



THE ULTIMATE ROAD MAP TO SUGAR FREE VIBRANT HEALTH™

Discover all the success strategies you need to Conquer Cravings, End Roller-Coaster Blood Sugars, Stop Dieting & **Live a Life You Love!**

Janet Sanders



BLOOD  SUGAR CENTRAL™

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OUR MISSION



The Mission of Blood Sugar Central is to empower men and women who are exhausted and stressed out from being hooked on sugar (or who are anxious and tired of struggling with erratic high blood sugars, lack of energy and yo-yo weight gain) to nourish their body with a sugar free lifestyle, break free from habits holding them back and enjoy a life they love.

www.bloodsugarcentral.com.com



INTRODUCTION

In 2001, I was diagnosed with type 2 diabetes. I left my doctor's office with a prescription, a few pamphlets and advice to check in with a dietician. I was angry, overwhelmed, and confused about what to eat. But, you don't have to be diabetic or even pre-diabetic to experience the same feelings of anxiety and confusion about your health.

In fact, today there is a whole new term to describe this phenomenon. It's called **Diabesity** - which describes the physical symptoms that mark the progression from mild insulin resistance to full-blown diabetes.

- Do you find yourself at the mercy of unrelenting food cravings? (particularly for sweets, bread, cookies etc.)
- Do you experience energy swings that leave you feeling exhausted?
- Do you have stubborn excess pounds, especially around your mid-section?
- Have you experienced yo-yo weight gain followed by constant dieting?

If you answered yes to any of these questions, I have been where you are now. Long before my diagnosis, I was eating my way through life, addicted to sweets and managing stress with bread, cookies and snacks while easing anxiety by eating well into the night.

As I got older, my belly started to expand, and I was frustrated with spending years going on diets to lose the same 20 pounds over and over again. I was working in a stressful legal environment, and most of the time I was exhausted and anxious about how I was going to handle work, my family and somehow regain my health.

After my diagnosis, I knew that I did not want to continue down this road. I needed to change, and using the same strategies that I am going to share with you in this roadmap, I gained control of my blood sugars and turned my health around.

To make a very long story short, I began by investigating the traditional approaches to managing diabetes. But, none of these solutions made sense because it was all based on using medication to cover up the symptoms of diabetes rather than eliminating the root cause my health problems.

It is true that there were references to making changes in diet, but to my surprise, none of the experts agreed about how to handle the consumption of sugar. And this made even less sense because I also learned that years of consistently eating foods that spiked my blood sugars and insulin response led to insulin resistance which left unaddressed resulted in type 2 Diabetes as shown in the diagram below.

The Path to Diabetes & Weight Gain



I realized that conquering blood sugar health issues for the long term requires both eliminating the underlying causes of chronic high blood sugars and learning how to make lifestyle changes in all areas, including how we eat, think and live on a daily basis.

I learned how to live a sugar free lifestyle and to remove the roadblocks that were sabotaging my success. I also started putting new habits into place that empowered me to conquer cravings, manage stress and eat in harmony with how my body works.

In a few months, I lost 30 pounds, re-gained my energy, and my blood sugar levels normalized. My strategy worked so well that my doctor started referring patients to me to share what I was doing. Soon I was coaching people in my living room, and many would leave with tears and hugs --- they were very grateful to have found my program.

I knew I was onto something, and I went back to school to become a Certified Health Coach focusing on Blood Sugar and Diabetes Coaching. I attended the Institute for Integrative Nutrition, a leader in teaching students from all over the world principles of holistic health and nutrition. After graduation, I founded my company Great Life Inc. and developed the 12 step coaching solution that is the foundation of the Ultimate Roadmap for Sugar Free Vibrant Health.™

With millions of people all over the world struggling to conquer blood sugar health issues, my passion was laser focused on discovering why so many people:

- struggle to control their blood sugars,
- are consistently dieting,
- experience diabetes related depression, and
- find it hard to live a sugar free lifestyle.



Using my experience as a Change Management Expert and Health Coach, I wanted to learn what people who succeed in changing their lives have in common. I identified 4 core traits that I call the:

4 C's of Change & Resilience



Committment:

They are 100% committed to taking actions required for lasting change and achieving both their vision and a specific set of goals



Connection:

They have a connection to themselves that enables them to explore the relationship between their thoughts, feelings and actions along with a connection to a community of support (providing guidance, encouragement & accountability) so that they can eliminate sabotaging behaviors and manifest desired life changes.



Consistency:

They take consistent action towards their goals and monitor their actions to that they can adjust their plan as needed.



Clarity:

They have clarity about where they are (physically & emotionally), where they want to go, and the obstacles they need to overcome.

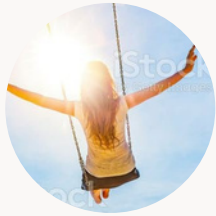
Finally it all made sense.

People don't fail to quit sugar or to conquer blood sugar health issues because they don't have enough information. You have probably tried a "diet" plan or education program more than once. And if you still continue to struggle here is why.

- It doesn't matter if it is the greatest diet in the world.
- It doesn't matter if it has lots of great recipes or fabulous advice.
- There is not a diet or plan in the world that will work if you can't stick with it.

If you have ever tried a diet or other program only to later find yourself right back where you started, it is likely that one or more of the core elements of change & resilience were missing.

The Ultimate Roadmap to Sugar Free Vibrant Health™ fully incorporates the 4 C's of Change & Resilience so that you can remove roadblocks & achieve success.



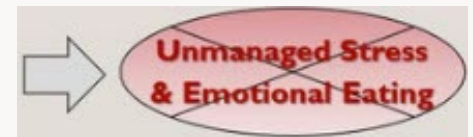
*Phase 1:
Embrace Change & Adapt
to A Sugar Free Lifestyle*




*Phase 2:
Nourish Your Body & Eat in Harmony
with How Your Body Works*



*Phase 3:
Transform Your Mind for
Lasting Change & Resilience*



 **Insulin Resistance is dramatically reduced or eliminated**
YOU FEEL SATISFIED. New behaviors are not sabotaged by unrelenting physical cravings, emotional eating and a sweet tooth that is out of control.

The Ultimate Roadmap to Sugar Free Vibrant Health™ is the the blueprint for vibrant health that I wish I had been given the minute I walked out of the doctor's office over 20 years ago. The 12 Steps in the Roadmap are designed to empower you to embrace change and put success habits into place --- while honoring your unique biochemistry so that you can eat and live in harmony with how YOUR body works.

I am certain that it would have saved me from years of out of control sugar consumption, yo-yo dieting and frustration, and I am confident that it will show you HOW to finally eliminate the roadblocks holding you back so that you can stop struggling and Live a Life you Love.



Janet Sanders

The Blood Sugar Central Ultimate Roadmap to Sugar Free Vibrant Health

EMBRACE CHANGE TO:
BREAK FREE FROM SUGAR



STEP 1

- #1 Commit to Making Lasting Changes & Adopting the 4 C's of Change
- #2 Connect to both Yourself & a Supportive Community to Let Go of the Past
- #3 Consistently take Action to Break Free From Sugar & Adapt to a Sugar Free Lifestyle
- #4 Gain Clarity: (Where Are You & Where Do You Want to Go) to Embark on A New Beginning

#5 Learn How Your Body Works

#6 Implement a Food Plan & Eating Style

#7 Validate, Monitor & Adjust Your Plan

#8 Enhance Your Food Plan with Exercise, Restful Sleep and Stress Management

STEP 2

NOURISH YOUR BODY TO:
LIVE FREE FROM SUGAR



TRANSFORM YOUR MIND TO:
STAY FREE FROM SUGAR



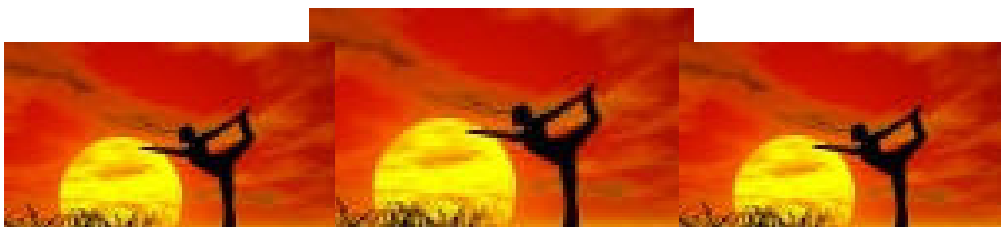
STEP 3

#9 Find the Thoughts, Roadblocks & Triggers Getting in Your Way

#10 Reverse Sabotaging Thoughts, Habits & Behaviors

#11 Eliminate Clutter in Your Space to Create an Environment that Supports Lasting Change

#12 Enjoy Life!



IMPORTANT CAUTIONARY NOTE

The Ultimate Roadmap to Sugar Free Vibrant Health™ is designed to promote awareness about cutting sugar and to provide information, tools and techniques that enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s).

Always seek the advice of a physician before beginning any diet, exercise, or nutritional program. Diabetes and pre-diabetes or other related health issues are serious medical conditions.

Do not reduce, change or discontinue any medication or treatment without consulting your physician.

You should also check with your physician about food choices that you would like to make in the context of your state of health or treatment plan. This is critical if you are on any medications. Changing your eating patterns can lead to lower blood sugar levels and you need to avoid having blood sugar levels go too low. You must work with your medical provider to manage medications appropriately.

You should not change any dietary recommendations or medications given to you by your physician or CDE or other nutritionist without consulting your physician first.

CREATING YOUR FREE LIFESTYLE ACTION PLAN

ASK >>>> LEARN >>>> ACT

- Find Thoughts, Roadblocks & Triggers Getting in Your Way
- Reverse Sabotaging Thoughts, Habits & Behaviors
- Eliminate Clutter in Your Space to Create a Supportive Environment
 - Enjoy Life



Q. How Do I Stay Sugar Free?

A. *Transform Your Mind for Lasting Change & Resilience*

- Learn How Your Body Works
- Implement a Food Plan
- Validate, Monitor & Adjust Your Plan



Q. How Do I LIVE a Sugar Free Lifestyle?

A. *Nourish Your Body & Eat in Harmony with How YOUR Body Works*

- Enhance Your Food Plan with Exercise, Restful Sleep & Stress Management

Q. How Do I Break Free from Sugar?

A. *Embrace Change & Adapt to a Sugar Free Lifestyle*

- Commit to Lasting Change (+ 4 C's of Change)
- Connect To Both Yourself & a Supportive Community to Let Go of the Past
- Consistently Take Action to Break Free From Sugar & Adapt to a Sugar Free Lifestyle
- Gain Clarity to Embark on a New Beginning



01

Commit to Making Lasting Changes & Adopting the 4 C's of Change & Resilience



Maintaining a sugar free lifestyle, conquering roller-coaster blood sugars, and ending yo-yo weight gain starts with managing your mind and learning how to navigate change.

How many times have you wondered why some people seem to easily take control of their health while others continue to struggle? I learned that the answer does not lie in pills or the latest diet plan. Put simply, people who achieve their goals have one thing in common: their commitment to change.

Their goals are “must accomplish goals” not something they might do sometime in the future. The game changer is making a solid commitment to themselves to do what it takes to make necessary changes. This does not mean that it is always easy or that they don’t have setbacks. But when they stumble, they have a plan in place to get back on track and are self-motivated to keep moving forward.

The responsibility for the quality of your life is in your hands, and it is not always easy to practice self-care. Gaining the knowledge of what changes are needed is not enough. You must be self-motivated to make lifestyle changes coupled with a plan of action. Step #1 is all about learning how to make a commitment to your vision of health and to make achieving your goals a top priority.

HOW to Adopt The 4 C's of Change & Resilience in the Context of Living a Sugar Free Lifestyle

Commitment

Determine your vision/"must do" goals, develop an action plan and create a commitment contract with accountability to take action steps towards your goals.

Explore the changes & challenges taking place in your life and the relationship between your thoughts, feelings and actions in order to let go of the past, eliminate sabotaging behaviors and manifest desired life changes. Enlist the help of a supportive community to help you move forward.

Connection

Consistency

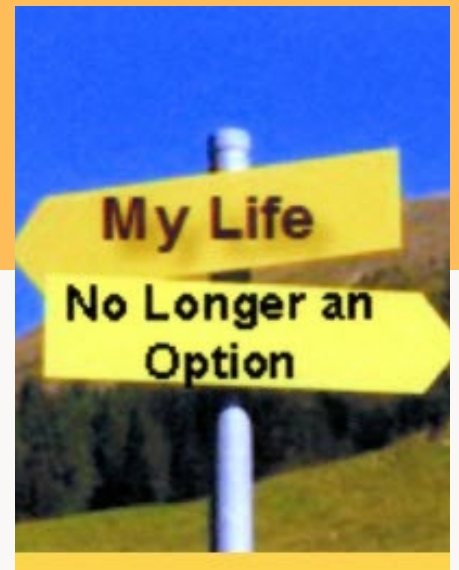
Take consistent action to change your relationship to sugar and adapt to a sugar free lifestyle. This includes eliminating added sugar & "hidden sugars", and cutting back on natural sugars while also implementing new habits that support your vision of health.

Gain clarity by developing a conscious understanding of yourself physically and emotionally. There are two aspects of self-awareness: knowing where you are now and where you want to go in the future. Having clarity about your present state provides the springboard for the second aspect of self-awareness and serves as the foundation for your vision of the future.

Clarity

02

Connect to Both Yourself & a Supportive Community to Let Go of the past



Dwelling on the past is like being chained to a post where all you can do is go round and round, repeating the same patterns over and over again.

Step #2 is about learning how to accept the changes taking place in your life so that you can create the space to put new ways of living in place.

It is not always easy to let go, and this is where engaging with a trusted community and a health coach in addition to your medical team can help.

People join communities and work with coaches for a variety of reasons.

- They are ready for ACTION. They know that information without action is a path to nowhere, and they want to start building new habits and learning new behaviors.
- They already know what to do, but they have trouble putting the information into practice. They need concrete instructions & guidance for HOW to get results.
- They have too many distractions. They need structure and accountability when life gets in the way.
- They want to break down barriers that keep them stuck. They need someone to guide them past the obstacles that sabotage their efforts.
- They don't want to go back to the same old "stuff". They want help to change their thinking so that they can make lifestyle changes that will last a lifetime

Can you relate?

Coaching provides a powerful addition to medical care and traditional education programs and is a win-win for everyone.

Consistently Take Action to Adapt to a Sugar Free Lifestyle

There is a children's riddle that asks: "How do You Eat An Elephant" ANSWER: "One bite at a time". That pretty much sums up the period of Adapting. Everyone starts at the beginning, and in the beginning of anything, reaching the endpoint can feel overwhelming.

Adapting tames the overwhelm by letting you take small consistent steps so that you can start to move forward a little bit at a time while gaining knowledge and confidence.

There are lots of programs out there that promise to show you how to go **Sugar Free**. The problem is that Sugar Free is a confusing term because sugar exists in so many forms, and going sugar free is virtually impossible.

No wonder so many people are confused, frustrated and feel like they are failing. Living a sugar free live style, however, is attainable because it takes into account the 3 main sources of sugar. This approach eliminates sources of sugar that cause fast sharp rises in blood sugar and insulin (sabotaging efforts to normalize blood sugar levels) and moderates consumption of naturally occurring sugars taking into consideration a person's physical condition, bio-individuality, and reactions to certain foods.

Step #3 focuses on learning how to adapt to a sugar free lifestyle

- Breaking Free from Added Sugar (sugar added to foods to make them sweet)
- Eliminating "hidden sugar" (foods that don't have sugar in their ingredients, but behave like sugar when digested, such as grain-based flour, white potatoes, rice and other refined carbohydrates)
- Cutting back on naturally occurring sugars (examples: lactose in milk, fructose in fruit)

With this foundation under your belt, your desire for sugar will be fading away and you will be ready to move onto Phase 2 of your journey that will include creating a personalized Food Plan and learning how to eat in harmony with how your body works.



It does
not
matter
how
slowly you
go...
as long as
you do
not stop.
Confucius

Finding Added Sugar

How Do You Find Added Sugar? Read Labels



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Serving

Total Fat

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Added Sugar

TOTAL Sugar

Natural Sugar

Ingredient

Ingredients: Oat bran, rice, sugar, oat clusters sugar, toasted oats (rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey), wheat flakes, crisp rice (rice, sugar, malt, salt), corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor, high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacin-

 = "added" Sugar

Added Sugars: any "sugar" added during processing or as part of food preparation.

Fructose

Maltose

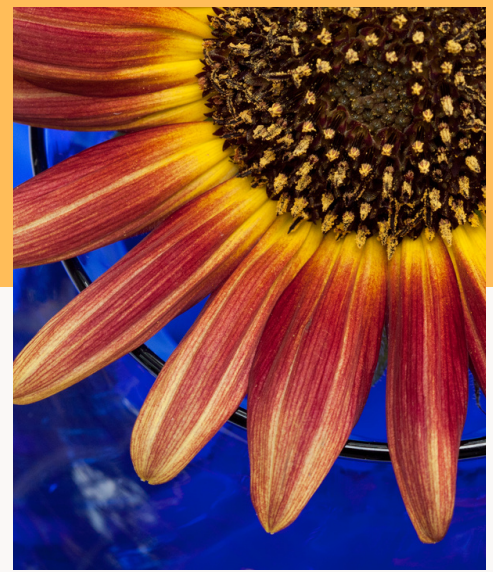


Lactose



Natural Sugars are found naturally in foods

04



Gain Clarity to Embark on a New Beginning

Many people rush right into their action steps without taking the time to develop the clarity that is needed for ultimate success. Moving forward without clarity is like fumbling around in a dark room full of obstacles, getting nowhere and feeling lots of pain. The benefits to having clarity relating to both your present circumstances and your vision for the future include:

- Enabling you to identify and address roadblocks, thoughts and behaviors holding you back.
- Giving you deeper insight so that you can make decisions that are right for you based on your unique vision of health, life goals and bio-individuality.
- Shedding light on your “why” so that when the going gets tough you will have the internal motivation that will enable you to keep moving forward.
- Providing critical insights that shape your goals and action plan.

How do you know when you are truly embarking on a new beginning?

There is a fine line that exists between endings, beginnings and the period of adapting.

Genuine new beginnings are heralded by a shift in attitude along with a renewal of energy, There is a sense of knowing where you want to go, even if you don't yet have a total plan in place for how you will be able to get there.



As a practical matter, beginnings are often thrust upon us before we have time to go through the adapting phase. For example, with diabetes, a beginning of sorts takes place the day of diagnosis. And as mentioned, individuals usually need to start treatment and implement some changes right away. You could think of this as the physical or “external” beginning.

But, at the point of diagnosis, our mind and emotions have not yet caught up with the physical change that is now manifesting itself. So, in many instances we find ourselves playing catch up with our mind and spirit while attending to physical or external needs on a day-to-day basis.

Embarking on a new beginning does not mean that you will never feel sad, depressed or angry.

It doesn't mean you have all the answers.

The hallmark of embarking upon a new beginning is that you are no longer motivated by a set of external “shoulds” thrust upon you by doctors, health care practitioners or well-meaning friends and relatives. Instead your motivation comes from within, driven by your hopes, dreams, and vision of your future.



"No matter how hard the past is, you can always begin again."

-BUDDA

FEELING STUCK?

Try Changing "Can't to Can"

When you feel like you are unable to follow through with ideas or suggestions to incorporate new changes into your daily life, a helpful exercise is to change your inner voice and substitute "I Can't" with one of the following:

- I don't want to...
- I am not ready to...
- I am afraid to...
- I would like to, but with some modification(s)



<input checked="" type="checkbox"/>	YES
<input type="checkbox"/>	NO
<input type="checkbox"/>	MAYBE

Telling yourself that you "can't" is a way of putting the brakes on and eliminating any possibility of moving forward. But, when you substitute one of the phrases above, it opens up space to explore why you feel this way, and allows the seeds of change to grow.



05



Learn How Your Body Works

You don't need to become a medical expert to gain a basic understanding of how your body functions. But, this knowledge will help you to understand your options and to be proactive in making informed decisions about your own health and lifestyle,

Gaining information about Insulin Resistance, Diabetes, and How Sugar & Other Foods Affect Your Body will empower you to:

- Make the connection between your physical condition and the behaviors that affect your physical health,
- Make informed decisions about what to eat,
- Work effectively with your medical providers,
- Connect with needed resources, and
- Take action to achieve your lifestyle goals.

IF YOU ARE EXPERIENCING ONE OR MORE OF THE SYMPTOMS BELOW, SPEAK WITH YOUR PHYSICIAN --- ESPECIALLY IF YOU HAVE RISK FACTORS FOR DIABETES.

5 Symptoms of Insulin Resistance

● **Fatigue + Low Blood Sugar**

The failure of insulin to work properly and the inability of cells to get sufficient glucose eventually take its toll on the body. Some people with insulin resistance are tired in the morning or afternoon, others are exhausted all day. Symptoms of physical & mental fatigue are often accompanied by periods of hypoglycemia.

● **Sleepiness**

Many people with insulin resistance get sleepy immediately after eating a meal containing more than 20% or 30% carbohydrates. This is often a pasta meal, or a meal that includes potatoes or bread or a sweet dessert.

● **Increased Weight & Fat Storage**

For many people, one of the first signs of insulin resistance, is excess weight around their middle as insulin stores excess glucose as fat in a desperate attempt to save their life. In males, a large abdomen is the more obvious and earliest sign of insulin resistance. In females, it can be a large abdomen and/or prominent buttocks.

● **Increased Triglycerides**

Individuals typically may have stores of excess triglycerides in their arteries as a result of insulin resistance.

06

Implement a Food Plan & Eating Style

Living a Sugar Free Lifestyle, Controlling blood Sugars, or Ending Yo-Yo Weight gain is not about going on this or that diet. It is about learning how to eat in harmony with how your body works and putting a food plan into action that works for YOUR biochemistry.

Developing a food plan is about determining what you want to eat, when you want to eat, and how much of certain foods you want to eat on a day-to day basis. You will learn how to eat in new ways so that:

Physical cravings will decrease

Your body's insulin response will be moderated

Your body will not store excess fat

You will maintain muscle that effectively burns fat

You will gain control of your blood sugar levels

You will be supported in maintaining your weight & fitness goals for the long term

Getting Started with a Sugar Free, Quality Carb Lifestyle

Eliminate "Added Sugar"



Based on your biochemistry, include small amounts of:

- Starchy Veggies (squash, sweet potatoes, peas etc.)
- Dairy (low in lactose)
- Dark Chocolate (no sugar)
- Sweeteners of Choice: Stevia, Monkfruit, Allulose, etc.

Eliminate Grain Based Flour Products



Eliminate Rice



Go Easy on Foods with "Natural Sugars"



Eliminate White Potatoes



Drink Water & Other Blood Sugar Friendly Beverages



Choose Low Glycemic Fruit



Focus on Non-Starchy Vegetables, Healthy Protein & Healthy Fats



Food Plan Strategies That Get Results

One of the big differences between the developing a personalized food plan and a “diet” is that you are using a “crowd out” method to “change your plate” and learning to eat according to both your unique biochemistry and lifestyle. In this process you will move away from the typical meal that focuses on lots of protein and large portions of carbohydrates such as potatoes, rice & pasta to meals with MORE non-starchy vegetables accompanied by a serving of healthy protein, and small portions of foods such as sweet potatoes & certain whole grains & foods that moderate the insulin response.

Eat More Non-Starchy Vegetables :

Eat a wide variety of foods centered around nutrient dense non-starchy vegetables (50%), high quality protein (25%), and small amounts of low glycemic fruit, starchy vegetables, healthy fats, and non-grain based flour products (25%)

Eliminate Added Sugar & Carbohydrates that cause a quick rise in blood sugars along with heightened insulin response

This includes white potatoes, rice, and most grain-based flour products.

Increase Fiber & Stay Hydrated

Try to include at least 25-30 grams of fiber daily, and drink enough water + other liquids such as tea or broth. Try to eliminate diet soda.

Adopt New Eating Habits

Build new habits that improve not just what you eat but HOW you eat. (Adopt as regular a schedule as possible, watch portion sizes, avoid overeating, make conscious food decisions, and learn to eat mindfully

Be Prepared

Have what you need to take care of yourself outside of your house and create an environment at home that supports your food plan and vision of health.

Keep it Simple

Any plan that is overly complicated will soon be discarded, and you will find yourself back to old eating habits. If you develop a food plan that fits your lifestyle, you will be able to internalize the plan and make food choices that support your vision of health.



07

Validate, Monitor & Adjust Your Plan

When you use a journal to monitor your food and other daily activities, you make a written commitment to yourself to alter your habits and make lifestyle changes. Study after study has found that journaling is a powerful tool that you can use to brainstorm, track your progress, and help you to keep moving forward.



Keeping a Daily journal will Empower You to:

- Gain awareness of what you eat on a daily basis, avoid unconscious eating & stay on track with your food plan
 - Recording what you eat or what activities you do every day, provides you with a daily reality check. For many people, the knowledge that they'll have to record their results provides that extra motivation to stay on track. Seeing your progress in black and white helps you to carry on when your motivation is fading. If you find yourself floundering or far afield from your goals, one of the best ways to get back on track is to use your daily journal.
- Remove Roadblocks & Make Adjustments
 - If you are vigilant in using a journal, you will see patterns of behavior emerge, and you will be able to identify patterns that are holding you back. The more "health" data you have, the better you'll be able to adjust your patterns and fix problem spots easily.

08

Enhance Your Food Plan with Exercise, Restful Sleep & Stress Management



Ultimately the Roadmap to Sugar Free Vibrant Health
is about creating a life in Balance:

**Transform Your Mind
Nourish Your Body
Enjoy Your Life...**



The World Health Organization (WHO) Defines Health as a State of Complete Physical, Mental Social & Spiritual Well-Being, and Not Merely an Absence of Disease or Infirmary.

How we think and what we eat are just two of the essential aspects of living a sugar free lifestyle and being in good physical and mental health. The third and equally important component is how we live, including moving our body on a regular basis, getting restful sleep and managing stress. All of these have an effect on empowering us to stay on track with a sugar free lifestyle as well as keeping blood sugars under control.



Incorporating exercise into your daily routine will provide a number of benefits, including clearing the blood of glucose, increasing insulin sensitivity, and improving heart and cardiovascular health. Once you have approval from your doctor, at least thirty to sixty minutes of continuous exercise every day will pay off in enhanced health. The important thing is to make exercise part of your daily routine in a way that supports your lifestyle and vision of health.

Sleep deprivation raises levels of ghrelin, the hunger hormone, and decreases levels of leptin, the hormone that makes us feel full. To compensate for lower energy levels, people who sleep poorly may seek out high carbohydrate foods that actually end up draining our energy and causing roller-coaster blood sugar levels. The good news is that when you are getting enough sleep, you will have more energy, less stress, and a better mindset for choosing foods that support your health.



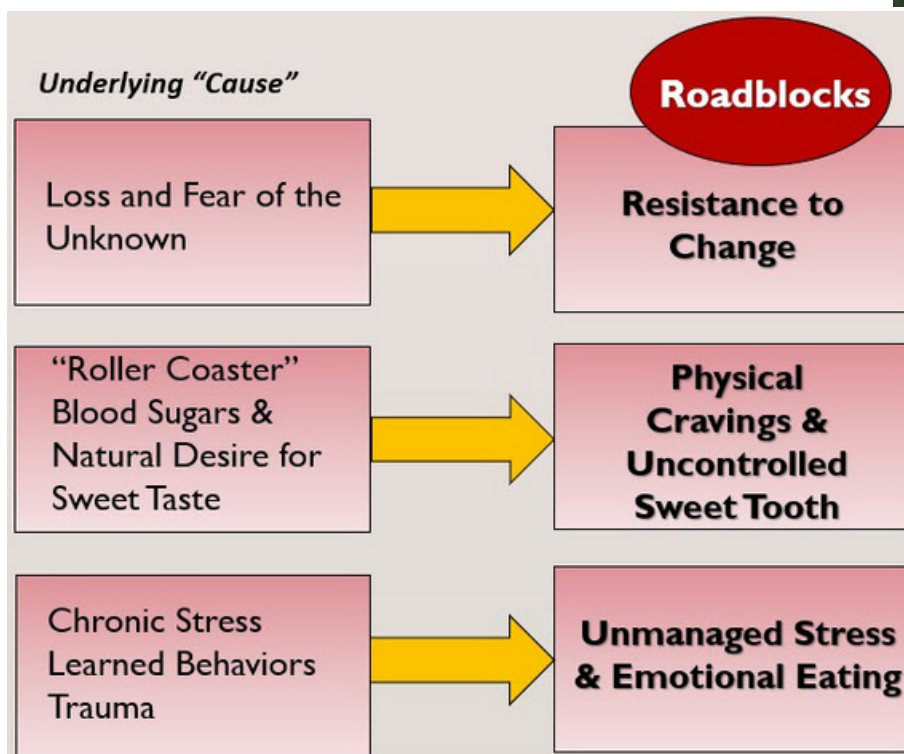
Stress is a normal and natural response to challenges in life, and to deal with stress our bodies produce hormones such as cortisol that are designed to protect us. But, when stress becomes chronic or unmanaged, the constant release of these hormones begins to have negative effects, including increased hunger, cravings, and high blood sugar levels. It is critical to take some time out for self-care to reduce chronic stress by practicing stress-relieving activities such as meditation, deep breathing, or spending time in nature.

09 Find the Thoughts, Roadblocks & Triggers Getting in Your Way

Attempting to quit sugar, conquer diabetes or end yo-yo weight gain without clearing away the Roadblocks & Lifestyle Habits that are the underlying causes of any of these conditions is like trying to swim the English Channel with one hand tied behind your back ...



It is Exhausting and ultimately futile.



Throughout the 12 Step Roadmap, you will learn to identify what habits are holding you back and need to be changed.





REVERSE Sabotaging Thoughts, Habits & Behaviors

Habits are the fabric of your life.

- Your daily behaviors take you either towards or away from your vision of health
- Success habits support your well-being and lead you towards your goals
- People who achieve their goals avoid or minimize activities and behaviors that lead them away from their vision and maximize behaviors that lead them forward.

In their essence, success habits are repeated behaviors that eventually become automatic. Many of us have the idea that we need to do something extraordinary to make meaningful changes in our lives. Paradoxically, it's the little things that you do on a daily basis that determine your success.

Motivation is what gets you started. Habit is what keeps you going.
Jim Ryun

HOW to Change a Habit

In order to change or eliminate a habit that is holding you back, you need to be:

- Aware of the habit & its effect
- Self-motivated to change the habit
- Willing to take action to change the habit

The Steps to Change a Habit Include:

- IDENTIFYING one or more habits sabotaging your efforts
- IDENTIFYING a new habit to put in its place
- TAKING CONSISTENT ACTION to practice the new habit until the old habit is replaced

11 Eliminate Clutter in Your Space to Create an Environment that Supports Lasting Change

Did you know that Clutter Can Affect Your Health & Ability to Put New Success Habits in Place



Clutter = Accumulating things (physical possessions, harmful habits & mental thoughts) in a way that begins to control your life and drain you of physical, mental, and spiritual energy.

A key to changing behavior for the long term is to remove the “clutter” that sabotages your ability to change and then to create an environment that supports your efforts.



How is the state of your kitchen & Dining Room?



Other Rooms in Your House?



What About Your Bedroom – Is it set up to help you get a good night’s sleep?

12

It is a real art to learn how to live a sugar free lifestyle or to take care of a diabetic or pre-diabetic condition without letting it overtake all of your thoughts and energy. Getting through each day without thinking about food and/or your blood sugars at every waking moment is where success habits come in.



In the beginning, you need to put a lot of time, effort and thought into remembering to eat certain foods, to drink more water, to stay prepared, to get better sleep and to fit in exercise. But, as you practice these behaviors, over time they will become part of you, as much as brushing your teeth has become part of your routine over the years.

Whether you choose to drain your mental energy by thinking negatively about changing your lifestyle is totally within your control. When you find it difficult to feel positively about doing one more thing, take a minute to recall your vision of health and why you are embarking on your health journey.

It may be hard to imagine now, but you will find that exercising success habits that support you are a reward unto themselves. It's a self-perpetuating cycle. The better you start to feel, the more you will want to do the things that move you towards your vision and help you feel better. After a while, you will find your mind dwelling less on the the daily challenges and your focus shifting to your overall well-being.

In short, you will begin to enjoy your life again.

In fact, there is no need to wait to begin enjoying your life. Do it now, even as you begin to implement your plan. Have fun, and remember to incorporate little luxuries into every aspect of your day.

Little Luxuries for Lifestyle Changes That Will Last a Lifetime

1. Wake up early and spend some quiet time meditating or writing in your journal.

2. Take a Walk. It doesn't have to be aerobic. Enjoy nature and your surroundings.

3 Have lunch with a friend, enjoy good conversation and fine food.

4. Cook up a perfect pot of chili and invite some friends over for supper.

11. Get a Coach. Coaching can help you to reach your goals by providing guidance, ongoing support, motivation, and connection to resources.

12. Go to a movie, and don't forget to bring a delicious snack that you can enjoy during the previews.

13. Browse through the bookstore. Treat yourself to a new [cookbook](#)

5. BREATHE...

7. Light a scented candle, grab a good book and luxuriate in a good cup of tea. Green tea is especially beneficial for your overall health.

8. Concoct a magnificent sugar free dessert and share it with friends or family

9. Go dancing, it is a great way to get extra exercise

10. Get a massage or give one (both are fun).

6. Take a Yoga Class.

Uncontrolled stress raises your cortisol levels & can affect both your blood sugars and weight. Yoga is just one of many great ways to de-stress.

15. MAKE YOUR WELL BEING A PRIORITY

You get the idea. Life is short. Diabetes or Pre-Diabetes only means that you are going to take care of yourself better than you ever have before. Dare to believe that you are going to enjoy yourself and live life to the fullest. What could be better than that?

14. Take a personal day and do whatever comes to mind. Let the day take you wherever it leads.



16. Enjoy a GREAT LIFE. &

janetsanders@bloodsugarcentral.com

www.bloodsugarcentral.com

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Thank you



I appreciate your taking some time to learn more about my program. I hope this "peek" into the Roadmap to Sugar Free Vibrant Health™ has given you some helpful ideas for getting started (or staying on track) with your own health journey.

What's Next?



Whatever you can do
or dream you can, begin it.
Boldness has genius,
Power and magic in it.
Begin it now.

Johann Wolfgang von Goethe

Schedule Your Sugar Free Roadmap Call

The purpose of this call is to help you to clarify the the next steps for you based on your goals and what you would like to accomplish in the next 3-6 months. My objective is to empower you to take action in the best way that fits your needs, and to help you gain a better understanding of your options.

During our call we will explore Where you Are, Where You Want to Go, and HOW to get there, and you will leave the call with a plan for moving forward.

If you would like access to a coach to accelerate your results in ways that you can't obtain on your own, I will be happy to explore some of the ways that I can work with you, and we can take it from there.

[CLICK HERE TO SCHEDULE
YOUR ROADMAP CALL](#)



JOIN THE SUGAR FREE LIFESTYLE COMMUNITY

Each week I offer guidance and support to you help you to meet the daily challenges of living a sugar free lifestyle and conquering blood sugar health issues.

- Get daily tips, recipes & food ideas for snacks, meals and celebrations
- Keep up with sugar free trends & products
- Stay motivated with daily Inspiration and support from fellow members

[CLICK HERE TO JOIN THE
SUGAR FREE LIFESTYLE COMMUNITY](#)

REVIEWS



Pam P.

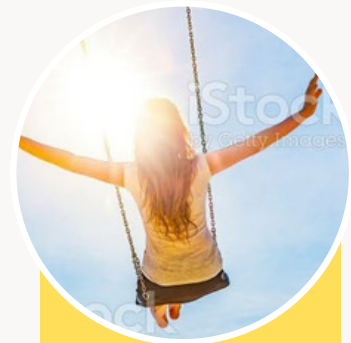


Janet's programs are very practical. Sugar no longer rules my life, and I have the tools I need to make better decisions about what I eat and how I spend my day.

Joe B.



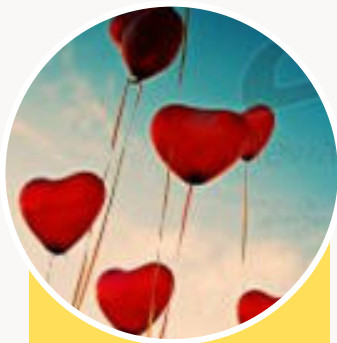
I have learned how to enjoy my life again, without foods that sabotage my health. Don't think twice. Janet and her courses are the real deal.



Sharon D.



Janet has really enhanced my knowledge about my body & nutrition --- and I am finally reaching my goals. Thanks Janet for all you do!



LEARN MORE ABOUT US AT:
WWW.BLOODSUGARCENTRAL.COM