



Congratulations on taking the first step towards better health through living by participating in the 21 Day Sugar Detox with your friends from T School. As we approach “Day 22,” we’re not about to let you slip off your journey by slipping into the same old familiar habits that got you to participate in this program in the first place.

Here are some DO’S & DON’TS to help you transition implement the things you have learned as you incorporate more variety back into your food plans.

DO	DON'T
<p>...be specific about the foods you will incorporate back into your weekly food plan, including a plan for what foods, how much and when you plan to add them back in.</p>	<p>..trust that you are bullet proof and done with your learning. We are all susceptible to a temptations, backslides and stress eating.. Have a PLAN in place for Day 22!</p>
<p>...continue to eat real food- anything that comes in a box, has more than five ingredients, additives that you cannot pronounce or added sugar is not in your home or in your mouth.</p>	<p>...keep trigger foods in your home. If you plan to treat yourself to a dessert, go get a really good one- leave the Sara Lee in the grocery store!</p>
<p>...remember that all carbs are not the same! Do your research and choose fruits and vegetables that are low on the glycemic index to keep your blood sugars stable and prevent cravings.</p>	<p>...forget to count “liquid” calories. Avoid fruit juices and plan for your liquor indulgences. Just because you don’t chew it doesn’t mean it don’t count!</p>
<p>...continue to keep your food journal. It is the number one accountability tool to keep you focused, on track and committed. PERIOD. I know it’s a pain in the arse but it’s easier to write down foods that are nurturing and sustaining your body than the ones that are robbing it. That’s the point, right. If you nibble it, scribble it!</p>	<p>...go another day without an accountability partner- this can be your T Coach, teammate or family member, but get someone to support you and ask you the tough questions- like where is your food journal, what did you eat for breakfast, where is your workout calendar?</p>



Dr Alicia Johnson, ND, recommends women eat no more than 120 grams of carbohydrate per day, and for optimal glucose levels, consume carbohydrates between 12 and 6:00 pm. That's right people, she says we should NOT eat a lot of carbohydrates for breakfast as it can set us up for cravings, having fat and protein in the am instead.

I know this is not a popular idea as breakfast is hard enough for us, but it does make sense. Go easy on the fruit and starchy carbs before noon.

ARE YOU READY TO HIIT

IT? As we approach our 2nd trimester of T School, we're amping up the burn by turning our focus to the 2nd component of health and fat loss- EXERCISE. But not just ANY exercise- the type of exercise that gives you the MOST BANG for your BUCK!

Start by reading your MANUAL, then attending the workshop next weekend, and if you have not done so already, completing your FITNESS CALENDAR in your manual. If you are new to 1901 and need help, ASK TINA or your Coach!

GET INTO SHAPE AT PILATES 1901 PEEPS!

October 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Assessments are taking place next Saturday, October 18th between 10 am and 1130 am.

You may also reschedule with Tina during T Time on Monday evening, Oct 20th. If you cannot attend during that time, you may schedule a private make up but there is a \$25 fee for this.

DO NOT MISS THIS-even if you don't want to do it. THIS IS YOU KEEPING IT REAL!



**Fall in love
with the
process,
and the
results
will come.**

BY DIANE SANFILIPPO

1. If you were avoiding certain foods (typically gluten, dairy, soy, eggs, peanuts, nightshades, etc.) as part of an elimination-provocation plan... Then you'll need to very carefully re-introduce them one at a time.

Here's what you'll need to do:

- The day after your program ends, choose one food to eat again – typically this will be the food you missed the most!
- Eat that food at all three meals along with whatever other foods you had been including in the elimination – meaning you **ONLY** re-introduce one potentially problematic food at a time and not more than one.
- **DO NOT** eat that food again for the following two days.
- Note any changes in the following **FOR A FULL 72-HOURS AFTER EATING THE FOOD**: mood, energy, appetite, digestive function like bloating, gas, loose stool or diarrhea, headaches, inflammation, and brain fog or mental clarity.
- Your notes will be some of the best guides you have as to whether or not you are sensitive to the food you just re-introduced. Food sensitivity reactions can happen immediately but can also have delayed-onset for up to around 72 hours (3 days!).
- **NOTE:** I don't actually recommend **EVER** re-introducing gluten containing grains like wheat, barley, rye and oats into your diet, nor do I recommend making pasteurized dairy or unfermented soy products any regular part of your life. These foods are shown to contribute to a myriad of health problems and, typically, tend to crowd-out much more health promoting options like vegetables, well-raised meat & eggs and healthy, naturally occurring fats in the diet.

2. If you were on a plan to be more strict about avoiding food additives, sweeteners and other slightly processed foods (a strict Paleo challenge would fall into this category)...Then you'll want to think about the following before jumping off the deep-end and burying yourself in a pile of grain-free baked goods or a bottle of wine:

- How do you feel now that you've changed your food?
- How do you think you'll feel if you eat something you estimate is less-than-healthy for you?
- If you think you'll feel less-than-optimal, how long will that feeling last?
- Will the ill-health effects of the foods you want to eat again last more than a couple of hours? More than a day? More than a week?
- What will you be disrupting with the foods: blood sugar or digestive function?
- Has the time and energy commitment that's gone into avoiding the food(s) added more stress to your life than it alleviated signs and symptoms of ill health?

Ultimately it's up to you to choose what and how often you'll add certain foods back into your regularly scheduled food programming, but considering the above questions is a good idea. You'll become a lot more MINDFUL of your choices, rather than allowing them to become defaults simply because they are habits or they represent the easy way out. I tend to think that a food that initiates an acute blood sugar spike in an otherwise even situation day in and day out is *less* deleterious in the long term than foods that disrupt digestive function that may perpetuate for days or weeks on end and interfere with immunity in a more intense way.

3. If you were completing The 21-Day Sugar Detox... Then you'll want to think about the following before chugging a glass of fruit juice, a pile of candy, some cookies or even a piece of pizza:

- What was your diet like before The 21-Day Sugar Detox (21DSD) and were you on Level 1, 2, or 3?
- How do you feel now that you've reduced the amount of sugar or dense carbohydrates you've been eating?
- How has your sleep been? What about your digestive function?
- Do you think that eating sugary or carb-rich foods will make you feel better or worse?
- Has the time and energy commitment that's gone into avoiding sugar and dense carbs added more stress to your life than it alleviated your cravings and how much sugar or carbs has controlled your life and food choices?

For those of you on Levels 1 and 2, The 21DSD may have been a HUGE change in dietary habits for you. If that's the case, and if you were previously eating bread, cereal and pasta,

then refer to point #1 in this post. You've essentially been on an elimination diet for three weeks and need to go SLOWLY when re-introducing foods, especially the ones that are highly allergenic like wheat, dairy, and soy.

Consider how often you used to consume sweetened or carb-rich foods, then decide whether adding some of those foods back in perhaps once a day versus at every meal will be something more livable for you on a regular basis. Fruit, for example, is a great way to enjoy a dessert or a treat, but most of it isn't included on The 21DSD. Consider whether you previously ate sweets or dense carbs as rewards, as comfort, or even just as part of a habit. Then consider whether or not eating them made you feel your best or helped you to reach your goals.

A LOT of people lose weight on The21DSD, but it's not the primary goal of the program. If you did lose weight, recognize that the bite here or there of sweets that seemed innocent enough before may have been too much for you and for your goals. If your goal was not primarily weight loss but rather to break unhealthy habits and conquer cravings, think about how eating sweets again triggers the problems and causes a downward spiral, then become mindful and conscious when choosing what to eat on a daily basis.

To safely and slowly add some naturally occurring sugars (like fruit) and starches back into your diet, take care to consider portions and the timing of these foods. Fruits should not be eaten alone if blood sugar regulation and cravings have been issues for you historically. Eat small portions of berries or half of a piece of fruit if you're not a very active person, or larger portions if you are more active. Starchy foods are best added back in on days when you are more active and specifically in the meal following your activity.

Keep portions of starchy foods to a minimum otherwise, and don't allow them to monopolize your plate if weight loss maintenance is your goal. If simply avoiding cravings is your goal and you feel okay/don't have them when you add back in some starchy foods, then you can enjoy some root vegetables, tubers like sweet potatoes and squash more frequently. Continue to avoid refined foods including bread, pasta, cereal and other products made from flours and purchased in packages- these are never healthy options.

The bottom line: After The 21-Day Sugar Detox, a sugar-bender is not recommended.

The first time I completed The Detox myself, I ate candy the following day when I was hungry (note: this means my blood sugar was already low!). I spiked my blood sugar SO high that when it crashed about an hour or two later, I nearly passed out.

Seriously. It was THAT intense. I vowed at that point that I'd never let that happen again. Hopefully you can learn from my mistake, and from the questions outlined above, when choosing how to ease back into your regularly scheduled programming of life and food.

ALCOHOL ON THE PALEO DIET

There are a few things you can do when drinking alcohol to help:

- reduce the chance of getting a hangover,
- limit body fat accumulation, and
- keep blood sugar levels stable.

DRINK

- Tequilla
- Vodka
- Gin



AVOID

- Beer
- Wine
- Coloured spirits
- Tonic waters
- Mixers



REDUCE THE SIDE EFFECTS

- Take **500mg of vitamin C** and **600mg of Nac-Acetyl Cysteine** to help lower live aldehyde (a toxin made when alcohol is broken down)
- Take **vitamin B1** or **alpha lipoic acid** before each drink
- Take **4 capsules of activated charcoal** after each drink to bind with the by-products of the alcohol
- Spend the day eating only **lean proteins and vegetables** to minimize fat accumulation



BUY THE BOOK **PALEO HAPPY HOUR** FOR MORE INFO

PALEO DRINKING

Cheat Sheet

BEST CHOICES:

TEQUILA

derived from a plant, gluten-free,
sugar-free, low-carb.

POTATO VODKA

derived from potatoes, gluten-free,
sugar-free, low-carb.

GOOD CHOICE:

VODKA-RUN-WHISKEY

derived from grain, wheat, corn or
sugar, but contain no gluten proteins
sugar-free, low-carb.



SHAKEN

{or stirred}

EVEN MUDDLED



-CLUB SODA

-ICE CUBES

-MUDDLED HERBS:

MINT, BASIL, GINGER

-FRESHLY SQUEEZED JUICE:

GRAPEFRUIT, LIME,

ORANGE, LEMON

-COCONUT WATER

-COFFEE

**HONEY {SPARINGLY} **

Blended!

USE WHOLE FRUITS & VEGGIES!

THE ADDED FIBER FROM WHOLE FRUIT (vs. JUICE) WILL HELP STABILIZE
YOUR BLOOD SUGAR AND FILL YOU UP!

VEGGIES: CUCUMBER, JALAPENO, AVOCADO

FROZEN OR FRESH FRUIT: STRAWBERRIES, BLUEBERRIES, ORANGES,
LIMES, PEACHES, PEARS...AND MORE.

TROPICAL FRUITS {HIGHER IN SUGAR}: MANGOES, PINEAPPLE, BANANAS

GOOD-FAT MIXER: COCONUT MILK



READY-TO-DRINK OPTIONS

nutrition facts are approximate



4g Carbs
1g Sugar
5 oz.

WINE



12-24g
Carbs
10g Sugar
12 oz.

HARD CIDER
*make sure it's gluten-free



1g Carbs
0g Sugar
4 oz.

CHAMPAGNE



12g Carbs
0g Sugar
12 oz.

GLUTEN-FREE BEER

WHY ARE SUGAR & CARBS IMPORTANT?

DRINKING SPIKES YOUR BLOOD SUGAR, WHICH YOU DON'T WANT. EVENTUALLY, WHEN YOUR BLOOD SUGAR CRASHES, IT CAN CAUSE CRAVINGS, IRRITABILITY AND HUNGER. ALSO, THE EXCESS CARBS AND SUGAR YOU CONSUME CAN BE STORED AS FAT.

THINGS TO AVOID

MIXED DRINKS

PIÑA COLADAS, MARGARITAS,
MUDSLIDES, MARTINIS

WINE COOLERS

MIKE'S HARD LEMONADE,
SMIRNOFF ICE, SPARKS

BEER

LIGHT BEER, DARK BEER,
& EVERYTHING IN BETWEEN

LIQUEURS

COFFEE LIQUEUR, SCHNAPPS,
FLAVORED VODKAS

MIXERS

SODA, DIET SODA, SYRUPS,
ENERGY DRINKS

DRIVING!

DON'T DRINK AND DRIVE!
WALK {LIKE A CAVEMAN}

VISIT WWW.PALEOGIRLSKITCHEN.COM