

FREE
report



THE SWEET ESCAPE

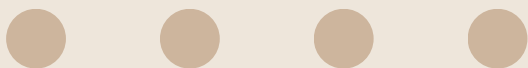
THE SECRETS TO BREAKING THE
CHAINS OF SUGAR ADDICTION
AND RECLAIMING YOUR HEALTH
ONCE AND FOR ALL!






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HEY, I'M TAMMY



I've coached over 10,000 people toward better health and vitality over the years. More recently, I facilitated bilingual (English/Spanish) groups for the National Diabetes Prevention Program in Southern California, where I coached clients to reverse their prediabetes through lifestyle modifications.


This inspired me to expand my reach by coaching, writing, and promoting disease prevention through diet, exercise, and stress management.

Thank you for having downloaded this free report. It is my hope that the insights shared here will help you take control of your sugar cravings and improve your health.

Tammy

LET'S DO THIS!



A close-up photograph of three women laughing heartily. The woman on the left has brown hair and is wearing a white top. The woman in the middle has blonde hair and is wearing a grey top. The woman on the right has brown hair and is wearing a grey top. They are all smiling broadly and laughing, with their heads tilted back. The background is a bright, out-of-focus outdoor setting.

HEALTH IS A HUMAN
RIGHT. IT IS OUR DUTY TO
KEEP IT THRIVING AND TO
CHERISH IT LIKE THE
PRECIOUS GIFT IT IS!

-Tammy



THE MAIN CULPRIT: LACK OF AWARENESS

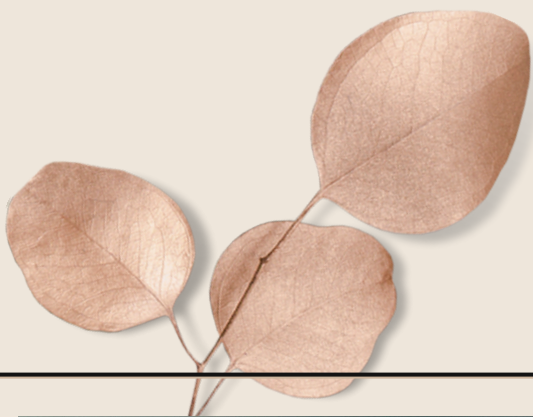
Did you know...? Sugar addiction thrives on lack of awareness! Thus, the first step is recognizing if you are addicted to sugar.

The following questions will help you determine that:

Do you...

- Constantly crave something sweet throughout the day?
- Rely on sweets to boost energy, mood or to feel “better”?
- Have difficulty controlling portions of sugary foods, such as having just one cookie seems impossible?
- Experience withdrawal symptoms when you don’t have sugar (headaches, irritability, etc.)?
- Often choose sugary snacks over healthier options?

HOW DID YOU DO ANSWERING THESE QUESTIONS?



If you said "yes" to 2 or more... were you surprised by your answers, or did you already know you were struggling with sugar cravings?

Either way, don't worry—you're in the right place and at the right time to learn a few facts about sugar and take action to resolve this compulsion.

Keep on reading to discover why we love sugar, some ugly truths about sugar, as well as some practical steps and solutions to help you overcome your sugar addiction and reclaim your health... and yes, there will be some good news too!

FOR THE LOVE OF SUGAR!

Perhaps you are wondering why is it that so many of us struggle to control our sugar intake. I invite you to learn some facts that will help you understand why we love sugar so much.

Did you know...?

- Our brains are wired to like sugar from birth! Newborns naturally prefer sweet taste which is why human milk contains a high concentration of lactose. This sugar provides essential energy to support the rapid growth and development of babies.
- Lactose is a carbohydrate. It helps release serotonin, the feel-good neurochemical in your brain.
- Sweets also release endorphins, hormones and neurotransmitters in your brain that offer a natural “high” to calm and relax you during stressful moments and difficult times.



TOP 3 SUGAR CHALLENGES

➤ Emotional Eating Habits:

Many women use sugar to cope with stress, boredom, or emotions, making it difficult to break the cycle.

➤ Environmental and Social Triggers:

Sugar is prevalent in many social situations and everyday foods, making avoidance challenging.

➤ Withdrawal Symptoms:

Initial sugar reduction can lead to headaches, mood swings, and fatigue, deterring you from continuing on the path to cutting down sugar in your diet.



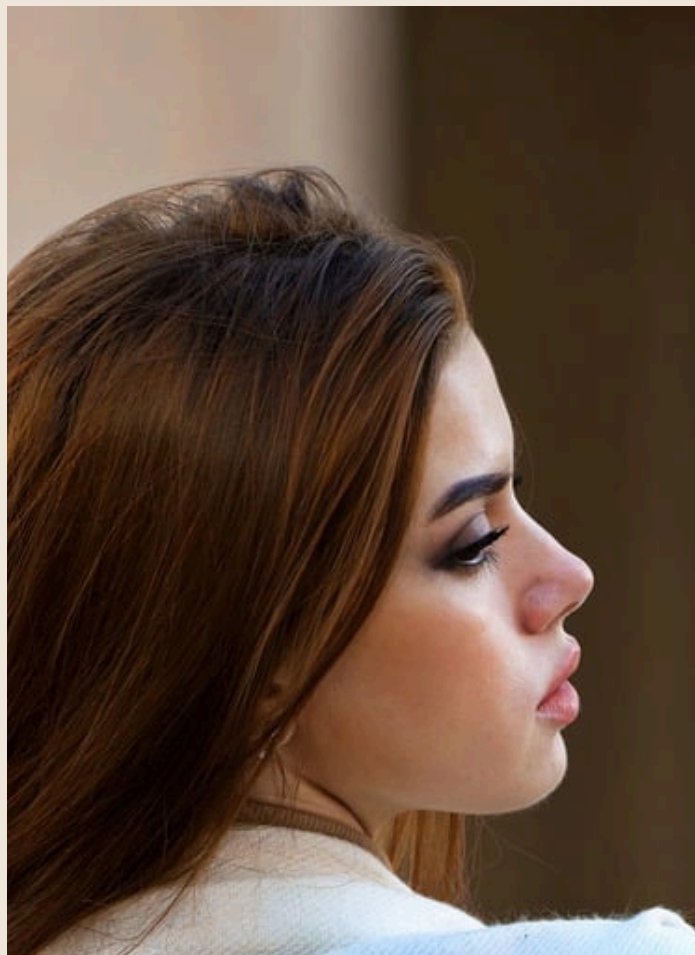
AWARENESS IS JUST THE FIRST STEP...

Now that you're aware of these facts and challenges, you might be wondering: what's next?

What can you do to get a hold of sugar in your diet now without the drawbacks?

And most importantly, how can you take charge to boost your health and well-being long-term?

We'll get to this all in the following pages...



TAKING CONTROL OF SUGAR IS THE NEXT STEP...

The good news is that you can break sugar addiction by gradually reducing sugar consumption and adopting healthier alternatives to boost energy, mental clarity, and overall well-being.

However, there's no 'quick fix.' This is a lifestyle change that requires time, effort, and commitment.

First, let's face the harsh truths about sugar...

THE UGLY AND BITTER SIDE OF SUGAR

According to scientific research, sugar is highly addictive, as much as cocaine and opioids. As we already discussed, it triggers pleasure centers in the brain that make us crave more.

Worse yet, unlike drugs, it's often hidden in many foods we consume daily, making it difficult to avoid.

But there's good news... you don't have to give up sugar completely. You just have to learn how to get a hold of compulsive sugar consumption.

So, the next step is to take proactive measures to reduce your sugar intake and break free from its grip.

Keep reading to learn the health risks of excessive sugar consumption, as well as how much sugar is acceptable to ingest in your daily diet.



SHOCKING FACTS ABOUT SUGAR

- Increases the risk of obesity by adding empty calories and promoting fat storage.
- Contributes to [Type 2 Diabetes](#) by causing insulin resistance over time.
- Leads to heart disease by raising blood pressure and bad cholesterol levels.
- Weakens the immune system, making it harder to fight off infections.



- Promotes tooth decay by feeding harmful bacteria in the mouth.
- Disrupts mental clarity and causes energy crashes throughout the day.
- Triggers inflammation, which is linked to chronic conditions like arthritis and cancer.
- Accelerates skin aging by damaging collagen and elastin, leading to wrinkles and skin sagging.
- Increases the risk of fatty liver disease by overloading the liver with fructose.
- Disrupts hormone balance, leading to mood swings and emotional instability.

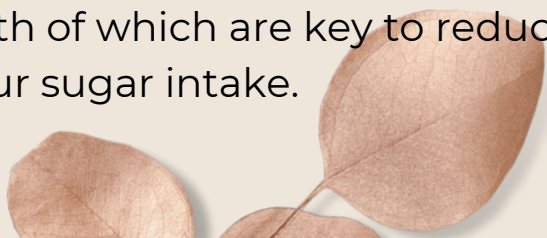
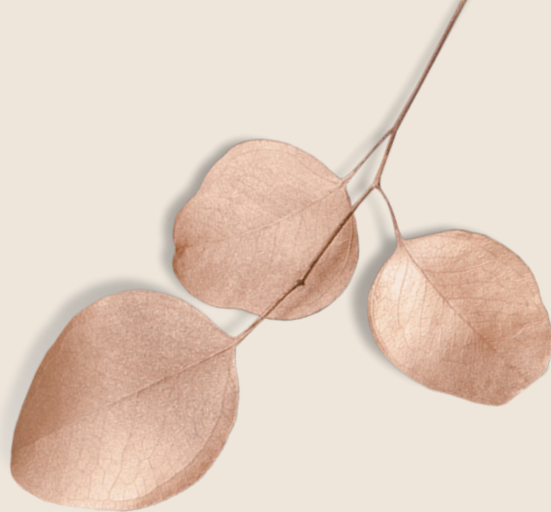
HEALTHY SUGAR INTAKE AND RECOMMENDED ALLOWANCE

As mentioned earlier, you don't need to completely eliminate sugar from your diet. In fact, the American Heart Association recommends a daily limit of 6 teaspoons for women and 9 teaspoons for men.

A sugar cube weighs about 4 grams, which equals 1 teaspoon of sugar; thus, 24 to 36 grams should be more than enough to satisfy our sweet tooth.

However, sugar is often hidden in foods like sauces, bread, and yogurts - to name a few - making it easy to consume more than we should or realize.

So, the real challenge lies in recognizing the hidden sugars in foods not to go over the recommended daily limits, as well as managing portion control, both of which are key to reducing your sugar intake.



7 TIPS TO HELP YOU CURVE SUGAR CRAVINGS

Does that morning pastry leave you craving another snack just a couple of hours later? Do you reach for a candy bar to get through your afternoon slump, only to find yourself grabbing a soda to combat the crash that follows?

Does this sound familiar? Don't feel guilty. Most of us have been there! The following tips will help you start on your way to getting your sugar addiction under control...

1. First and foremost, you should know that you're allowed to give in a bit, but... instead of eating the whole Danish pastry, eat just half of it, or a third perhaps? The idea is to start cutting down without feeling totally deprived (and guilty!) all of a sudden.

2. Mix your sweets, especially with protein. For instance, if you like chocolate, go for dark chocolate covered almonds. Dark has less sugar than milk or white chocolate, and it's healthier. Aim for at least 70% cocoa to reap the most benefits while satiating your sweet urge.

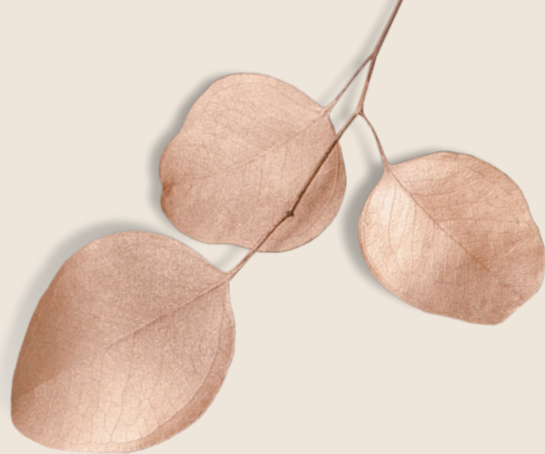
3. Choose fruit over candy. Fruits can give you the vitamins and fiber while satiating your taste buds.

4. Chew gum! Chewing a stick of gum can help curb sugar cravings by satisfying your need for sweetness without the extra calories. Make sure you choose sugar-free or sweetened with Stevia, the less offensive artificial sweetener.

5. Incorporate bitter foods into your diet to curb sugar cravings, such as grapefruit, kale, and broccoli. According to the National Library of Medicine, bitter foods inhibit sweet-responsive neurons and block the response to sweet taste. This shift in taste perception makes it easier to control cravings over time.

6. Eat regularly. Waiting too long between meals can lead to craving sugary foods to curb hunger. Eating every 3 to 5 hours instead, can help you stabilize blood sugar and prevent impulsive eating. Protein and fiber-rich foods like whole grains and produce are best for this approach.

7. Drink water! Drinking water can help curb sugar cravings by keeping you hydrated and reducing the urge for sugary snacks in a jiffy!



AN INSPIRING STORY

Despite being on several medications, my joint pain kept getting worse, and my appointments with the rheumatologist became more and more frequent.

Nothing seemed to help until my friend, a nurse practitioner, suggested that my sugar intake might be making things worse. I had to admit to myself that I was a sugar addict—desserts after every meal and constant snacking on chocolate and candy throughout the day.



As it turned out, I asked my doctor if sugar could be affecting my joints, and to my surprise, she confirmed that refined sugar is a major contributor to inflammation and joint pain.

Determined to quit sugar, I soon realized it wasn't going to be an easy road. My cravings were intense. I experienced fatigue, irritability, and even depression. It also became clear that my reliance on sugar wasn't just physical but emotional. I noticed I was using sweets for comfort during stressful situations or after arguments.

But with patience, commitment, and some specialized guidance, I broke free. I learned to replace those habits with healthier alternatives. Now, after 18 months of cutting back, I eat no more than 7 grams of sugar a day. My joint pain has reduced dramatically, and I feel healthier and happier at 57 than when I was 30. I didn't diet or follow a strict plan—just cutting down on sugar transformed my body, my health, and my life.

-Amanda R. (name has been changed for privacy)

YOUR NEXT STEP...

As you finish reading this report, I hope the insights I've shared here have given you a solid starting point for understanding your sugar intake and how to start making healthier choices.

However, breaking free from sugar addiction goes beyond just learning about its impact. It involves uncovering and addressing the underlying habits, emotions, and triggers that drive sugar cravings.

The journey to overcoming sugar addiction is easier and more effective with the right guidance and support.

Having access to a step-by-step simple protocol and proper tools can make all the difference in achieving long-term success.

Ready for the next step? I invite you to get the 3-Day Sugar Reset Guide as your first move toward paving the way for a healthier, happier future.

[Click here](#) for complete details!



YOUR NOTES:

LET'S CONNECT!

For more valuable tips and insights, I invite you to connect with me on social media and my website where you can ask questions and continue your journey to better health and well-being...

<https://tbhealthy.com>

