



Helping You Live Better

Letter from *Lorena*

Hi Everyone:

I just wanted to pop by and say hi and that I miss all of you. I also have a health tip I'd like to share that is good for anytime but especially now.

BOOST YOUR IMMUNE SYSTEM BY KICKING SUGAR TO THE CURB!

I'm not an expert on this subject but I do know it's no science to know that too much SUGAR is not good for us and by all means, all sugar is NOT EVIL.



I have done some research in the past and believe that in these days and weeks to come, what we want working at its best is our immune system. An inexpensive, healthy way to do that is to kick the processed sugar out!

Many have panicked and stocked up on high carbs or dry goods that will last forever, but a lot of those products have hidden sugars. It's ideal to eat more of the rainbow – colorful fruits and veggies! Whole foods is a much better choice as our bodies respond so much better.

With age, our immunity decreases naturally. Having high sugar spikes increases the risk of catching infections. Sugar causes inflammation in the body making it harder to fight off infections and has been linked to be the root of many diseases. Over consumption of sugar causes an unhealthy gut biome which weakens the immune system and an overburdened liver. Our gut wall has cells that make up 70% of our immune system. If your bacteria are sick the body can't fight off and respond at its best to keep you healthy and well.

Motivation is needed right now even though we don't feel like it every day! If you want to improve your health, take action! Outsmart your brain. Try activating the prefrontal cortex (front part of your brain) by doing a countdown of 5-4-3-2-1 to interrupt those habit loops that are repeated behavior patterns. Use the 5 second window you have to make a good or bad choice for YOUR body. Bad rituals can certainly be changed to good rituals. Consistency is key.

I've listed below some BENEFITS & TIPS I've experienced when cutting sugar from my diet.

Benefits include:

1. Skin improves
2. mental clarity
3. Losing weight
4. Better sleep (ideal right now for strong immunity)
5. Decreased blood pressure and decreased heart rate

6. Less bloating
7. Change in Taste buds
8. More natural energy
9. Better breath
10. Less energy crashes

Tips that I tried and found helpful:

1. Avoid low-fat products, pulling something out usually means adding something in
2. Avoid drinking liquid sugar
3. Eat protein and fat together to avoid running for sugar
4. STAY HYDRATED (crucial)
5. Avoid refined sugar free
6. Avoid packets 80-90% have added sugars
7. Have a good support system (don't try to quit and have someone eat ice cream in front of you)
8. Eat more fiber
9. PURGE the bad stuff in the kitchen, reduce the bad temptations
10. Give yourself credit, every time you turn it down your brain gets stronger willpower.

You may experience other benefits also.

I hope you find the above helpful. If you decide quitting sugar is for you whether it's 10 days, 2 weeks, or 30 days the choice is yours. We don't have to spend Quarantine feeling lethargic and foggy. Let's take this chance to improve our mental and physical health with the huge bonus of saving money by not eating out as often.

WE ARE ALL IN THIS TOGETHER 🌍
-Lorena



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