



Week 6

Sugar Detox Guidelines

You have completed 5 full weeks in the Sugar Detox Course! Some of you might be feeling excited it's almost over, but some of you might be a little nervous to see this course coming to an end. Don't worry, as I will explain all about how I can continue to support you as well as have group support once we end the course. All of that will be discussed in our final wrap up meeting next week! I will also provide you some material with links to quality products to help make life going forward a bit easier and convenient.

If you're feeling great and ready to take on a new challenge this week, join me as I teach you how to test the healthy whole carbs you might want to bring back into your life. If you look over this material and feel it might trigger you right now and cause a binge or cravings, wait on trying this carb testing. Only you can decide if you're ready to test the carbs you once loved. If you're not quite ready, no worries, just continue to follow the program this week and we'll meet again next week for our final Zoom meeting of the course.

This week your only material is the **Carb Testing Instructions**.
Have a great week ahead!