

# 21-Day Detox from Sugar



User;by Dr. Akilah El

**Removing sugar from your diet is the fastest way to lose fat and increase your energy. When your blood sugar is out of balance it causes depression, causes you to store sugar as fat instead of using it for energy, causing you to have highs and lows in your energy, and leading to diabetes.**

## **Instructions for 21 day sugar Detox**

- 1. Remove all sugar and simple carbohydrates from diet for 21 days in a row.**
- 2. Remove all foods from the “avoid” list below, and eat only foods on the “good” list for the 21 days.**
- 3. If you “slip-up” and eat a food from the avoid list, then start from day one again.**

**That’s it. It’s pretty simple.**

At first, your cravings for sugar may be more pronounced. After you get over what I call the hump” you will stop craving sugar all together. Hard to believe? I never thought I’d get there myself. It usually takes 3-4 days to get over the hump, so this is the point at which you’ll have to buckle down and use all of your will power. Believe it or not, the longer your stay off sugar the easier it gets.

This doesn’t mean that you’ll never be able to eat bread again or enjoy a piece of chocolate. This is a temporary cleanse to over-correct your blood sugar. This is when the cravings for sugar disappears, and your energy goes way up! Not to mention that most people see a huge difference in their skin.

Sugar makes you fat, tired, and ugly. I wish I was kidding about this, but I’m actually quite serious. Eating fat doesn’t make you fat, sugar does. Eating too much sugar and carbs is the reason that most people are tired all the time as well. Not to mention that sugar zaps the collagen in your skin, and dulls your complexion.

**Most Americans consume up to three pounds of sugar every week! It’s not always easy to get away from sugar because they put it in almost everything these days. It’s added to so many processed foods we eat, not just in what we consider “sweets”.**

Raised blood insulin levels causes weight gain. Insulin promotes the storage of fat; so, when you eat foods high in sugar, you increase fat storage. Resulting in rapid weight gain.

Being a recovering “sugarholic” myself, I can speak from experience how difficult it is to get off sugar. The more sugar you eat, the more your body craves, so just limiting sugar won’t do the trick. You literally have to cut it out completely, cold-turkey, to stop the addictive cycle. Studies have shown that it can be more difficult to get off of sugar than cocaine.

If you are looking for a safe NATURAL sweetener that will not spike your insulin levels use stevia. I am against the use of fake stevia products such as Truvia or PureVia. These brands are not real stevia and will cause harm to your liver. When it comes to natural sweeteners I suggest stevia and sucanat.

**Disclaimer:** The entire contents of this handout are based upon the opinions of Dr. Akilah El, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Akilah El. Dr. Akilah encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



# The 21-Day Sugar Detox

## Signs that your blood sugar may be out of balance

- Cravings for sweets, sugar, or bread products. (This is almost a guaranteed sign that your blood sugar is out of balance)
- Fatigue after eating a meal, or “food-coma”
- Get lightheaded if meals are missed
- Eating Sweets does not relieve the cravings for sweets
- Depend on coffee to keep yourself going or started
- Difficulty losing weight

## How to balance your blood sugar:

- Eat more protein
- Digest more protein (check stomach acid levels to make sure you are digesting properly)
- Eliminate simple carbohydrates and sugar
- Eat more complex carbohydrates
- Eat more good fats and essential fatty acids
- Eat more fiber
- Do a 21 sugar detox!



# **Foods to Eat and Avoid During Your 21-Day Sugar Detox**

**Make as many of these organic as possible**

## **Good Foods**

All Herbs  
All Sea Vegetables  
All Vegetables, Except Potatoes  
Avocado  
Beans  
Bee Pollen  
Beets\*  
Brown Rice  
Carrots\*  
Carob (Unsweetened)  
Coconut  
Coconut Oil  
Corn\*

Eggs  
Fish  
Goji Berries  
Grape Seed Oil  
Vegan Smoothie Mix  
Hemp Seed  
Incan Berries (Golden Berries)  
Irish Moss  
Lemon and Lime  
Tomatoes  
Maca  
Whole Grain Pasta  
Nut/Seed Butter

\*Limit to 1 cup per serving

Nuts  
Olive Oil  
Organic Free-Range Chicken  
Organic Free-Range Turkey  
Mullet  
Lamb  
Protein/Powder Peas\*  
Quinoa  
Sashimi and Sushi  
Seeds  
Tomatoes  
Wild Caught Salmon  
Yams\*

## **Foods to Avoid**

Agave Nectar  
Alcohol  
All Fried Foods  
Cooked or Heated Fruit  
Jellies and Jam  
Artificial Sweeteners  
Breads  
Candy  
Cereal  
Cheese  
Cream  
Dairy  
Evaporated Cane Juice

Bread with Yeast  
Flour  
Flour Tortillas  
Fructose  
Fruit Juice  
High Fructose Corn Syrup  
Honey  
Hydrogenated Oils  
Syrup  
MSG: Monosodium Glutamate  
Yogurt  
Instant Oatmeal  
White Potatoes

Raw Cane Sugar  
Seitan  
Sucrose  
Sugar  
Tortillas  
Trans Fats  
White Vinegar  
Wheat Bread  
Chocolate  
Anything Made with White  
Flour  
White Rice  
Nutella

This is a list of foods only during the 21 day cleanse. After the cleanse you can slowly add breads, yogurt, etc. However, processed sugars and processed grains should still be avoided.

## **Symptoms Of Cleansing And What You May Feel During And After A Cleanse**

### **Most Commonly Reported Positive Effects During The Cleanse:**

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

### **Most Commonly Reported Negative Effects During The Cleanse:**

(these symptoms pass after a day or two)  
Headaches  
Flu / Cold-like symptoms / Chilling  
More emotionally sensitive  
Lethargic / Low energy  
Diarrhea/ Constipation  
Gas / Bloating  
Body odor  
Bad breath  
Skin breakouts / Rashes  
Irritable  
Sporadic sleep  
Old memories / emotions resurfacing  
Mucus drainage

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### **Sometimes feeling worse means you are actually getting better.**

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out. Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

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