

Day 3: We're Not Gonna Sugar Coat This for You

How are you feeling right now? You can be honest. If you haven't already experienced these sensations, you might be feeling hungry, cranky, fatigued, weak, headachey and shaky. You might even feel some cravings and hunger coming on. This is normal!

Sugar Withdrawals

When you lower your sugar intake, your body has to adjust from burning sugar to burning fat for fuel. This takes time, and is a pretty major metabolic overhaul. While the 2-day clear liquid fast helps most people reduce sugar withdrawal length of time and severity, Day 3 is usually described as the 'hardest day.'

The Process of Detoxification

Did you know that 70% of your immune system is housed in your gut's bacterial ecosystem? Changing your diet will massively change your gut balance as bad bacteria (that live on sugar) die off and the good bacteria grow back and re-balance your system.

This process can create inflammation in your body and you may experience things like digestive upset, rashes, headaches, worsening allergies and even acne. Sometimes things seem to get worse before they get better, but it is a healthy stage of changing your diet. Your body should start healing itself and you should start feeling better soon.

Making the Sugar Connection

By now, you are feeling the full force of what sugar does to you. In the past, when you ate sugar you barely noticed how bad sugar makes you feel. Today, you are learning just how damaging sugar is to your well-being! Remember this, because it is a good motivator to avoid sugar in the future.

Self-Care for Sugar Withdrawals

Here are some comfort measures you can take as you detoxify and reset your metabolism:

1. STAY HYDRATED.
2. Sip club soda or mineral water to stay hydrated and calm your tummy.
3. Drink nourishing broth.
4. Brew some ginger herbal tea, or even chop some ginger into hot water and let it steep a few minutes before drinking.
5. Rest if you need to rest.
6. Have patience! Your body needs this time to heal so you can feel better.
7. Don't be afraid to take something if you have a headache.
8. Go for a walk.

The Motivation Myth and Will Power

Day 3 can be trying to your commitment to stay on plan as you deal with sugar withdrawal. The only way you are going to start to feel better is to stay away from the sugar! Otherwise, the vicious cycle will start over again.

You don't need will power to stay on plan. Stick to the simple daily routines you have written

down in your schedule. You want these routines to be boring and natural. Eventually, they will become like brushing your teeth or driving your car. You don't need to be motivated to do either of those, you just do it!

Remember, motivation is a myth. If losing fat requires motivation, it will not be sustained. Your goal is to create sustainable long term results! Today might be hard, but just knowing that you can stick to your schedule will remove the emotion from today. Eventually, the end of the day will come and you will find that you simply stuck to your game plan. You got this!

The We Know Exactly How You Feel

Did you know that our Weight Loss Coaches have all experienced what you are going through at some point in their own journeys? It's true! Like you, they have busy lives and personal challenges –but they did it. Several have lost over 100 pounds, and all have improved their health eating the Personal Trainer Food way.

Feel free to reach out to them any time you need a little support! [1-800-273-1686](tel:1-800-273-1686) x4 or email WeightlossCoach@PersonalTrainerFood.com

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

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