

SUGAR FREE ME OVERVIEW

Sugar Free Me is an online course designed to help sugar addicts and carb-o-holics:



- ✓ Stop stress eating,
- ✓ Get off sugar,
- ✓ Follow an easy, sustainable system of healthy eating for reliable weight loss, consistent energy, and long-term health

The course was created by bestselling author Dan DeFigio, [who literally wrote the book on sugar addiction](#). Sugar Free Me is a step-by-step process of weaning yourself away from sugar, and replacing your stress eating habits with new, healthy habits. Dan takes you step-by-step through the program (written PDFs and videos):



Module 1: Creating Your New Normal

Until now, you've repeated behaviors and built habits that have led you to rely on sugar for energy, comfort, and convenience. You've repeatedly done those things, and those behaviors and habits have become "normal" for you. And that "normal" has caused you to become overweight, stressed out, and out of control of your eating habits.

Dan helps you create a "new normal" so that you don't feel like you're "on a diet" or "depriving yourself" or struggling through some other type of temporary willpower phase. Creating a New Normal is the most important part of beating sugar addiction. It's a vital part of your success!

Module 2: Training Your Brain

What kind of sugar addict are you?

- A Stress Ball
- A Comfort Seeker
- A Sugar Stalker
- An Exhausted Addict

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In order to build your healthier New Normal, you'll learn what stories and beliefs are lurking in your brain that have unwittingly led to your destructive habits. Dan teaches you how to examine your stories and your stresses. You'll understand why willpower has failed you. Most importantly, you'll learn how to stop struggling and start thinking differently!

Module 3: Working The Plan

Here's where you'll walk through the exact steps to wean yourself off sugar, and towards healthier long-term habits. There are several options for you to choose from – pick which one works best for you.

Module 4: The Anti-Craving Blueprint

There are plenty of temptations that you'll encounter in your day-to-day life, so this lesson delivers some of Dan's most useful tools to help stay out of trouble.

Module 5: Sustainable Nutrition

Here you'll learn how to put together healthy, low-sugar meals for the rest of your life using Dan's easy ABC meal planner included with this course. Also in this module: important nutrition Do's and Don'ts, tips for a kitchen makeover, and ways to make healthy food EASY.

Module 6: How To Fall Off The Wagon And Still Win

You're not perfect – but you don't have to be! Dan teaches you what to do if you fall victim to impulses or old habits (we all do it). The important thing to remember here is that you don't have to “start all over” and you haven't “ruined everything.” Here's how to get back on track right away!

Module 7: What To Do When a Craving Strikes

Unless you are a superhero from another planet, you WILL sometimes get cravings for sugar. The key to long-term Sugar Success is not to get completely derailed and fall back into old, mindless habits! Experiencing a sugar craving is not anything to fear. Follow this simple flowchart to fend off those dangerous sugar cravings!

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