

## The Warrior Goddess Way – Sugar Free Challenge

Taking a month break from sugar is a wonderful way to support your health, discipline, and change your tastebuds. My hope for you is that after this month you will learn to maintain a no or low sugar diet easily and happily!

For me weaning from sugar, or chocolate, or coffee, or any of those other most tasty things in life takes getting creative and being disciplined. First, you have to be really ready, and make a commitment to support yourself fully through the process.

Here are some suggestions I've found help make the process easier:

1. **Purge your home**

Get rid of any sugary things in your home that would tempt you. Old frosted flakes cereal. The chocolate ice cream in the fridge. The cookies from last week. Don't think, oh, I won't eat those. Create space for yourself and make things easier by removing it from your view and reach!

2. **Read your labels well.**

So many of the packaged foods we eat contain ridiculous amounts of sugar. Check all the labels, looking for the many different names for sugar, including sucrose, high-fructose corn syrup, barley malt, rice syrup, dextrose, maltose. Here is a good website with more info: [http://www.sugarscience.org/hidden-in-plain-sight/#.V\\_ApOJMrLeQ](http://www.sugarscience.org/hidden-in-plain-sight/#.V_ApOJMrLeQ)

3. **Get ready to be uncomfortable**

There is no way around it: most likely it is going to be rough for a few days while your body adjusts to not having sugar. Stay strong. Drink lots of water. Get good sleep. Talk nice to yourself. Know that once you get over the first three days it gets easier, and in as little as a week your taste buds will start shifting in amazing ways. And in two weeks you'll stop craving sugar all together. Hang in there!

4. **Celebrate everything**

When you pass up the sugary hot chocolate at work, congratulate yourself and have a little inner party. When you choose the raw almonds over the cookie, do a happy dance. When you put mustard on something instead of sugary ketchup, let yourself know how well you are doing. Every choice, every day takes you closer to your freedom from sugar addiction.

5. **Plan out new snacks**

We reach for sugar when we need an energy boost, or when we are feeling insecure, or want to feel nourished. Here is where the creativity comes in: what else nourishes you? How can you find food substitutes that support you? Fruit, honey, sweet potatoes, herbals, cut veggies are all great ways to soothe the urge for sweetness and for a quick

fix. I often carry a little cold pack with ice and foods that most support my body when I travel, and I always have healthy meat, nut, and fruit bars for when I get stuck someplace or need an easy snack. Also, sometimes you don't need a snack but a hug, or a long walk in nature, or a pep talk. Listen for what will really nourish you.

**6. Try, try again**

If you do slip and have something, don't beat yourself up. Just notice what happened, what the circumstances were surrounding your choice, and use it as a way to learn about yourself so you can make different choices in the future.

**7. Keep weaning and experimenting**

Really listen to your body and see what serves it best long-term. Sometimes you'll notice it actually doesn't want something like agave syrup, or that the fruit jam you are eating now tastes too sweet. Stay with your body's wisdom and keep experimenting. I've now found that olives are a great treat for me, and my body loves water with a bit of apple cider vinegar.

**8. Create special treats for yourself**

When you find something that feels like a treat for you, don't overdo it. Keep is special. You'll start to get that same sparkle you used to get from sugar by anticipating the yogurt and walnuts at 3 pm or the special cup of tea after dinner. When I go to a party where I know there will be alcohol I'll sometimes bring my favorite brand of pomegranate or unsweetened cranberry juice to add to sparkling water.

May these suggestions help you to go sugar-free for a whole month, and then give you the inspiration to stay no or low sugar for the rest of your days. You'll find the wisdom of your body will help you to know what foods will best serve your long-term nourishment.

Recipes below!

Here's to you, warrior goddess.

Blessings,

*heatherash amara*

## **Recipes**

As you are weaning yourself you'll want to substitute sweet things; and what you'll notice is after a while you will want less and less sweet items and you'll open to more flavors: spicy, sour, salty, bitter.

### **Sweet potatoes with ghee**

Put sweet potatoes in the oven at 350 until they get really soft and start to caramelize. Break them open and lavish with ghee (clarified butter which you can buy at a natural healthy store or make your own). Or add a few dollops of thick greek plain yogurt.

### **Poached pears**

Steam pears until soft (you can stick a fork in them easily.) Cut in half and drizzle lightly with honey or maple syrup, or top with vanilla yogurt (no sugar, of course!)

### **Chocolate bars**

Mix ¼ cup organic unsweetened cocoa powder, ¼ cup melted coconut oil, and 3 tbs honey or maple syrup. You can also use stevia instead of the liquid sweetener: ½ cup cocoa, 4 tbs melted coconut oil, few drops of stevia to taste (most people online recommend NuNaturals stevia for no aftertaste). Mix well! Pour into a flat tray or candy molds (I use a heart silicone ice cube tray), cover, and freeze. Super decadent, and the varieties of what you can add to them is endless: nuts, dried fruit, rice puffs, salt, spicy peppers....

### **Homemade sugar-free ketchup**

<http://www.onegreenplanet.org/vegan-food/how-to-make-sugar-free-organic-ketchup/>

### **Sugar-free lemonade**

<http://wholenewmom.com/whole-new-budget/anti-candida-diet-lemonadehomemade-sugar-free-lemonade/>

Share your recipes and ideas to add to this list! Email me at [heatherash@heatherashamara.com](mailto:heatherash@heatherashamara.com)