaxed and sustained goodness.....naturally.

NATURAL DERIVATIVE SUGAR. Natural derivatives are lightly processed directly from whole foods. Though not as beneficial as natural sugars, as long as they are lightly processed without exposure to harmful chemicals, derivative sugars are good alternative sweeteners.

The best natural derivative sugars are coconut sugar or date sugar. You can consider that as more like regular fuel than superior fuel. You can get by on it but it's not the best. In 3S, these could be used in maintenance on a limited basis.

A natural plant based sweetener (stevia or SweetYHi) may be included as much as you wish in 3S. But other natural derivatives should not be included in a cleanse or detox phase. Limiting even natural sugar intake (from whole fruits and vegetables only) during a cleanse/detox uncomplicates digestion. This allows the bodymind to focus on releasing stored fats and toxins.

A word about Honey: there are two kinds of honey; 1) pure, raw/unprocessed, or 2) processed. Raw/unprocessed is NOT what you usually find in your local grocery store. Grocery store honey is processed and contains chemicals, pesticides, and other artificial ingredients. In fact some of it isn't honey at all!

In small quantities, pure, raw and unprocessed honey (preferably locally-grown) is a natural sugar and a good sweetener. Pure, raw honey also contains a lot of enzymes, antioxidants, amino acids, vitamins and minerals. But, I don't recommend even raw unprocessed honey during a cleanse or detox due to its high fructose content. I don't include it in any part of the 3S program except maintenance, and encourage limited use due to the fructose level. The goal of cleanse and detox is to significantly limit even natural sugar to allow the body an optimal opportunity to release toxins.

Beware agave. Pure agave contains strong anti-oxidants and anti-inflammatory properties, but it is currently rare to find pure agave with these beneficial ingredients in your local grocery store. This is because all the good stuff is eliminated in the manufacturing process – just like high fructose corn syrup. Additionally, it has an extremely high fructose content. Because of the marketing hype around agave, many people – including diabetics – started substituting agave for sugar. This is extremely dangerous due to the fructose. Agave is low on the glycemic scale but again, extremely high in fructose. I wouldn't use any commercial agave syrup in a balanced diet.



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PROCESSED, REFINED, OR CHEMICALIZED SUGARS.

These are highly processed, chemical substances. While they may or may not be originally derived from a whole food, and marketed like one, they aren't food at all, now – not when they enter your body and cause harm to your body in significant doses over time. This is literally like putting dirty, sub-standard fuel in your tank. Again, your body/mind is your vehicle. If you put enough of that stuff in over time, what do you think is going to happen? Everything gets gunked up and ultimately breaks down.

Much has been written about the dangers of High Fructose Corn Syrup (HFCS). The dangers are very real, but HFCS is not the only dangerous, highly processed, chemicalized sugar or toxic substance present in a Standard American Diet (SAD Diet). Knowing what's safe and what's not can be extremely difficult without being a chemist, or a highly-informed consumer with enough time to stay on top of the latest names of chemical additives. That's where 3S comes in.

A few good rules to live by are:

Avoid anything that comes in a box, jar, can, or container, or that contains ingredients that came from them.

Make sure your vegetables and fruits are non-GMO and certified organic. Best is to grow your own, and next best is to get your fresh veggies, fruits, nuts and seeds from a local farmer you get to know who doesn't use chemical fertilizers or commercial pesticides—especially glyphosate-based herbicides (like Roundup).

Save money and be healthier: switch to your own home made nut milk (quick and easily-made; recipe available on website), or nut milks that are unsweetened and that don't contain anything but the nuts.

JEAN MORRISON

If you use animal proteins, obtain the highest quality available per the guidelines provided in Chapter 10 & 11.

The bottom line is, refined and chemicalized sugar contribute to bodymind stress, interfere with weight loss or maintenance, and block balanced mental health and resilience.

[Mike Adams' Natural News is the best sources I've found for the latest, accurate, scientific, health focused information available on chemical and toxic substances found in food and water. [Check out naturalnews.com. Another excellent source is www.GreenMedInfo.com. Both of these are research-based and entirely trustworthy.]

FREE BOOK UPDATES AND VIDEO TRAINING

This book is interactive – to get free updates and videos visit:

<http://www.SugarStressSickBook.com/>

Chapter 5

Where stress fits in

Where does stress fit into balanced living? Turns out, stress plays just as big of a role as sugars do in a healthy lifestyle.

Everyone alive experiences stress. It's downright unavoidable. Every day we face people, places, things and experiences that trigger stress reactions small and large. Anything can be a trigger. Depending on our resilience in the moment, we may or may not handle those stresses at our best. Do you remember a time when you became stuck in depression, anxiety, fear, or sorrow for any length of time following a trigger of some kind?

What happens to your bodymind when you experience stress? Remember that homeostatic design that always seeks to bring your body back into balance? How does this work in terms of stress? Are there tools you can develop to support a return to balance more quickly? Can what you eat impact your ability to increase your resilience during and after stressful events? What role does sugar play in all this?

Your bodymind does have systems to deal with life stress as part of its brilliant homeostatic design. You're familiar with the fight or flight response. It comes to the rescue whenever you experience fear, anxiety, or perceive a threat. But this natural stress response was not designed to be constantly overwhelmed by long term, chronic stress. In fact, your bodymind may become overwhelmed by a single extreme shock.

What happens when your bodymind uses the fight or flight response to stress? Key hormones are released when you face a crisis; cortisol being primary among them. Cortisol instructs various body organs and systems to lend energy to deal with the immediate threat; real or perceived. Short term, this is exactly what you need. But imagine if cortisol keeps instructing the body to pull energy out again and again to deal with repetitive stress.

The body was not designed to deal with continuous, long-term stress without sufficient rebalancing. So, if cortisol keeps sending messages to the whole body it's like robbing Peter to pay Paul. Eventually, the bodymind just runs out of energy—energy you may need in real emergencies, when you least expect it!

Short-term or long-term, stress strains the bodymind. If the fight or flight system has to stay in operation for days, weeks, or years at a time, organs and tissues are robbed of energy and resources they need to function normally.

Chronic stress elevates blood sugar and leads to inflammation in organs and tissues. That's when you start to become more vulnerable to disease. Chronic stress contributes to chronic diseases like diabetes, heart disease, stroke, lowered immune, irritable bowel, leaky gut, allergies, mental health concerns, and so many others.

Two Types of Stress: acute or chronic. Both are important to understand in terms of life balance. Let's take a look.

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Acute Stress is temporary stress that happens rather quickly in a short span of time, and can range from something minor to extreme. Acute stress might be a paper cut, or a car accident with serious injury or fatality. Though quick, the sudden shock of an acute stress—accident or earthquake, home break-in or death of a loved one—can result in a heart attack or death. Sometimes, mental health challenges like post-traumatic stress disorder can result from a single exposure to acute stress—as in witnessing intense violence in a warzone or at a murder scene.

Examples of Acute Stress

Paper cut

Dog bite

Witnessing a crime or violence

A car accident

Public speaking

Death of a loved one

Chronic stress can be episodic (occurring under specific conditions every once-and-a-while), or on a regularly sustained basis over a longer period of time—a week, a month, or years. Chronic stress might follow a single instance of acute stress. It can result from predictably unpredictable stress with big or small gaps of time in between occurrences; sexual, domestic, emotional, bigoted, or racially motivated violence. Chronic stress might also be daily, unresolved friction at work or in the home, or unresolved memories of acute or chronic stress that keep repeating in the mind on an endless loop.

Examples of Chronic Stress

Repeated sexual abuse

Repeated harassment from authority figures

Episodic domestic violence

Daily caregiving responsibilities

Repeated sexual harassment

Long-term work related stress

Like energy generated from food, stress shows up in the entire bodymind. Just like eating low-quality food regularly, it impacts your physical, cognitive and emotional body—including organs, vessels, nerve function, focus, and memory.

You can immediately or eventually identify stress in your body. People commonly sense daily stress in their shoulders, neck, head and back. However, these physical signs of stress represent only a small part of how stress shows up in your bodymind. That is just what's on the surface. On the inside, stress ultimately acts similarly to chemicalized sugar (a little more about that later).

When it comes to long-term impact on the bodymind over an extended period of time, you can see where stress becomes an important factor to consider. You are not only what you eat, you are also what you give your attention!

The BodyMind Stress Map sample below provides a summary glimpse of how stress impacts specific body organs and systems. We also show nutrition tips and specific forms of stress reduction that might be explored first to support relief and a return to health.

Chapter 6

Investing in Your “You-Bank”

Good news! There are infinite ways to personalize stress reduction as part of a healthy lifestyle. When you consciously commit time to identifying healthy forms of stress reduction, you elevate natural resilience over addictive short term sugar solutions. You can even learn what works best for you, under which circumstances, and then to take small steps toward balancing transformations.

The point is, you ALSO matter, and are worth investing in. Any time you bring healthy consciousness and truth to light, you amplify the effect of energy for positive change. So, let’s get conscious about investing in your “You Bank.”

Simple steps toward investing in you are:

Admit stress exists.

Learn to act instead of react to emotion and perception.

Build resilience by making regular, healthy deposits in your 'You Bank' (see below); things that help you rebalance on a regular basis.

Let me explain what I mean by You Bank. The You Bank is like a savings bank. A financial savings account guards against a rainy day, just as your You Bank account guards against poor health in the face of trauma. You must put some deposits in so that when something really stressful happens, you have enough resilience to respond to it. If your You Bank is overdrawn when something truly difficult arises, you may not have the resources to walk through it.

Admit Stress Exists. Since you're reading this book, I know you've already taken the first step and admitted that stress exists. Good for you! There are many suffering needlessly, denying that they are merely coping with stress in their lives. I encourage your continued exploration of where your specific mental stress originates. This is the road less traveled.

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Learning to act instead of react to stress takes practice. Stress arises when we seek change—change to environment, thought or emotion. In immediate danger, we can sometimes act to avoid or escape the worst consequences. We fight, freeze or flee. But what about when danger isn't immediately present? Must we fight, freeze or flee in reaction to every emotion? Or, in the absence of immediate danger, can we observe and decide if any action is necessary at all?

We can relate in a way to our thoughts and emotions that reduces stress.

We inherit or develop attitudes, personal expectations, and behavior patterns in our childhood that may hold us in place, or that we hold on to, and that continue to impact and define our daily lives. We develop patterns of relating to people we love, admire—or those who annoy or frighten us. When those patterns are unconscious, informed by trauma or not, they tend to color our daily lives through emotional reactions that are on auto-pilot to even the simplest of events. A single traumatic event can also create similarly deep conscious and unconscious fear-based patterns.

Unraveling stress patterns takes time, patience, and help. I don't recommend that anyone do this deep diving on their own. But, you can develop some basic understanding on your own about thoughts and emotions that will serve as a foundation to ease mental and emotional stress long term.

About thoughts and emotions:

Thoughts and emotions are temporary. Some may recur, but they pass.

You can't control what thoughts and emotions arise, but you CAN DECIDE if anything needs to be done about them.

If there's nothing to do about a painful emotion, you can practice methods to distract and refocus attention. Or, actively do something to relieve stress, and wait until unpleasant becomes neutral or pleasant again.

Start there. Consider one point at a time. Then work with a coach to practice directing attention until the necessary muscle develops to do this regularly on your own.

If you need help..... talk therapy with a qualified professional is one approach. However, adopting a clean diet may provide enough of a calming foundation to move forward with alternative support. When calm returns through cleaning your diet, more reasoned decision-making can take root. If serious or uncomfortable symptoms persist, you have more information about your core needs. Working with a trained stress management professional or coach IS a great option to learn and practice practical skills to rebalance the nervous system. If you need help, ask—and keep exploring and asking until you find what's right for you.

I'm always researching and updating resilience building techniques for use in my practice, and I make that information available to support participants in detox and transformation programs. Some techniques are simple and easily implemented on your own—like basic breathing, counting, and taking up space, for instance. Others, like Community Resilience Model (CRM), formal meditation, or natural contemplation, are best learned first with a certified coach or instructor. Whatever you try, don't give up. Use common sense and invest in help from a coach until you can do on your own.

The most important tools at your disposal are:

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1) your commitment to understanding, and

2) your determination to develop a life that supports real happiness.

Investing in YOU does not have to be complicated. But it's much more effective when done consciously and with intention. Accidental resilience building is better than nothing. Intentional relaxation and stress reduction can be intensified for a longer lasting positive impact that broadens resilience overall. The positive result you get when you invest intentional time in yourself is exponential!

IMPORTANT: Where you park your thoughts and attention is critical.

Cultivating connection with people, places, things, thoughts, and ideas that are pleasant—things that bring a sense of calm in your body-mind—is extremely helpful.

Notice this:

Most random thoughts are negative.

Your attention mechanism is prior to those negative thoughts, and you can direct your attention to whatever thoughts you CHOOSE.

Learning to refocus attention, distracting the mind (if you will) to calm or pleasant instead of focusing on negativity (big or small), is central to returning to calm. The CRM (Community Resilience Model) resets your nervous system by teaching you to direct your attention to body sensations. I use their simple technique, and my clients rave about its positive impact on healing trauma and resetting the nervous system.

Regardless of how you do it—connecting with your concept of beauty, nature, things that give and support life, that distract and slow down, that allow you to let go and be supported by life energy—that’s investing in your YOU-Bank.

As noted, I maintain a growing list of stress reduction techniques from breathing and counting to sense exploration, meditation, and isolation tanks. But I’ve found that one person’s stress reduction is another person’s stress trigger! The point? Explore! Most people are stuck with the “comforts of youth” to soothe stress: sugar and sugar drinks, or dextrose/ethanol drinks (alcohol) that impact sugar. Now you’re an adult and can strike out on a healthier path.

I advise my clients to use my list of stress reduction techniques as a source of inspiration and a place to start. Make your own list of what you’d like to try or continue. Include any techniques that can be used in a pinch, over short periods, when you have more time for self-care, when you need immediate relief, or when you’re sitting at a desk most of the day. Then, observe what you do with your time. Be honest: How can you take up to 17 minutes per hour to allow your brain to reset?

Why 17 minutes? The Draugiem Group, a social networking company, researched the optimal work-to-rest ratio for performance. They found that people who take regular breaks, specifically 17 minutes for every 52 minutes of work, were the most productive. Their study suggested that productivity is connected more to working smarter and taking regular breaks than grinding it out to the finish line.

What’s really important is:

Stop intensive working for at least 15 minutes per hour, get up, get away from what you’re working on (use a timer as needed)

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Bring one new stress reduction technique into your routine and see how it goes

Take time to maximize the effectiveness of everything you do to relax

Include music you love—maybe just a song or two

Learn to observe thoughts and let them go, instead of holding on to them. If you find it too difficult to observe a thought, try to re-direct your attention to a physical sensation (tapping your leg or drinking water), a positive thought, textures/colors/nature/beauty

Be silent and just listen to what's happening in your environment

Notice as much of the beauty around you as possible, or even as much detail as possible even if you are temporarily unable to see “beauty”

See a bigger picture; imagine viewing your situation from space perhaps

If you sense expansion rather than contraction in your physical body, you know you're on the right track.

A word of caution about giving: being of service to others is also a great way of investing in your YOU-Bank. Just be sure that you do this in a balanced way. “People Pleasers” give to others, but often to a fault—meaning that they tend to neglect their own needs, which leads to further imbalance and stress.

If you continue to find yourself significantly unsettled after increasing your YOU-Bank Deposits (in combination with a clean diet), seek help from a qualified practitioner who specializes in cognitive balance. It's amazing how much a clean diet can help clear the mind. But, always consult a mental health professional or 9-1-1 if you have a mental health emergency.

Can an Experienced Health Coach Help? YES! An experienced health coach can help bring out your best resilience-building skills, allowing you to feel confident in using them more effectively—in a shorter amount of time than on your own. Such a coach supports your development of positive self-reflection and compassionate personal accountability. A good coach will assist your identification and release of deeper personal challenges as you develop the practical self-balancing tools that make sense to you. I highly recommend working with an experienced guide to help you develop confidence that lasts well beyond any single health journey.

Chapter 7

Reducing Stress the Smart Way

Reducing stress generally is beneficial to everyone. Learning practical tools to build resilience helps you as an individual on a personal level. But is there a way to dial in to specific bodymind resilience based on your exact physical/mental need? The answer is YES!

First, cleanse and detoxify the bodymind first to establish clean and balanced regular nutrition. Then, list how physical, mental and emotional stress impacts you specifically—tracking your symptoms. You can then use the Bodymind Stress Mapping Tool to zero in on additional nutrition and stress support tips. This information can help you ask more informed questions of medical, traditional, nutritional, and resilience coaching professionals.

Let's take a look at how to smartly identify and apply resilience to promote overall bodymind health. 3S provides a tool called the Stress Mapping Tool to help identify how stress specifically impacts you physically, mentally and emotionally. Once you've zeroed in on personal stress reactivity, you can act with specificity. Acting smartly to stress (or responding) reduces it. Conversely, reacting to stress increases negative side effects in the bodymind. The 3S Stress Mapping Tool offers specific suggestions for smart actions (intelligent responses) to address your personal symptoms.

Everyone tries to invest in their "You Bank" in some way. Maybe there are some ways you haven't tried yet, or that you don't commit to on a regular basis. If you add in periodic resilience building specifically matched to help resolve your symptoms, that's more bang for your buck.

Informed action + personalized You Bank deposits = optimal health results.

Choices do have consequences.

That's what we're aiming to do with Sugar + Stress = Sick. 3S gives you the tools to do exactly that.

Here's an example of how the 3S Stress Mapping Tool works:

Identify the symptoms: Let's say you suffer from IBS kinds of symptoms or digestion problems – gas, bloating, gut irritation, a lot of people do.

The 3S Stress Mapping Tool suggests you:

Focus on the brain-gut connection

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follow a detox plan, eat clean and minimally for at least thirty days, or as long as necessary to maintain personal balance,

add in organic fermented foods and probiotics once you get to your maintenance period.

You Bank deposit suggestions would include:

practicing gentle yoga poses that help ease digestion and tone the abdominal muscles. Just a fifteen minute routine would do.

deep breathing – diaphragmatic or pranayama which is a specific type of yoga.

aggressive muscle relaxation with or without massage,

positive visualization, resilience building like CRM (community resilience model),

natural contemplation.

3S cuts down on the time you need to explore beneficial activities that balance your life.

How Sugar and Stress Works in Combination:

Now that we've looked at sugar and stress separately, let's consider how sugar and stress works in combination to impact the body.

Remember, natural sugar in whole fruits and vegetables is needed to fuel the body. The problem is that Americans are not consuming natural sugar. Instead, Americans eating a Standard American Diet (SAD) currently take in an average of 19-1/2 teaspoons of the wrong kind of sugar (chemicalized sugar), daily – often without knowing it.

The American Health Association suggests that 5-1/4 teaspoons of added sugars for women and 7-1/2 teaspoons for men is acceptable. That means that even in the eyes of current Western medicine the average American is getting 12 – 14 teaspoons of added CHEMICAL or JUNK sugar EVERY DAY.

The quality of sugar you take in does make a difference. Instead of natural sugar your body can use, if you're eating SAD right now, your body is being damaged by 50-1/3 to 58-2/3 pounds of chemical sugars EVERY YEAR. How long have you been eating SAD?

Added sugar increases blood sugar and damages the body, AND added stress does the same thing. Added stress increases your blood sugar in the body and robs resources for proper brain, organ, and tissue function. If you're eating junk sugar regularly in a SAD diet, and you're having a lot of stress, you're cumulatively building stress upon stress in your bodymind.

The impact of alcohol is well known. As a low-quality food, most forms of alcohol don't contain a lot of sugar. But the ethanol in alcohol blocks insulin regulation, throws off mood-regulating hormones, and deprives the brain of oxygen. This process increases blood sugar while damaging the liver, brain and other organs.

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Alcohol in excess creates its own sort of emotional stress; sometimes people rage during excessive drinking for example. Hangovers generally include a bit of emotional stress. It can take days for your bodymind to re-regulate after a binge. [Although some may choose to re-incorporate a glass of wine with a meal occasionally during the week, 3S doesn't include alcohol while you're cleansing and detoxing. You want your body to function at its best during that temporary period.]

Long term emotional stress can have a similar impact to regular alcohol intake over time – by itself. It increases blood sugar and bodymind damage to one degree or another.

You Bank deposits that are natural and non-food oriented are a much healthier way to rebalance yourself. Resilience building then, is an extremely important regular practice that serves to rebalance the body in the midst of food intake and stress.

Added sugar, refined or chemical, elevates sugar in the blood stream stressing the liver, pancreas, heart, and brain. Chronic added stress elevates sugar in the blood stream even more, damaging the liver, pancreas, heart, and ability to think. This leads to craving cycles that result in obesity and diabetes, and/or inflammation that is the root of chronic disease and destabilization of hormones that impact everything from mood to fertility.

Recognizing the whole body, cumulative, daily impact of sugar and stress defines Sugar + Stress = Sick, and is why I define nutrition broadly to include literally everything you consume; vegetables to work stress, exercise, entertainment, and family or social relationships. All of that is nutrition. Everything in life that you consume either reinforces or diminishes your nutrition—and ultimately, your bodymind.

Chapter 8

Balanced Lifestyle

Developing a balanced lifestyle is the answer for long term health; eating healthy AND building resilience regularly. Small steps lead to big transformations, and 3S gives you the roadmap to get there.

Eating Clean and Reducing Stress are mutually reinforcing. Cleaning up your diet leads to a calmer mood and even regeneration in the whole bodymind. Building resilience through stress reduction frequently leads to improved eating habits. Being willing to do both simultaneously, taking a conscious look at clean eating while identifying your specific health triggers—that's the best way to create a real balanced life. This program will help you dial in, and create a smart, personalized plan that addresses and responds to how your bodymind responds to all you take in.

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What is a healthy lifestyle? Lifestyle simply means the way in which you live. Mayo Clinic defines a healthy lifestyle as controlled weight, good energy, improved mood, no major disease, and long life. A person has a healthy lifestyle by exercising regularly, eating right and resting enough. But in what proportions? What does “eat right” mean? And does rest mean the same thing as sleep? How are you sleeping? Is the amount the same for everyone? How do you integrate and personalize the best available information without spending 10 years getting degrees in nutrition, stress management, and balancing the brain for good sleep?

If you believe fitness industry marketing, the answer to a healthy lifestyle means exercising like a mad person to obtain a six pack, flat stomach, be super muscular, or uber-thin. They don't tell you that some ways of pursuing those goals with marketed products, or even the goals themselves, could be downright unhealthy. What if 20 minutes of exercise per day (walking, or walking combined with 10 minutes of yoga and focused exercise, or moving if you are not ambulatory) combined with clean nutrition would accomplish your health goals without the latest gadget, diet supplement, or exercise craze?

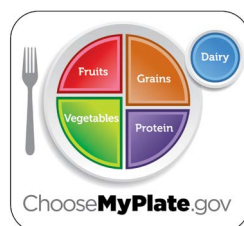
The food, diet and nutrition industries are equally tricky to navigate. What ends up on the official “Food Plate” recommended by government agencies is influenced heavily by lobbyists from large agriculture interests and industries that sell dairy, grain, and animal proteins. The result may reflect their interests more than what is good for your bodymind.

My Nutrition-Dense Plate



50% + Fresh Vegetables + 30% Addtl Clean Protein + 15% Whole Fruit + 5% Nuts/Oils

Avoid sugars, breads, dairy, and anything in a box, bag or jar.



The field of nutrition is continuously “evolving”, but there ARE basic truths we know now. We know what it is to eat clean. We know what a balanced lifestyle involves. And we know what these things are not. This program helps you sort through available information toward taking back control of your own health.

SUGAR + STRESS = SICK

Sleep and Rest are a critical part of balanced health and a healthy lifestyle. Clearly there is a huge need for assistance with sleep. How many sleep aid advertisements do you see in one day? If you have a real problem sleeping, what are your options if you don't want to take drugs, or deal with pharmaceutical side effects that frequently lead to other symptoms and disease? How clean your diet is and how you manage stress are frequent contributors to the quality of your sleep.

Sleep is like an early warning system. Sleep is regenerative, and lack of sleep is degenerative. Are your diet and life habits contributing to sleepless night and listless days, or recuperation and energy for the day ahead? Following the 3S plan frequently eliminates or diminishes sleep problems. You may find you don't need anything more to get a good night sleep after cleaning up your lifestyle on 3S. In the meantime, I share what works for me to promote sleep naturally as needed during a cleanse and detox.

If you're reading this book, you've no doubt determined that sugar consumption in a SAD lifestyle doesn't support health or balance, and you're looking for a way out. You've come to the right place. But you'll also find a road map to integrate and personalize great personal resilience habits that work! My goal in writing this book is to save you time and energy—potentially years of trial, error and research—so you can understand life balance; without medication (or minimal meds), with greater energy and resilience, and what you need to know to extend your life.

If a healthy lifestyle includes everything you consume, do you need to change everything you do to achieve balance? Probably not. Cleaning up your nutrition and your relationship to stress is likely to address most typical life balance concerns. A foundation that supports real health promises greater life satisfaction, and happiness. A healthy foundation with greater resilience puts the “life” back in Lifestyle.

Grand Medicine Founder, Dr. Leonard Mehlmauer, defines 7 primary practices for Healthy and Happy Life as including:

Pure Diet

Adequate Rest

Right Exercise

Natural Hygiene

Right Occupation

Life-Positive Environment

Spiritual Cultivation

Applying 3S principles puts you in position to address 5 of 7 of these practices. I leave right occupation and spiritual cultivation up to you.

How people define health and balance varies greatly from person to person, and culture to culture. I'm not here to stand in opposition to definitions or culture. I'm here to stand with you in simplifying food, movement, and life force (energy) in a way that supports health and wellbeing. I believe that you deserve life, happiness, and the basic tools to be able to figure that out for yourself....wherever you are right now. If it's your goal to eat a cleaner American diet, or to go fully plant-based, this book provides you with the tools to do that in a simple, balanced way—because balance is NOT just about physical food, it's about everything you consume in life.

Food as Clean Nutrition + Resilience = Balance.

SUGAR + STRESS = SICK

The point of a balanced life is optimizing peace of bodymind. 3S recognizes that understanding sugar and stress is key for balanced success. How?

The quality of the food you consume impacts bodymind resilience; physical, mental and emotional. High quality “food” (clean nutrition and positive emotional/mental input) regenerates. Low quality “food” (SAD nutrition and high stress) degenerates.

HOMEOSTASIS

The tendency of the body to move back to physiological balance, to right and heal itself without intervention.

HYPOGLYCEMIA (Low blood sugar) from Low Quality Foods + High Stress

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Anxiety • Phobias • Nervousness • Restlessness • Irritability • Depression • Violent outbursts • Obsessive Compulsive Behavior • Forgetfulness • Inability to concentrate • Unsocial, Asocial, Anti-Social behavior • Crying spells | <ul style="list-style-type: none"> • Nightmares & night terrors • Headaches • Tachycardia • Fatigue, weakness, “rubbery” legs. • Tremor or trembling of arm, leg, or whole body (outside or inside) • Twitching, jerking, or cramping of a leg muscle • Waking after 2-3 hrs • sleep Tinnitus • Abnormal weight – too high/too low. • Compulsive craving for sweets, colas, coffee, alcohol | <ul style="list-style-type: none"> • Lack of appetite • A diagnosis of “mitral valve prolapse” • Crawling sensations on skin • Fainting • Blurred vision • Smothering spells – gasping for breath • Red blotches on skin or circular arcs of red skin • Lack of sexual drive • Chest pain – severe, but EKG normal. • Can't tolerate bright light or loud sounds • Joint pains |
|--|---|---|



HYPERLYCEMIA (High blood sugar) from Low Quality Foods + High Stress

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Frequent hunger • Frequent urination • Heavy and frequent thirst • Blurred vision • Fatigue • Weight Loss (unexplained) • Poor Wound Healing • Dry Mouth • Dry and Itchy Skin • Male Impotence • Recurrent infections (yeast, groin rash, ext ear) | <ul style="list-style-type: none"> • Slowed neural responses & confusion • Attention Deficit • Slower executive functioning • Feeling sluggish, low energy • Irritability • Mood swings • Irriflexible moods • Difficulty transitioning from task to task • Difficulty multi-tasking • Difficulty applying rules to new situations | <ul style="list-style-type: none"> • Impaired memory • Impaired judgment • Impaired Visual Perception • Nausea • Vomiting • Dehydration • Acid Stomach Upset • Difficulty breathing • Dizziness upon standing • Increased drowsiness • Unconsciousness • Diabetic ketoacidosis |
|--|--|--|

You have a Balanced Resilient Life zone within which you can feel and be your best. Your food (nutrition and stress) influences your ability to stay in that zone. [See chart]. Clean food and positive resilience balancing serves to calm nerves, clear the mind, and keep bodymind reserves at the ready to deal with unexpected significant triggers.

When you eat a SAD diet, having sugared nutrition and an unmanaged nervous system combined with high stress, excessive chemical sugar and toxins can push you out of resilience into high sugar consequences (hyperglycemia) and less resilient reactivity. The same circumstances may contribute to low blood sugar consequences (hypoglycemia), and similar less resilient responses. Which way it goes, hyper or hypo, depends on any number of chemical reactions within your specific bodymind. SAD nutrition and unmanaged or unaddressed stress innervates the physical body, clouds the mind, and robs energy to the point where it may not be available when high stress occurs.

Chapter 9

What is a Clean Diet:

For Sugar + Stress = Sick, a clean diet is free of refined, processed, and chemical sugars, processed foods, and toxins. As a starting point, 3S also includes regular consumption of balance-producing activities that reduce stress and thus bodymind toxicity. The key is learning to pay attention to sourcing nutrient dense food for body and environment, and then practicing and persisting until new lifestyle habits are formed. Start by eliminating foods that cause inflammation and diminish stress. Then learn how to add a wider variety of food and activities that promote health.

Right now, in terms of diet, people are eating a lot of different ways. In 3S, we provide three different types of eating styles, one of which is likely to be close to what you're eating right now. Most Americans still eat a Standard American Diet, or a SAD diet, though more are choosing to eat cleaner every day. 3S helps you clean up your eating and stress habits regardless of how you are living right now.

Some folks who eat Paleo, vegetarian, and even plant-based diets are including sugar, honey and packaged foods, and not adequately balancing with resilience building. 3S gives you options and helps you to live a cleaner lifestyle regardless of where you're starting. You just pick up at the point that's closest to the diet you're currently eating now and proceed from there.

The World Health Organization estimates that 1-in-4 of all deaths are related to environmental risk factors, such as air, water and soil pollution, chemical exposures, climate change, and ultraviolet radiation.

Food Plans:

All 3S food plans from Find You Within start with quality, whole foods that eliminate processed sugars, grains, dairy, and foods that are added sugar, contain added sugar, or produce added sugar in the body. The program starts with cleansing the body while resetting your relationship with stress, and ends with an invitation to choose a maintenance food plan that you can LIVE with. All along the way, you get information and options that help you personalize your healthy lifestyle intelligently, while taking into account your time, health concerns, food philosophy, and desires. That way, you can more confidently take control of your health and wellbeing.

Why Cleanse? And Why Cleanse Regularly?

This is reason enough to commit to an annual cleanse, without considering your regular nutrition.

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I recommend a modified version once a year for up to 30 days. Maintaining healthy nutrition and stress management long-term is what really extends your life, increases your energy and stability, and optimally helps you get off or stay off medication.

Putting the power to heal back in your hands starts with cleaning out the bodymind. That means everyone who follows 3S starts the same way, with a sugar cleanse. Continuing, you'll detox while learning about how to personalize stress reduction for your own balanced wellbeing. Finally, you'll learn how to pick (and transition to) a food plan that you can maintain.

Your ability to sustain a balanced, healthy lifestyle increases every day you're on the 3S plan. I'm not here to tell you which plan is best for you to maintain health long term. I'm here to present you with options, each great in their own way, and a path that will allow you to transform your health. The food plans I present include:

Animal/Paleo

Vegetarian

Plant-Based

Let's take a quick look at each plan.

Animal/Paleo

If you are currently eating animal proteins (beef, lamb, pork, chicken), or a Standard American Diet, the Animal/Paleo version of this plan may be for you. Choosing a plan closest to what you're eating now minimizes any transition to maintenance. Small changes bring big transformation and less jarring adaptation. You'll continue to include animal proteins, learning how and where to purchase and prepare healthier varieties. I'll also walk you through how to re-incorporate a wider assortment of fruits and vegetables that support weight maintenance and balance (including how to tell what supports and doesn't support your personal health). You'll discover how simple eating is wonderful and sustainable for you and the planet.

Animal/Paleo doesn't recommend taking grain, or cow or processed dairy, even when you reach maintenance. Instead, you might incorporate seeds like Amaranth or Quinoa occasionally, a few healthier starches (sweet potato), and nut milk you can easily make yourself. You'll be invited to consider fresh, local, organic food sources in your area, or that deliver to your area or your home. Once your taste buds reawaken during detox, you'll find yourself attracted to a whole new bounty of high quality food that provide you HIGH QUALITY ENERGY!

Vegetarian

A clean vegetarian, or predominantly vegetable based food plan, contains at least 85% cooked or raw vegetables. This approach is great if you're:

committed to long term food & planet sustainability,

philosophically committed to non-animal food plans, or

looking to transition from a Paleo approach to increased plant-based eating.

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You'll still include minimal animal proteins if you wish; clean and well-sourced fish, eggs. But fruits and vegetables, the high energy and "house" cleaners of the food chain, will take a more prominent position in your daily routine.

Since protein is contained in most foods, you won't be lacking for the building blocks of life. This plan will show you how to take the thinking out of vegetarian living; while maintaining a good balance of vitamins, minerals, amino acids, and other life supporting natural elements. And, you'll be able to do the whole plan "clean", understanding natural sweeteners that serve your health. That means you'll avoid the oxymoron conundrum "unhealthy vegetarian"—meaning eating a lot of vegetables AND a lot of toxins and sugar.

This approach can mean developing a new concept of what a breakfast, lunch or dinner plate of food looks like. I'll walk you through it. But if that seems too much, it's fine. Stick with the Animal/Paleo approach. I find that many people start to explore more vegetable and plant-based eating naturally, the longer one successfully adopts clean eating and resilience as a lifestyle.

Plant-Based

Were you a Pescatarian (fish-eater), Ovo-Vegetarian, or just plain Vegetarian when you started 3S? Did you follow the Plant-Based menu during your Cleanse and Detox? Are you looking to deepen your clean green eating machine capabilities? Or, would you like to eliminate animal-related products from your diet altogether? Have you faced a health crisis recently, completed 3S as a means of resetting your immune as quickly as possible and want (or need) to continue that process? If you answered yes to any or all-of-these questions, you might consider the Plant-Based food approach.

Plant-based is a big leap away from the Standard American Diet, but an approach that can be used to quickly and efficiently get the body back on track. Famed magician, Penn Jillette of Penn & Teller, took the bull by the horns and reset his health completely within 1 year after a significant scare he wasn't sure he'd recover from. He's not the only one. He followed a plant-based approach—which 3S can prepare you for from cleanse, through detox, and all the way to maintenance.

3S provides you with the know how to put the power to heal back in your hands. A plant-based approach would be a more extreme change from a SAD, but one you might choose if –like Penn Jillette—you have an extreme, or immediate health need. It makes good common sense to consult a Naturopath or Integrated Physician, and receive regular medical check-ups when adopting this or any dietary change—especially when there are troubling symptoms or a history of chronic disease. But the results can literally be life transforming.

Juicing, breaking down live plants into liquid form, is an option on this or any 3S food plans. Blending does the same, while retaining fiber. Both juicing and blending break down food for easier digestion, while retaining high nutrient benefit. The benefits of juicing and blending, called liquid dieting, are thoroughly addressed in Dr. Leonard Mehlmauer's book, "The Great Liquid Diet". 3S provides summarized information, and simple instructions for how to include juicing and liquid dieting to enhance a plant-based, or as a single meal replacement, so you can speed the learning curve and get to healing post-haste.

Which Food Plan is Best for You?

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The answer to this question is entirely personal. If your goal is simply to transition to clean eating from a SAD diet, you have a greater chance of long term lifestyle transformation on the Animal/Paleo plan. If you're facing a more significant health challenge RIGHT NOW, going right for a Plant-Based diet WITH COACHING SUPPORT may be the place you choose to begin. Regardless, all 3S plans represent clean eating alternatives that support a balanced lifestyle. And, you'll have the time to consider what's best for you during the Cleanse and Detox portion of your program. Remember too, this program is flexible; you can always switch to a different food plan, during maintenance, if you find one approach is not enough, or too much, in terms of balancing your overall health needs.

Chapter 10

Defining Toxic Foods

How am I defining toxic foods? Toxic foods are low-quality foods that lead to inflammation, bodymind stress, and ultimately bring disease, when you eat them on a regular basis. These foods make up most what you find in your local grocery store. It's chemicalized sugar, chemically treated grain, chemically treated dairy, and chemically treated and mistreated animal products. It's also processed foods. Anything in a box, a can, a bottle, or a container is likely to contain some form of sugar, toxin, or chemicalized substance including artificial sweeteners.

Remember that you are exposed to a certain number of toxins daily through air, soil, water, chemical exposures (as with cleaning fluids), and the sun. What's in the air, soil and water goes into the food you consume; an important factor when considering quality.

Few U.S. dairy products are not processed at this point. Raw dairy may even be illegal in your location. Even some organic dairy products contain substances that are banned in other countries like hormones and antibiotics. You can avoid them altogether, or use resources like Mike Adams' website www.naturalnews.com. Adams, with his food science lab, is no doubt our best source of locating and exposing chemicals in food today.

Meats and fish that are caged and mistreated before coming to market make a huge difference in quality. If you go to restaurants and talk to chefs at high end restaurants, they'll reaffirm the difference in meat from an animal that has been caged versus one that has not. Meats and fish that are caged, and/or filled with chemicals and antibiotics that cause toxicity in the body don't belong in YOUR bodymind. I categorize those as toxic food.

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Grains, as we eat it today or as it's available to us today, does not resemble the nutritious grain that our ancestors ate, and has been chemically influenced in one way or another to increase yield. In doing so, grain has lost a lot of nutritional value. There is mounting evidence that the chemicals used to increase grain yield are contributing to fatty liver disease, obesity and chronic disease. Even without that, an estimated 30% of the population is gluten sensitive, allergic, and prone to inflammation without the addition of chemical interference. For all these reasons, I include grain with foods to avoid regularly. I ask folks to avoid them completely during a cleanse and/or detox.

JEAN MORRISON

Certainly, we've all heard of how fried or super-heated foods, and all oils (except for cold-pressed extra virgin olive oil, coconut oil, and avocado oil) are not the best thing to consume, and I include those in toxic foods.

It wouldn't come as a surprise that the foods that you remove during a cleanse are all processed, refined, chemicalized sugar, or artificial sweeteners, and grains. 3S removes the most likely inflammation offenders; grains, dairy, processed foods, and poorly sourced animal products. Your goal is to give your body a rest and let it do its best. So temporarily remove products that include hormones, toxic additives, and foods that contain other toxic substances. We're talking processed or poorly sourced animal proteins, such as proteins from animals that are not cage free or pastured, grass fed, free range, free of antibiotics, growth hormones, or other chemicals included.

As Chef Dan Barber puts it, "You are what you eat. And, you are what you eat eats."

Chapter 11

What to Include in Your Diet

What to include is much better to focus on to ensure 3S success. You get to eat lots of whole, high quality, preferably organic vegetables, fruits and clean meats (in animal/paleo).

Whole vegetables and fruits means the food in its original form, not in a box or a can. In supermarkets, whole vegetables and fruit are found in the produce section. Whole is good, but there are better and best options when it comes to fruits and vegetables. Let's explore this.

Organic is Better: When buying your produce from a grocery store, Organic is better than non-organic. Organic means the farmer avoided the use of man-made fertilizers and/or pesticides. You can't always wash pesticides off. Better Organic is non-GMO certified organic foods from local health food stores with whom you have a direct farm-to-table-relationship.

Best Whole Fruits and Vegetables: Organic farm-direct-to-your-table is best because there is less time between picking and eating—at Farmers markets, Farmer’s roadside stands, or Community Supported Agriculture (CSA). You can find subscription agriculture in your area on the Local Harvest website (www.localharvest.org). This is the best way to go if, like most, you aren’t growing your own in your back yard. You can find a link to LocalHarvest.org on my website and some information about farmers markets.

Well-sourced meat, chicken, and fish – what does that mean? Well sourced means that it’s natural, wild caught, and not farm raised fish. This would be organic, free range, grass fed, cage free, hormone and chemical free, and well treated before brought to market. That’s the key. Direct from a local farm that deals in organic, grass fed, pasture animal protein, which is best for beef.

Organic, cage free, and pastured is also great for chicken and eggs, though there’s a growing concern about glyphosate-laced products impacting these foods as well. Educate yourself, and buy the best quality you can. When it comes to choosing fish, avoid farm raised where anti-biotics and other chemicals are frequently used to ensure a big yield over nutrition for market. Your best option when it comes to fish is to buy wild caught.

Let’s talk about USDA labels and what they mean. USDA labels that you might see where you are now start with natural. This has to do with animal proteins. When you see the label ‘natural’, it means no artificial ingredients or color was added, and is minimally processed. This label came about because of things like ‘pink slime’ so you can bet that if you’re seeing a label that says ‘natural’ then that’s what’s being eliminated there.

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Organic means that the animal would have had outdoor access but not necessarily pastured. Organic also means no treatment with antibiotics or hormones and that the animal must only eat organically grown feed. However, that can mean grains still, though.

Grass fed is the next designation. If you see grass fed then you know that the animal was pastured during the growing season but not necessarily year-round, and has a grass only diet. That removes corn and soy from the animal's diet – and yours. We did talk earlier about how corn and soy can cause inflammation on its own, and especially due to the practice of using glyphosates as fertilizers and yield enhancers. Same for animals. Remember, you eat what you eat eats.

Pastured is not really a USDA designation. It may mean nothing more than that the animal was grass fed. (Yes, grass fed is good!)

The best way to ensure fully pastured, well treated animals is to have a relationship with a locally supported farm that you can visit occasionally and be certain what their practices are. These are CSAs or community supported agriculture. Some DO make animal proteins available direct to you. Check them out.

Be aware of hormone free and antibiotic free claims. There's no uniform code here. This means producers can and do make confusing and unsubstantiated claims about what is hormone free and antibiotic free. Relying on marketed information alone can be downright dangerous for your health. Be aware and take back control of your health.

Most importantly, government regulations can change, and government agencies responsible for overseeing food quality are frequently underfunded and increasingly under staffed. This means it's more up to you to police your own food. Do your best to put the highest quality food in your body. You (and your health!) are worth it!

Clean water. Government emphasis on clean water has shifted, sometimes dramatically. This means that you can't always count on the water that you get from the tap. The water problem in Flint, Michigan happened during a time when we had government regulations in place that were nonetheless voided by the inappropriate actions of local legislators (people who put cost saving before the health of local citizens). The result has devastated a generation of children through the high concentrations of lead that they drank, and that they absorbed through the skin while bathing. Avoiding tap water, or using a steam distilled water purification system makes sense these days. You'll find recommended water purification systems at www.FindYouWithIn.com.

Tea (white, green, black or herbal unsweetened), black coffee (minimally) with nothing else added are included.

For your Pantry: Green herbs and spices that are anti-inflammatory in nature (I provide you with a list), straight mustard free of additives, olive oil, coconut oil, avocado oil and organic apple cider vinegar. Not all olive oil and coconut oil are the same. Make sure each is raw, unfiltered, organic, cold-pressed, and virgin or extra-virgin. It is possible to find coconut oils that are not so "coconutty"—if the strong coconut flavor bothers you. Shop around. Find a healthy option that works for you.

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Enjoy these GREAT FOODS! Then, gain balance with GREAT LIFE FOOD for your bodymind's physical-mental-cognitive-spirit health!

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Chapter 12

Where Do You Start?

The most significant step you can take on any health journey is the first; deciding to start. Consciously putting your health first by living a balanced lifestyle.

No doubt you've thought about how to put yourself first several times before picking up this book. Perhaps you're still on the fence; unsure that this or any approach will work to get your health back on track. Maybe you're not sold on the idea that balanced nutrition and a commitment to building resilience in the bodymind leads to balanced blood pressure, cholesterol, blood sugar, and immune system. Could be that you fully believe medications will be required to manage your health for the rest of your life. These are all good considerations. I have asked many of those questions myself.

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3S represents a summary of everything I found to be true based on my own health journey, working with clients, and learning from highly experienced medical and natural health practitioners. I'm confident that it will help you get to a balanced lifestyle, and save you a lot of time and energy researching what really works.

Getting on a clean plan like 3S produces health and well-being. It means that you are starting on your clean-living path. As with any change in ingrained habit, the first few days or weeks can be difficult or feel awkward. These sensations pass with every day you stay on track, on the path, and rested in the knowledge that you're doing something great for your health. You can do it. Others will be inspired by your efforts. 3S can help.

What is Clean Eating?

The phrase "clean eating" may have come to mean more than one thing to you based on conversations with friends, or on news reports. At core, Clean Eating generally means eating whole, non-processed foods that are free of chemicals including added sugars, synthetic hormones, and modified genetics. In 3S, it means eating and acting in a way to rejuvenate your health. ALL 3S plans include resilience training and food plans that promote balanced living.

Make a fresh start.

You'll make one additional choice when you start 3S, whether-or-not to include animal proteins while you cleanse and detox. 3S gives you the choice of two menu offerings depending on your preference. The rest of the program is a matter of following simple instructions, being willing to explore resilience, and maintaining a commitment to seeing it through to the end of your program.

Again, I suggest that you pick the plan that most closely matches what you are eating right now. It will be easier for you to maintain when you feel challenged some days. So, if you're eating animal protein now as part of a SAD diet, keep with that on 3S. If you're already eating Vegetarian or Plant-Based and are using 3S to get clean (even cleaner), stay with that approach on 3S. Little steps lead to big transformations. You can always adapt to a different plan later. Follow the simple instructions and you're on your way to optimal health.

Chapter 13

One More Reason to Get and Stay Off Sugar.

This is only one reason to eliminate it from your diet. When I say sugar is “addictive”, I’m not saying that sugar is a hard drug like cocaine. I’m saying that it makes you want more and more, even more than cocaine. It’s the habit-forming part that’s important here.

Like any addiction, there are symptoms associated with detoxing sugar from your system. Stress makes this effect worse by pushing the blood sugar load higher, and then (later, ultimately) lower. Symptoms can range from subtle to extreme depending on:

Individual BodyMind Characteristics

Everyone's physical body, inclusive of emotional/mental patterns, are unique. Whereas this one gets a headache, the other shows mood swings or crying, and the next senses nothing at all. A good coach can suggest some unique strategies for easing symptoms naturally, if you tend toward the extreme.

Daily Consumption

Symptoms are likely to be more significant if your daily consumption of sugar is high (including sugars from processed foods, dairy, and starchy foods (grains, breads, potatoes, etc)).

How Long on a SAD Diet

Has sugar in high quantities been part of your daily "nutrition" for your entire life? If you've lived on processed foods for years, had ice cream every other day, pizza at will, and a few drinks after work most days for 10 – 20 years (or more), detox symptoms may tend toward more acute. But getting help is still productive, and may even save your life! If your sugar intake has been limited to smaller amounts daily, or a day or two per week, you may still experience some significant symptoms depending more on your bodymind sensitivity. It is also possible for some with higher intake to not notice symptoms, or to have minimal ones, but it's unusual.

How Fast You Transition Off Sugar

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Tapering off sugar helps ease symptoms for some. However, reducing sugar over a very long period of time can lead to prolonged addictive tendencies and a different set of emotional/mental set of circumstances to address. In short, long tapering can lead toward a return to sugar as often as not. I suggest taking no longer than 1 week to cut back on sugar before the full cleanse. Either way, once you get off sugar, don't give up. It's temporary! It's 10 Days. You Can Do It! Who knows? You may even decide on a long-term low- or no-sugar lifestyle.

Sugar as SAD, Veg or Plant Diets

A Standard American Diet is full of added sugar, but vegetarian and plant based diets can still contain a lot of sugars and chemicals if you're not eating consciously. As mentioned above, eliminating sugar can feel awkward and challenging the first time you do it. Other factors include taking recent higher amounts, and more recently, plus your bodymind. But, the whole process gets easier with each passing day, especially if you keep busy practicing stress reduction tools.

The most important decisions you can make for your health and wellbeing are to Choose to Eat Clean and to Make Resilience Routine. Eliminate processed foods, and become more conscious about the quality of the food you put into your body. Dedicate yourself to the truth that your mental/emotional health ALSO MATTERS. These are strong foundations for a truly balanced lifestyle.

Make the today to develop a balanced life. 3S will provide you with the tools and guidance you need to succeed. Then get about living the rest of your life.

Detox from Sugar:

It takes a minimum of 10 days to get past initial sugar cravings. That's the worst of it. If you take up eating sugar or a SAD diet again immediately, a cleanse will have limited health benefit though. That's why this program is presented as a genuine lifestyle change. 10 Days is a Taste, Not a Transformation. It's a glimpse of a better life for you!

Making a lifestyle change sounds like a HUGE undertaking. But every journey worth taking starts with a single step. Build on the success of 10 Days. Ride that success, stay on the same path, and eventually your bodymind will achieve a transformation that is difficult to imagine now. That's it. You can do it. I can help.

Remember, some people don't feel a thing when they detox from sugar, others have a lot of symptoms. Sometimes, it's genetics that make the difference. It's really a personal thing. You can ease into a cleanse, extend into a detox, and stick around to see a new you and a new balanced lifestyle.

No, it's not a good idea to load up on sugar in the 2 to 3 days before you start. Ouch! Instead, do the opposite. Take a few days to a week to gradually reduce sugar intake, then START. It will be a lot easier to do the cleanse, while reducing potential symptoms.

What are some of the typical symptoms association with sugar detox? The following are more commonly reported symptoms of detox:

Feeling lightheaded

Having cravings (and possible moments of binge eating protein or fat)

Anxiety

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Depression

Headaches

Moodiness, irritable

Tiredness

Muscular aches

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Truth is that every cleanse can be different. I've cleansed and felt comfortable throughout. Other times I've experienced every symptom known to human kind; headaches, flu symptoms without the flu, tired and cranky, extra sad, and everything in between. I've grown in experience, and am comfortable with whatever temporary discomfort arises. I know it reflects whatever is going on inside my bodymind at that moment in time. It all passes. It all goes away.

It's no surprise that these are some of the same symptoms experienced when detoxing alcohol and/or pharmaceuticals that impact hormones. That said, it's not necessary or required for you to experience symptoms during a cleanse. Your bodymind is yours, not someone else's. 3S gives you tools and tips to help counteract symptoms should they occur.

Think about what happens when you eat chemicalized sugar. A candy bar with chemical sugar is simple carbohydrate. When you have that form of sugar, the high glucose level spikes blood sugar. There's sugar in fruit and vegetables too, but they are complex carbohydrates—big difference! This is glucose and/or fructose combined with protein and fiber.

Chemicalized sugar IS NOT the same as natural sugar. Natural fruits and vegetables are not likely to spike or bottom out blood sugar because they were designed BY NATURE to serve your body, and contain ingredients that help moderate their impact.

A 10-day sugar cleanse is a taste of clean eating. It's a kick start to finding your optimal health now. Ten fully supported days to reset your health toward living healthy and with less stress. You'll have access to natural forms of sugar from fresh fruits and vegetables. Now that's healthy!

The 10-day cleanse is a good place to start, but it's not the end. It's just the beginning of a new balanced lifestyle. Once you start with 10 days, you're going to have what you need and the tools to set a foundation to take it further than that. Every step you take on your health journey builds on the one before. Do everything you can to reach your balanced life. Turn any perceived failures into continued determination. Visualize the happy result. Don't give up—show up! That's how you get to your destination.

Chapter 14

Mindset

Why does everyone find even the slightest change, no matter how temporary, to be difficult or even impossible? The answer lies with the human mindset. Your relationship to the world and how you respond to EVERYTHING that happens here represents a series of patterns—habits. Those habits form fixed mental attitudes or dispositions that predetermine your response to situations and how you interpret them. These habit patterns are so interwoven that even the smallest change in one area frequently leads to huge transformations everywhere else.

The 3S lifestyle might represent a radical change for some, but not for others. There are many ways to lose weight, and plenty of techniques for achieving mental/emotional balance, but some of those paths are toxic or downright dangerous. 3S offers what works the RIGHT WAY based on LIFE NOW—options that work given contemporary food quality and production, life/work conditions, food availability, and even food politics. But success still depends on adopting a mindset to commit and see it through.

That means coming to terms with Reality: There IS NO MAGIC PILL. Nothing save a placebo that convinces you that you're on the right track –maybe. But, there's great tasting food and fun healthy habits to explore if you will allow them in. The path to bodymind health is through whole foods combined with stress reduction. This is how inflammation is reduced or eliminated. That's the truth about establishing a strong foundation for balanced life. So how do you decide to make 3S Eating Clean a way of life?

Positive thinking is powerful.

Even a small amount of positive can reverse a whole lot of negative. When you embrace positive over negative, responsibility over self-judgment—and believe—you have real power at your disposal. What will you do with it?

Positive thinking frequently starts with gratefulness; appreciation for what you have—your new life positive habits. This means letting go of dwelling on what you're "giving up." When you're already happy with whatever is in your life now, embracing a positive goal becomes more about enhancing your life. It's the difference between obsessing with weight loss vs being excited about health gains. Can you see the benefit of being for something good?

Observe and release self-defeating behavior and self-judgment. This is where a lot of people get stuck and seek refuge in food. If you tend to beat yourself up over the slightest error, then admit the error, correct the situation, and move forward without self-blame. Everyone makes mistakes. Having learned better, make the choice to move forward or get help to get past whatever temporary roadblock seems to be in your path. Work to replace food as your "go to" stress reliever with a walk, a movie, or an apple. Life is short. If you spend it in self-judgment, what is gained? Where is joy?

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Why do an increasing number of cancer doctors embrace the power of positive thinking?

Keep Your Eye FIXED on the Prize.

Monitoring your progress toward your goal gives you opportunities to practice positive attitude, and reinforces your ability to reach balanced health. Notice trends in your progress. Keep in mind that there will be momentary pauses, times that seem like setbacks, and days when great strides are made. Get used to none of these. Focus only on longer term trends based on the totality of your life-positive choices.

It does help to know some of the trends specific to the changes you're looking to embrace. Here's some advance knowhow about physical changes that may occur during a cleanse, detox, and longer term clean eating regimen:

Weight should naturally trend downward. However, there can be days of little or no movement, and days with greater movement. If there is excess body weight, there will be a trend downward until a natural body weight is reached. The 3S lifestyle supports health, not unhealthy weight loss. Consult your physician if you find that your weight is stuck longer than 1 week, or that you experience rapid weight loss.

Elimination, in this case meaning bowel movements, tends to be different whenever a significant change in nutrition occurs. Changes you might see can include odor, shape, size, or amount. Magnesium Citrate can provide some assistance in re-regulating your system. It's not typical to have bloody stool, pain, or experience extreme discomfort during a bowel movement. Use common sense. If you need assistance, seek it. In my experience, elimination "amusements" typically pass in a few days.

Skin, Hair & Eyes can show signs of clearing or toxin elimination during a cleanse and detox. The skin is the biggest organ of your body. It's common to develop a temporary or otherwise unexplained rash. I have an area on my back where this tends to occur, and I've seen such temporary conditions on other folk's back, arms or legs. Hair can become temporarily dry, oily, or change texture. Eyes may show red lines or patches in the white portion (sclera). These signs may last a few days, or even a few weeks in some cases. Over time, my skin cleared and felt younger and more resilient. My hair felt softer. My eyes became whiter and brighter.

Energy Shifts, meaning feeling more tired or exceptionally good, are a common experience as toxins are release and energy freed up. I used to become extra tired—not a negative feeling of exhaustion, just tired—right before larger weight loss. Over time, I found a great sense of energy balance—and a desire to hold on to that.

Mood & Stability, like energy shifts, can tend to become a bit more erratic during any change to the bodymind. Remember, irritability and mood instability are listed as typical cravings. Some of this can be related to sugar withdrawal. But chronic inflammation and the impact of other toxic substances on hormones that control or affect mood can create uncomfortable and confusing swings for some. This is a good opportunity to learn about observing rather than reacting to emotion. But this takes practice. For most, friends and support group members will get you through. Working your way through the resources provided with the 3S lifestyle can help you through this. A great coach with cognitive/emotional and mental health experience is also a great resource, as are certain therapists. You know “you” best.

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Plan for Success, then Celebrate EVERY Success, Adjust for every lesson. What Will You Do to Celebrate Your Success? Having a Specific, Motivating, Achievable, Relevant, and Trackable goal is just SMART! But many forget to plan what they will do to celebrate once their goal is reached. Having a plan to celebrate improves mindset along the way, and helps ensure that your “plan” considers new life-positive habits. That said, find ways to celebrate every success along the way. A couple of my favorite success treats are a few extra strawberries with SweetieHi, or time in a hot tub.

Determination & Dedication; Decide to Succeed and Leave it at That

Determination happens in a series of little moments. In the moment where there’s a craving, or a lot of stress. Even celebratory moments can require dedication and fortitude. The best approach you can take in those moments is not to think, but just to do what’s right. Then, keep doing more right action with less talk until you reach your goal. By then, you’ll have all the tools you need to do what’s right for balanced health maintenance.

PLAN to Succeed: Choose the right plan, the right “snacks”, plan for the week, plan when you know you’re going to travel, plan for balanced life until balanced life habits are firmly rooted. In my experience, it takes a minimum of 6 months for new life-positive habits to take root.

Create New Rituals and Healthy Patterns that Lead to Success

The information you need to create the right life-positive rituals for you—healthy patterns that lead to life balance—are presented as part of the 3S Lifestyle. You can use this program as a roadmap to clarify or to redefine your life. Create new rituals to help you Celebrate Success in Healthy New Ways.

If your former lifestyle had you eating out at fast food restaurants daily, obviously continuing with those patterns is incompatible with this new lifestyle. A healthier pattern will require you to prepare more food for yourself so you can source, cook, and eat with more assurance that the food (physical food and people) in your life is as toxin free and clean as possible.

New patterns take practice. They do not take root overnight—no matter how much they make sense for your life. Choosing the right plan is step 1. Step 2 is preparation and development. Step 3 – execution. Step 4 – Celebration and the rest of your life. The hardest work in all that is the day-to-day “practice” of confronting old habits, and it should not be taken lightly. Support and accountability are required to stay the course in the moments where you feel a little weak.

Balance is NOT about Perfection. To be imperfect is to be Human. On balance, does your life promote your health? Or, does it promote chronic dis-ease? Balance is achieved when life is supporting a healthy bodymind. Cleaning requires “100%” or near perfection for only a short period of time. Then, after that, living in the top 5% is easier. And if you practiced well, living there will be easy. Sugar, toxins and stress will be in their rightful place as occasional, rare, accessories to your life instead of front and center.

Life happens. Make the best choice possible and stay the best course. If you have done your homework, cleaned yourself up, and continued making the best choices for you, you’ll weather the rough spots with greater resilience. You make Choices, not cheats, and choose healthy 95% or more of the time. You know what you’re doing. Just be honest about it.

Chapter 15

Stages of the Cleanse:

The stages of the cleanse are laid out in a simple, straightforward manner in three parts:

preparation,

follow through, and

recommit.

My goal was to take the thinking out of the process for you—as much as possible for you. A few decisions, and you're on your way to a balanced life!

Preparation

First, set your intention and commit to a start date

Choose a date that doesn't include travel, holidays or other special occasions. Allow about a week for preparation prior to start, and reduce your sugar intake gradually over those 7 days. If your job requires constant travel, don't worry, I provide you with tips to cleanse on the go. No worries. Having committed to your new healthy lifestyle, just pick a date.

Next, clean out your kitchen

You're going to do a lot better on your cleanse if whatever is in your kitchen cabinets and refrigerator isn't calling your name in a time of weakness. Out of sight, out of mind. But also, if cravings do occur, you've now made it harder to snack out of turn. Are you going to be more inclined to choose "off plan food" if you have to go somewhere else to get it? This at least gives you the time to make a better decision.

I can't emphasize the importance of this step enough. I fully admit that there have been times (particularly during high-stress) when I've been tempted mightily on a cleanse. Several times I've had to travel or stay with friends unexpectedly while cleansing. I love my friends. And some of them love sugar. In fact, some have cabinets stocked full of everything from canned soup to Girl Scout cookies. Believe me, it's better if the things that tempt you are not in front of you in a difficult moment.

Now shop for clean foods

SUGAR + STRESS = SICK

3S comes with a grocery list of foods, spices, and beverages that you can consume on your cleanse. It's likely more food than you think. Take the list and go to the store. Remember, you are eating fresh, whole foods. This means that you might need to go to the grocery store once or twice per week depending on how long your fresh veggies last. You'll find that you shop in far fewer aisles at the store; usually everything you need will be in the produce section, spice section, and maybe the butcher shop. That's about it. Simple.

Secure Support

Any change in habit is made easier when you have peer support. Do you have a friend or family member to join you on your journey? Ask around. This is a journey worth sharing, and a win-win for everyone. Be careful though. Make sure your support group will be non-judgmental; negative support is no support at all. Go to the right people and tell them what you are doing.

Supportive friends understand fully what you will and won't be doing in terms of food and interaction. They will be fine trying some new ways of hanging around together. Those who want to see you succeed won't invite you to rich dinners, drop by with a bottle of wine, or send you a box of chocolates when they know you're on a cleanse, right?

Follow Through

Instructions about food preparation, recommended quantities, spacing of food, sample menus for the duration of the cleanse, and more, are included with your program. All you must do is eat simply and without concern, adopting your new clean eating habits. You'll learn clean eating concepts and stress reduction basics, observe cravings and attitudes, and see it through.....because halfway just doesn't do it. Peer support is available should you wish it. But, notice: you can also do a 10-Day Cleanse completely on your own.

Some factors can present real challenges – things like PTSD or unaddressed, underlying emotional trauma or abuse, low self-esteem or low confidence, the length of time you’ve eaten a standard American diet, how often you consume sugar, and some medical conditions. These things can slow the process, but slow and steady still wins the race! This is about adopting a healthy, balanced lifestyle. Again, know that help is available if you need it.

Recommit

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This book is interactive – to get free updates and videos visit:

<http://www.SugarStressSickBook.com/>

At the end of 10 days, you’ll have an opportunity to assess the success of your plan. If you stuck with it, you’ll have lost a pound or a few, and passed through the most difficult part of any journey: the beginning. Now is a great time to recommit...now, while you’re on a roll. It’s simple to continue, and a lot easier once you’ve completed 10 days.

Chapter 16

Staying Off Chemicalized Sugar, Toxins and the Stress Train:

Transitioning to a life without packaged foods and addictive sugars takes time, consciousness, and a little guidance. The stress reduction really helps. Eliminating sugar and toxins is an excellent start. Making resilience a regular focus of your day is amazingly positive. Because, now YOU HAVE A PLAN!

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What about those who don't? The likelihood of sliding down a slippery slope back to regular sugar/stress consumption with all its health consequences is higher WITHOUT:

Identifying and reducing stress generally,

Identifying and addressing your personal stress triggers,

Consistency in clean nutrition,

A clear understanding and a conscious plan about when/how to incorporate low quality foods for balanced maintenance (ice cream, pizza, alcohol, etc.),

One-on-one guidance from a coach when you need help now. 3S provides you with direct information about each of those key points, enhancing your chance for long term health.

Like everything else, habits are easier to change when you have positive reinforcement from other people who share your journey. That positive reinforcement is powerful. It's a good idea to join with friends and family that want to get healthy with you. Who knows who your commitment could inspire? Imagine what would happen if whole communities went clean and committed to reduce stress... the world as we know it would change drastically—and completely for the positive.

3S helps you to develop new tools to eat clean, and reduce stress at work or home, or everywhere your life takes you. All you need is commitment, a plan, and to give your body/mind a chance. Just get your "self" out of the way. That means, give yourself the time to make that positive change and surrender to the process completely.

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If you find yourself struggling, or arguing with your intention, have a strategy to reaffirm commitment to positive and REST instead of struggle. 3S provides you with ideas about how to accomplish this. But keeping it as simple as putting a positive statement on your refrigerator, or a picture of something positive you're going to do to celebrate once you achieve your goal, is GREAT! Do everything you can to be in "Positive to succeed" mode, while minimizing obstacles.

When the addiction leaves, you make better choices and better decisions about eating and living clean. Your bodymind will support you. Remember, eating well reinforces mental-emotional balance, and stress reduction reinforces better food choices. Stick with it.

People are creatures of habit. Do this way long enough and this way will become your way of life. Your taste buds will start to change very early in this process—usually on a slightly longer detox than 10 days. You'll learn what to do to get back to clean if circumstances take you off track.

You can do 10 days. If you can do 10 days, then 30 days is going to be a breeze. If you do 30 then you'll develop the habits to carry you to 90. If you do 90 days and see your relationship with food and life transformed, what is that worth? (More than money, I can tell you!) It's your lifestyle....your balance.....your health. Work with an accountability coach for 6 months and maximize your chance of success. Experience has shown that people who complete a 6-month program with a coach are much more likely to maintain a transformed and completely positive lifestyle.

Chapter 17

Do I Need Supplements?

Everybody is different. You come in to this life with your own personal set of inherited strengths and weaknesses from your parents. You may have great muscle strength—or not, near sightedness—or not, lots of hair—or not. Throughout your life, your bodymind is exposed to its own unique set of microbes (germs, flus and colds) and toxins from food, air, soil, or contact. The total amount of exposure can matter—especially depending on the relative strength of your immune system. Some may have had poor nutrition throughout childhood—then something changed that lead that person to an abundance of whole foods, excellently sourced.

SAD diets do not have adequate nutrients. This has to do with what your food eats, what's added to it, its relative quality, and how some of what you eat may block nutrient uptake. A SAD diet contains a chemical soup of toxins introduced directly (food processing chemicals) or indirectly (chemical fertilizers, animal treatments and feed—like growth hormones, antibiotics, etc.—and genetically modified foods).

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The quality of soil has decreased over the past 100 years because of worldwide commercial-industrial farming practices. That, combined with “advances” in chemical fertilizers, pesticides, fungicides, and herbicides, has introduced dangerous substances like glyphosates into the food chain (on vegetables and in animal feed) and the harvesting process (used to brown wheat to increase the yield). The result: food that looks the same but has fewer nutrients and more toxic chemicals.

Additives are NOT made to be in your body. Many are poisonous, lowering the quality and quantity of the nutrients you take in. Far from empty calories, these are toxic calories. They can block your ability to take in adequate nutrition over time through organ damage. As a result, long term SAD diet exposure will mean that some people will require (or do much better on) nutritional supplements—for years or even for life.

It can be very difficult to know what each person needs to thrive due to genetic weaknesses combined with the long-term impact of the SAD diet. Integrated approaches to identify and address nutritional deficiencies aren't a bad idea. Western medicine is good at diagnosis. Naturopaths are good at natural remedy. At times, I've used a combination of both to reach a more informed approach to specific concerns.

Some people do better on supplements. The reasons for that are related to at least the factors listed above. You may have an inherited tendency on the molecular level to absorb fewer nutrients to begin with. Or, you may have been exposed long-term to specific toxins in your environment long-term that have permanently altered your ability to absorb nutrients from food. Drugs can do this to the intestines. A long-term SAD diet, by itself, can have a similar impact.

Although specific efficacy of using certain broad spectrum supplements may need more scientific study, there's plenty of information out there about the benefits of balancing vitamins, minerals, and basic body nutrients (see *That-Vitamin-Movie* www.youtube.com/watch?v=kfrnoAAvZ5k).

Folks who don't get enough sun frequently have a Vitamin D deficiency—which impacts mood, immune, thyroid function, bone mineralization, and maintains normal blood levels of calcium and phosphorus. When one essential vitamin or mineral is low, body balance is altered in a way that can lead to other nutrient deficiencies.

What is the Best Nutrition—Supplements or Whole Natural Foods?

Many people decide to learn more about whole natural food sources of vitamins and minerals, and eat to fulfill nutrient requirements without supplements. Some insist that is the BEST APPROACH to nutrition. Others utilize supplements regularly, learning how to source the best supplements to support their individual bodymind needs. Some swear supplement use is the BEST APPROACH to nutrition. This is really a personal decision. I suggest that you EAT CLEAN FIRST and foremost, reassess where you are, then decide. What are your energy levels like with or without supplements? Does your body (and energy) feel better without them? What does your CBC blood panel show? This is a personal decision that only you can make for yourself, perhaps with the guidance of a qualified natural health practitioner.

If you decide to go the supplement route, here are a few pointers to make sure you're getting the RIGHT supplements:

Don't fall for marketing hype:

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If the product pitch starts with “20 Doctors got together and came up with this amazing new approach,” you’re probably best tuning out. Check further. Are the doctors involved MDs looking for a fast buck? Integrated Medicine doctors who work with clients using a blend of Western and Eastern approaches? Naturopaths? In my experience, it makes a difference.

Can you get most of what you need in a single multi-vitamin? Or, do you have to buy this supplement to increase the dose, this one for energy, and that one for digestion? It’s a marketing ploy to divide them up and get you to spend the same amount as the one good supplement with everything in it.

Source your Supplements like you Source your food:

What is the reputation of the company manufacturing the supplement? Do they use only straight ingredients—vitamins and minerals that are sourced from live plants, not synthesized product? Vegetarian/Vegan approved processing?

You might look at Mike Adams’ website for great information on products he has tested in his own lab at www.naturalnews.com. Which manufacturers do I personally trust? After investigating the ingredients of several supplements, two companies consistently rise to the top:

Karuna brand; www.karuna.com; 800-8266-7225; now available through Amazon.

Better Than Lipo; available via Dr. Rutledge at kathy4drrutledge@aol.com; 702-927-1905; soon thru www.askdrrutledge.com

Are you getting supplements from a Naturopath, or from your athletic coach? An experienced Naturopath with integrity is NOT going to get you hooked on some pyramid scheme-style supplement that contains a lot of sugar. What about your private trainer?

Avoid supplements that contain any of the following ingredients:

Sugar, Beet Sugar, Cane Sugar—the only reason to add this to a supplement is to addict you to it.

Magnesium Stearate—may lower immune

Titanium Oxide—has been classified in a list of substances that cause cancer, allergies and lowered immune

Carrageenan—linked to cancer, gastrointestinal problems, leaky gut and inflammation

Cupric Sulfate—can cause inflammation, headaches and depression

Boric Acid—can cause inflammation, headaches and depression

Sodium Benzoate—links to DNA damage, cancer and liver damage

BHT—links to DNA damage, cancer and liver damage

Gelatin vs vegetarian capsules—if you avoid animal products, choose vegetable capsules. Vegetarian capsules are vegan, plant-based, made from cellulose.

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Placebo effect and the power of the mind. The placebo effect is defined as a beneficial effect, produced by a zero impact drug or treatment that cannot be attributed to the properties of the administered drug itself, and must therefore be due to the patient's belief in that treatment. This is a demonstration of mind and belief. It's suggested that some improvement on supplements is due primarily to the placebo effect. Some effect may result from strong belief. However, it makes more sense that, after hundreds of years of trial and error, nutritional supplementation certainly works. Given the chemicals we are regularly exposed to these days, plus the depletion of soils from industrial farming practices, supplements seem be more necessary than ever. My hope is that this chapter has given you food for thought so you can make the best decision for your bodymind.

Chapter 18

10-Day Cleanse:

What is the 10-day cleanse? It's a kick start for a new lifestyle, and a way to kick sugar cravings to the curb. For 10 days you'll eliminate chemical sugar, toxins and foods that create higher blood sugar in the body—like grains and starchy foods.

You're going to get past cravings. Ten consecutive days focusing on reducing stress without chemicalized sugar and toxins. 10 Days is the minimum amount of time it takes to get past the primary sugar craving cycle.

Don't underestimate the power of sugar. Eliminating it is simple to think about, and harder to do.... especially if you are used to taking a lot of chemical sugar on a regular basis. Same concept applies if you load up on sugar the few days prior to starting your program. If you need a week to prepare for success by cutting your sugar intake gradually, do it!

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Download your copy of the 10 Day Cleanse at www.SugerStressSickBook.com

Who needs to set up a major struggle? Phase it down before your cleanse and you're likely to have a better experience during it.

Introduce yourself to the 10 Day Cleanse basic stress reduction concepts. Ten days goes by quickly, but it's enough time to recommit to your peace of bodymind. I invite you to look at key resilience building concepts, and start to think about making small changes that lead to YOUR big transformation.

Remember, balancing nutrition AND internal tension is what leads to long term health. This is about reducing your risk for chronic disease, heart attack, stroke, and cancer, and putting you in the best position to get off or stay off medication. Try it, your bodymind will like it.

You will begin to feel better in your bodymind in 10 days. Typically, inflammation starts to reduce to where some disease related symptoms start to ease. It's not uncommon to breathe easier and more deeply, feel that you have a "spring in your step", sense or feel less pain, and think or focus more clearly by the end of the cleanse. It's also common to find that your appetite starts to balance—if you stuck to the plan and didn't snack in between.

As I mentioned, you will start to feel lighter. On average, folks who follow 3S lose around a quarter to one-half pound per day. This is NOT a guarantee, however. Every body is different. Men tend to lose weight faster than women. Some underlying health concerns can slow or temporarily stop weight loss at the beginning of a cleanse. But remember, 3S is about committing to your health. Weight modification is a happy byproduct for many who use this program. Just follow the plan for your health. If in the end, you move on and commit to a 30 Day Detox or 90 Day Transformation, you'll see that your body begins to assume the healthy shape it was meant to have all along—by Nature.

If you're starting with a 10 Day cleanse to explore clean eating, you'll also be getting a taste of how the 3S 30 Day detox works. The cleanse sets you up for Detox success, which sets you up for a complete healthy lifestyle transformation. You can download my free 10-day cleanse plan and get started today.

Chapter 19

30 Day Detox:

What is the 30 day Detox about? Just as its name suggests, thirty days of clean eating on 3S allows more time for cleaning and clearing toxins from your bodymind, while filling you up with nutritious food and building whole body resilience thru improved rest.

The 30 Day Detox is something you can do now, or extend until you meet your optimal health and weight goals. You can even commit one month a year to the 3S Detox plan as part of your long term healthy lifestyle strategy. However you use the 30 Day Detox, you'll discover how clean eating promotes balanced blood pressure, cholesterol, and blood sugar and helps reverse the need for medical intervention. You get your energy back, improve focus and mental acuity, and rediscover great tasting food that supports a healthier YOU.

What is a detox? What is being detoxified? Detoxification literally means removing toxins in the body. Toxins build up in the body most directly from the food you eat (clean food vs. processed, chemicalized foods), but also the air you breathe (Good mountain air vs. Beijing, China), and the water you drink and/or bathe in (pure natural water vs. lead-polluted Flint, Michigan water).

The physical body has a built-in capacity to eliminate toxins through the liver, skin, kidneys, lymphatic system, intestines, and lungs. In fact, it's those areas where cancers tend to show up first when toxins aren't eliminated efficiently, right?

The 3S 30 Day Detox gives your body a rest by eating simple, high quality food so it can get rid of excess toxins built up over time, and get back to sustainable, healthy elimination. You take in the good stuff, and your body gets rid of the bad. 3S 30 Day Detox gives your body a rest so it can get back to filtering impurities at a reasonable pace. It puts the power to heal back in your hands.

A potent side-benefit of the 3S 30 Day Detox is rediscovering the taste of food. Your taste buds will brighten, and you'll enjoy the taste of a wider variety of foods again. This is a great time to explore how to use spices to create your favorite flavor profiles.

My father always said, "The healthiest food you can eat, is the food you prepare for yourself with clean ingredients." He was right. And it's not hard really. In the 30-Day Plan, you'll find out how do this for yourself simply. Don't worry, I'll point you in the right direction and give you some fun flavors to try. My favorite discoveries remain Chicken Apple Salad with jalapenos and homemade dressing, and Warm Apple Cinnamon dessert.

You'll feel focused, energetic, and more motivated to enjoy your life. In fact, your life only gets better and more balanced the longer you stay with an 3S lifestyle.

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I invite you to EAT BETTER & ENJOY MORE OF LIFE, and I give you the tools and a roadmap to get there. Remember, it's not JUST about clean food, it's about allowing in rest, joy, creativity and energizing activities.

You'll explore resilience building options that fit your lifestyle and address any specific health concerns. In fact, I'm going to help you identify how stress is specifically impacting your health so you can dial in on the best resilience practices to potentially reverse damage whenever possible. Get ready to hit the reset button and start producing health, wellness, and happiness. Why not?

Will you drop weight? Yes—if there is any unneeded weight to lose. How much depends on several factors, but 3S is meant to help your body reach its natural weight. It's not uncommon to lose between ¼ to ½ pound a day following the 3S Detox Plan—without exercising yourself to death. Remember, weight loss has a lot more to do with what food you eat, and how you sleep, than heavy exercise. Even a 15 – 20-minute walk per day can be all you need to support health. But, I'll provide you with other simple, low impact exercise routines you can fit in almost anywhere.

You'll start to see some more symptoms go than on the 10-Day Cleanse. It's just common sense that symptoms related to inflammation and excess toxins in the body begin to dissipate as those toxins are eliminated. It's not uncommon for pain—including simple arthritic pain—to lessen or disappear, along with allergic symptoms. Dry/itchy skin and other minor to moderate skin issues to start to clear. Eyes become brighter, and you look and feel more alive. 30 Days is really a minimal-optimal time to fully detox sugar and receive some wonderful health benefits you'll thoroughly enjoy.

Chapter 20

90 Day Transformation:

Here's the 3S 90 Day Transformation. Why 90 Days? 90 Days is exactly the amount of time it takes for lay down roots for your new lifestyle. Not deep roots, but still genuine roots. Experience shows that it takes about 180 consecutive, accountable days for deeper rooting to become more of a life habit. Still, 90 Days is the Starting Point of that Fully Balanced Transformation.

In 90 days, you'll develop bodymind habits that will literally transform your life. You will relearn how to eat a truly balanced, high quality food.

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A study recently published in the Journal of the American Medical Association linked eating too much meat and too few vegetables to early death from disease. The study specifically singled diets low in fruits and vegetables, but high in sodium, sugary beverages, and processed meats as major contributors to almost half of all deaths from cardiometabolic disease (heart disease, stroke, diabetes). This reaffirms the high impact of sugar and toxins in the body, and how a diet high in sugar shortens your life.

By making it to the 90 Day mark on the 3S Plan, you are turning that around. You are lengthening your life. Wouldn't that be wonderful?

More than that, 90 Days is long enough to see more significant changes in mental/emotional resilience. Significant, deeper change happens over time if that is where you put your attention. As your bodymind clears of toxins IN COMBINATION WITH conscious resilience practice, stress is reduced, your immune system gains strength, and your YOU BANK begins to fill.

I've found that solutions to problems that seems intractable start to present themselves for some of my clients around 90 Days. I usually see a visible change in relaxed appearance; deeper breathing, lowered shoulders, a calm appearance to the face—and with a few more smiles!

The 3S 90 Day Transformation is long enough to experience a significant increase in energy and focus and begin to establish a balanced food and mental health routine aimed at extending your life. 90 Days is where the reality of transformation really starts to come into play. You can see and feel the changes more profoundly.

You'll celebrate your new body shape at 90 Days, and live by being a better bodymind listener. The 90 Day program includes daily and weekly food for thought. Even if you let it flow over you, or try out a few resilience techniques, you'll see a change. Little changes = big transformations.

You'll learn how to identify and locate more high quality food options in your community. And, you'll start to see how specifically targeted resilience building enhances your quality of life. You're going to apply new action and You Bank deposits, personalized to your bodymind expression from the expanded bodymind Stress Map. The balance of food and resilience is your key to transforming your life long term.

You're a lot more conscious about what's going on and you're going to focus on following a daily guidance routine, eating clean, and diversifying your foods.

As you transition to maintenance, you'll learn about adding foods that support stress reduction without negative impact on your bodymind. This is knowledge that can take years to discover on your own, and that even many health and nutrition coaches are not aware of. You'll become an expert in supporting your own health; 3S puts the power to heal back in your hands.

And I'll be there to help you. The 90 Day Transformation includes a personalized assessment with recommendations from me to help you on your path. You'll be able to dial in your program and practice more quickly with a little point in the right direction—plus the benefit of my resilience skills experience.

Even more help is available. As mentioned above, 6 months or 180 days with an accountability coach is the minimum-optimum time and way to dive into 3S.

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You Can Do It. I Can Help.

Every change is made a little easier to get through with the help of an experienced, non-judgmental coach—especially one with a 5th Degree Black Belt. All kidding aside, I am passionate about helping my clients achieve their goals. There’s nothing better in life than to see the lightbulb over the head, more relaxed smiles, and balanced transformation take place.

Let’s go!

FREE BOOK UPDATES AND VIDEO TRAINING

This book is interactive – to get free updates and videos visit:

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