

The reasons we are eliminating 'obvious' sugar and gluten-based carbohydrates.

Data clearly shows that the (excessive) consumption of dietary carbohydrates has the following effects on our best health.

- ✓ Excessive body fat storage.
- ✓ Chronic Inflammation.
- ✓ Blood glucose imbalance, e.g. diabetes.
- ✓ Immune suppression.
- ✓ Mental ill-health.
- ✓ Sleeping imbalance.

The weight thing!

According to data, 78% of the population suffers from carbohydrate intolerance.

Meaning: the processing or metabolism of dietary carbohydrates, resulting in an increase in blood glucose, will cause weight gain.

In the absence of committed activity, detoxing elevated blood glucose via insulin will drive the storage of unnecessary body fat - AND - leave health-destroying inflammation.

Food based on refined sugar tastes good, is morish yet fulfilling, and negatively reprograms a healthy appetite.

Meaning: you are encouraged to eat more than you need!

Please avoid:

- All confectionary, cakes, and biscuits.
- Anything with pastry – everything.
- Dairy desserts – ice cream etc.
- Sports drinks, energy drinks and fruit juice.
- Everything from a service station.
- Almost everything in a supermarket other than perimeter food.
- All mass-produced commercial food, particularly if promoted by a mascot.

Eliminating sugar, bread and cereal, and alcohol makes it nearly impossible not to drive your best health - including your ideal weight.