

Your Loving Food Toolbox



I trust you enjoyed your Loving Food event and we have arranged a toolbox to hold your information and further resources in.

Information on its own is of no value. When put into action the toolbox can help you Break Bad Habits. This is the 3rd leg of our 3 legged stool of making a Positive Health Change to reverse premature aging of your spine, nerve system and your body.

Let's get to work!

Dr Craig

To see the video of the Loving Food Toolbox Event go to the following Facebook page

["Loving Life Chiropractic Members Only"](#)

and request to join if not already a member.

Sections in Your Toolbox

1. Loving Food Presentation Slides Aug 20 with space for notes
2. Protein Ball Recipe
3. 11 Reasons Why Too Much Sugar Is Bad For You
4. 10 Best Foods For your Brain and Nervous System
5. Other Resources
6. What now? The Traffic Light. START, SLOW DOWN, STOP

Section 1 – The Presentation



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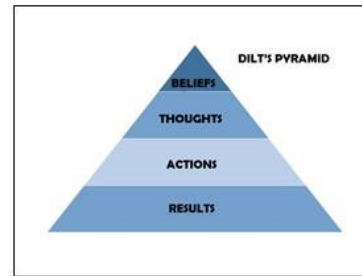
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Why Loving Food Workshop?

Because...

- ...We want YOU to have more fun and get back to Loving Food again. (JOY)
- ...We want YOUR body to thrive and Love the Food you are feeding it. (CREATIVITY)
- ...We want your family, friends and community to start to benefit from the Food you are gifting yourself and be inspired by your example. (LEGACY)

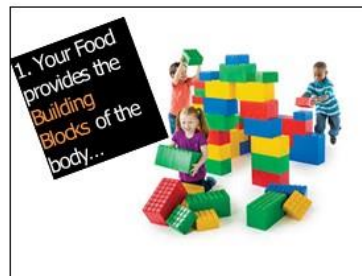
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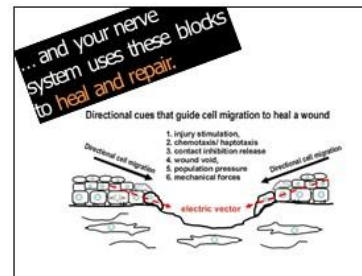
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5 Nerve System Secrets Everyone Should Know About Their Food...

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2. There are lots of different ways to eat well...

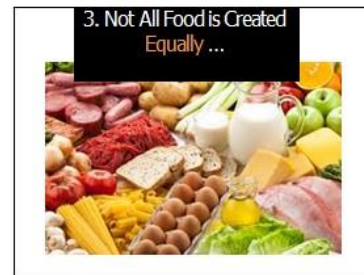
Vegan	Vegetarian	Raw
A person who does not eat or use animal products, such as meat, dairy, and eggs.	A person who does not eat meat.	A person who eats only uncooked, unprocessed foods.
Paleo	Pescatarian	Keto
A person who eats mostly meat, fish, vegetables and fruits but does not eat dairy, grains, or processed foods.	A person who does not eat meat but does eat fish and shellfish.	A person who eats a high fat, moderate protein, and extremely low carbohydrate diet.

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...and they all feed the brain and nerve system adequately.

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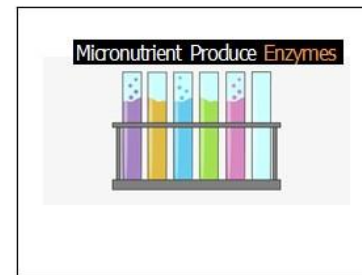
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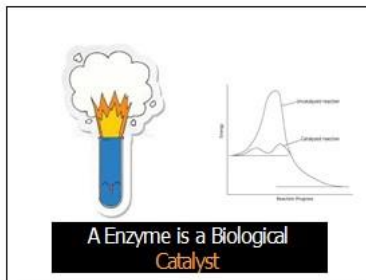
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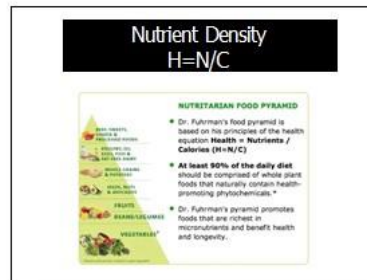
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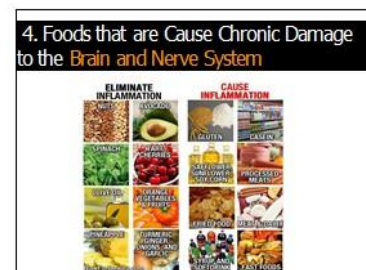
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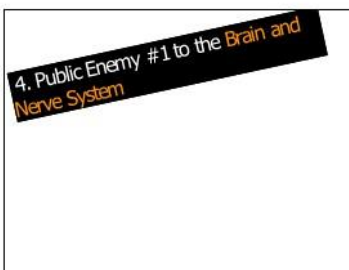
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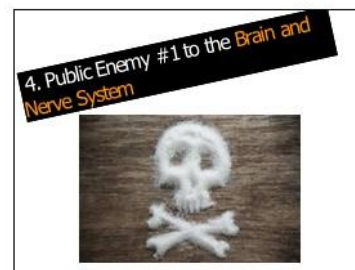
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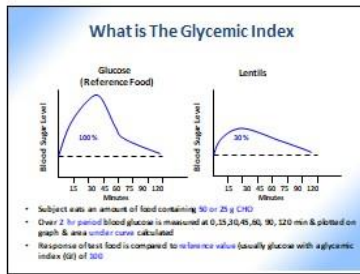
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High Glycemic Foods

ALMOST ALL REFINED GRAINS HAVE HIGH GLYCEMIC INDICES

Rice Chex Cereal	89
Corn Flakes	84
Pretzels	83
Rice Krispie Cereal	82
Rice Cakes	82
Rye bread	78
Waffles	76
Total Cereal	76
Graham crackers	74
Charritos	74
Bagels	72
Short grain white rice	72
Corn chips	72
White bread	70
Whole Wheat bread	68

Source: Power et al. & An. J Clin Nutr 1999; 50: 100-105

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- ### Sugar : Bondage
- Substance Abuse
 - Alcoholics Know...
 - Environment
 - Relationships
 - Don't have it in the house
 - Slippery slope

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5. 5 Hacks To Help You Turn Your Bad Food Habits Around

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- ### #3. Would You Swap One Word In Your Vocab....?
- ...lose pounds in weeks and keep them off
 - ... have a healthier family
 - ... not eating sugar becomes a no brainer.
 - ... would you do it?

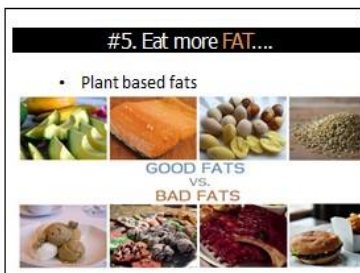
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- ### Swap "a TREAT" for "DIABETES"
- ...I'll get myself ...
 - ...I did a good workout... I'll get myself ...
 - ...Trick or ...

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- ### #4. Prepare, Prepare, Prepare....
- Protein Balls
 - Green Juice
 - Cook in Advance -Brown rice
 - Slow Cooker
 - Rice Maker
 - Freezer

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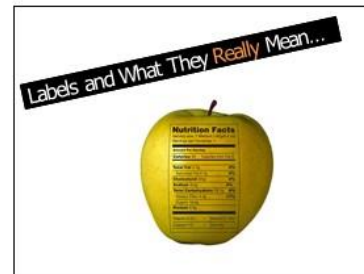
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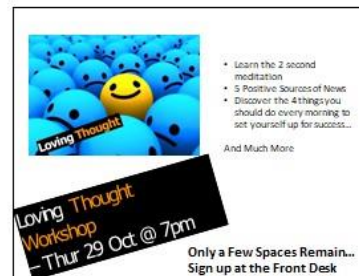
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Aspartame Side Effects

Anxiety	Arthritis	Hair Loss
Candida	Asthma	Hives
ADD	Bloating	Hypertension
Obesity	Edema	Impotency
Headaches	Brain Cancer	Insomnia
Hyperactivity	Chronic Fatigue	Irritability
Tooth Decay	Chronic Cough	Itching
Diabetes	Confusion	Joint Pains
Brain Lesions	Diarrhea	Brain Fog
Mood Alterations	Dizziness	Memory Loss
Brain Tumors	Flushing	Muscle Spasms
Depression	Heart Palpitations	Weight Gain

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The Dangers of Monosodium Glutamate

The problems associated with processed foods continue to grow.

Our overabundance of these items has left a society struggling with poor nutrition and overall health.

Information on the food additive monosodium glutamate, or MSG, needs to be shared to protect the American family.



MSG
is a NeuroToxin
Causes Alzheimer's disease
Autism,
Brain Tumors, Schizophrenia
Parkinson's disease
Dementia,
Multiple sclerosis
Dyslexia
Tourette Syndrome
Anxiety Disorder
Lou Gehrig's disease
Seizures and Epilepsy
Huntington's disease (HD)
Attention deficit hyperactivity disorder (ADHD)



Section 2

Dr Craig's Protein Peanut Butter Balls –

[Video is here](#) or search You Tube for "Dr H's Peanut Butter Balls"

So these Protein Peanut Butter Balls are my go-to snack especially when I am working to cut out sugar, bread and cookies from my diet. My children love both eating and making them and they are very inexpensive so they are one of my top 10 "Loving Food" recipes.

Protein Peanut Butter Balls from Dr Craig "H" Hindson at Loving Life.

Quick and easy way to set yourself up through the week with delicious protein snacks to avoid the cookie and sugar snack cravings.

Easy no bake protein peanut butter balls. Ideal as snacks at school, post workout or through the day:

Ingredients:

1 cup large flake oatmeal,
2/3 cup toasted unsweetened coconut flakes
3/4 cup peanut butter (I like the "Naturalia" brand)
1/2 cup ground flaxseed
1-3 tablespoons chia seeds (to taste)
1/3 cup honey
1/2 cup mini chocolate chips (or use cocoa nibs to further cut out sugar)



Instructions:

1. Add all the ingredients to a medium bowl and mix with a wooden spoon, or by hand if you like getting messy!
2. Take a table spoon of the mixture in your hand and roll into a ball (or you can use a little press like in the video [here](#)).
3. If the balls don't quite stick together as you would like them use some more honey or peanut butter.
4. If you wish to give your protein peanut butter balls that gourmet look then roll in cocoa powder or flaked coconut.
5. Place on tray and in fridge to give the balls a chance to firm up. After 1 hour transfer to an airtight container and refrigerate (for 2weeks) or freeze (2 months+).

Enjoy!

Section 3

11 Reasons Why Too Much Sugar Is Bad for You

From marinara sauce to peanut butter, added sugar can be found in even the most unexpected products.

Many people rely on quick, processed foods for meals and snacks. Since these products often contain added sugar, it makes up a large proportion of their daily calorie intake.

In the US, added sugars account for up to 17% of the total calorie intake of adults and up to 14% for children (1).

Dietary guidelines suggest limiting calories from added sugar to less than 10% per day (2). Experts believe that sugar consumption is a major cause of obesity and many chronic diseases, such as type 2 diabetes.

Here are 11 reasons why eating too much sugar is bad for your health

1. Can Cause Weight Gain

Rates of obesity are rising worldwide and added sugar, especially from sugar-sweetened beverages, is thought to be one of the main culprits.

Sugar-sweetened drinks like sodas, juices and sweet teas are loaded with fructose, a type of simple sugar.

Consuming fructose increases your hunger and desire for food more than glucose, the main type of sugar found in starchy foods (3).

Additionally, excessive fructose consumption may cause resistance to [leptin](#), an important hormone that regulates hunger and tells your body to stop eating (4).

In other words, sugary beverages don't curb your hunger, making it easy to quickly consume a high number of liquid calories. This can lead to weight gain.

Research has consistently shown that people who drink sugary beverages, such as soda and juice, weigh more than people who don't (5).

Also, drinking a lot of sugar-sweetened beverages is linked to an increased amount of visceral fat, a kind of deep belly fat associated with conditions like diabetes and heart disease (6).

Summary: Consuming too much added sugar, especially from sugary beverages, increases your risk of weight gain and can lead to visceral fat accumulation.

2. May Increase Your Risk of Heart Disease

High-sugar diets have been associated with an increased risk of many diseases, including heart disease, the number one cause of death worldwide ([7](#)).

Evidence suggests that high-sugar diets can lead to obesity, inflammation and high triglyceride, blood sugar and blood pressure levels — all risk factors for heart disease ([8](#)).

Additionally, consuming too much sugar, especially from sugar-sweetened drinks, has been linked to atherosclerosis, a disease characterized by fatty, artery-clogging deposits ([9](#)).

A study in over 30,000 people found that those who consumed 17–21% of calories from added sugar had a 38% greater risk of dying from heart disease, compared to those consuming only 8% of calories from added sugar ([10](#)).

Just one 16-ounce (473-ml) can of soda contains 52 grams of sugar, which equates to more than 10% of your daily calorie consumption, based on a 2,000-calorie diet ([11](#)).

This means that one sugary drink a day can already put you over the [recommended daily limit](#) for added sugar.

Summary Consuming too much added sugar increases heart disease risk factors such as obesity, high blood pressure and inflammation. High-sugar diets have been linked to an increased risk of dying from heart disease.

3. Has Been Linked to Acne

A diet high in refined carbs, including sugary foods and drinks, has been associated with a [higher risk of developing acne](#).

Foods with a high glycemic index, such as processed sweets, raise your blood sugar more rapidly than foods with a lower glycemic index.

Sugary foods quickly spike blood sugar and insulin levels, causing increased androgen secretion, oil production and inflammation, all of which play a role in acne development ([12](#)).

Studies have shown that low-glycemic diets are associated with a reduced acne risk, while high-glycemic diets are linked to a greater risk ([13](#)).

For example, a study in 2,300 teens demonstrated that those who frequently consumed added sugar had a 30% greater risk of developing acne ([14](#)).

Also, many population studies have shown that rural communities that consume traditional, non-processed foods have almost non-existent rates of acne, compared to more urban, high-income areas ([15](#)).

These findings coincide with the theory that diets high in processed, sugar-laden foods contribute to the development of acne.

Summary High-sugar diets can increase androgen secretion, oil production and inflammation, all of which can raise your risk of developing acne.

4. Increases Your Risk of Type 2 Diabetes

The worldwide prevalence of diabetes has more than doubled over the past 30 years ([16](#)).

Though there are many reasons for this, there is a clear link between excessive sugar consumption and diabetes risk.

Obesity, which is often caused by consuming too much sugar, is considered the strongest [risk factor for diabetes](#) ([17](#)).

What's more, prolonged high-sugar consumption drives resistance to insulin, a hormone produced by the pancreas that regulates blood sugar levels.

[Insulin resistance](#) causes blood sugar levels to rise and strongly increases your risk of diabetes.

A population study comprising over 175 countries found that the risk of developing diabetes grew by 1.1% for every 150 calories of sugar, or about one can of soda, consumed per day ([18](#)).

Other studies have also shown that people who drink sugar-sweetened beverages, including fruit juice, are more likely to develop diabetes ([19](#), [20](#)).

Summary A high-sugar diet may lead to obesity and insulin resistance, both of which are risk factors for type 2 diabetes.

5. May Increase Your Risk of Cancer

Eating excessive amounts of sugar may increase your risk of developing certain cancers.

First, a diet rich in sugary foods and beverages can lead to obesity, which significantly raises your risk of cancer ([21](#)).

Furthermore, diets high in sugar increase inflammation in your body and may cause insulin resistance, both of which increase cancer risk ([22](#)).

A study in over 430,000 people found that added sugar consumption was positively associated with an increased risk of esophageal cancer, pleural cancer and cancer of the small intestine ([23](#)).

Another study showed that women who consumed sweet buns and cookies more than three times per week were 1.42 times more likely to develop endometrial cancer than women who consumed these foods less than 0.5 times per week ([24](#)).

Research on the link between added sugar intake and cancer is ongoing, and more studies are needed to fully understand this complex relationship.

Summary Too much sugar can lead to obesity, insulin resistance and inflammation, all of which are risk factors for cancer.

6. May Increase Your Risk of Depression

While a healthy diet can [help improve your mood](#), a diet high in added sugar and processed foods may increase your chances of developing depression.

Consuming a lot of processed foods, including high-sugar products such as cakes and sugary drinks, has been associated with a higher risk of depression ([25](#), [26](#)).

Researchers believe that blood sugar swings, neurotransmitter dysregulation and inflammation may all be reasons for sugar's detrimental impact on mental health ([27](#)).

A study following 8,000 people for 22 years showed that men who consumed 67 grams or more of sugar per day were 23% more likely to develop depression than men who ate less than 40 grams per day ([28](#)).

Another study in over 69,000 women demonstrated that those with the highest intakes of added sugars had a significantly greater risk of depression, compared to those with the lowest intakes ([29](#)).

Summary A diet rich in added sugar and processed foods may increase depression risk in both men and women.

7. May Accelerate the Skin Aging Process

Wrinkles are a natural sign of aging. They appear eventually, regardless of your health. However, poor food choices can worsen wrinkles and speed the skin aging process.

[Advanced glycation end products](#) (AGEs) are compounds formed by reactions between sugar and protein in your body. They are suspected to play a key role in skin aging ([30](#)).

Consuming a diet high in refined carbs and sugar leads to the production of AGEs, which may cause your skin to age prematurely ([31](#)).

AGEs damage collagen and elastin, which are proteins that help the skin stretch and [keep its youthful appearance](#).

When collagen and elastin become damaged, the skin loses its firmness and begins to sag. In one study, women who consumed more carbs, including added sugars, had a more wrinkled appearance than women on a high-protein, lower-carb diet ([32](#)).

The researchers concluded that a lower intake of carbs was associated with better skin-aging appearance ([32](#)).

Summary Sugary foods can increase the production of AGEs, which can accelerate skin aging and wrinkle formation.

8. Can Increase Cellular Aging

Telomeres are structures found at the end of chromosomes, which are molecules that hold part or all of your genetic information.

Telomeres act as protective caps, preventing chromosomes from deteriorating or fusing together.

As you grow older, telomeres naturally shorten, which causes cells to age and malfunction ([33](#)).

Although the shortening of telomeres is a normal part of aging, unhealthy lifestyle choices can speed up the process.

Consuming high amounts of sugar has been shown to accelerate telomere shortening, which increases cellular aging ([34](#)).

A study in 5,309 adults showed that regularly drinking sugar-sweetened beverages was associated with shorter telomere length and premature cellular aging ([35](#)).

In fact, each daily 20-ounce (591-ml) serving of sugar-sweetened soda equated to 4.6 additional years of aging, independent of other variables ([35](#)).

Summary Eating too much sugar can accelerate the shortening of telomeres, which increases cellular aging.

9. Drains Your Energy

Foods high in added sugar quickly spike blood sugar and insulin levels, leading to increased energy.

However, this rise in energy levels is fleeting.

Products that are loaded with sugar but lacking in protein, fiber or fat lead to a brief energy boost that's quickly followed by a sharp drop in blood sugar, often referred to as a crash ([36](#)).

Having constant blood sugar swings can lead to major fluctuations in energy levels ([37](#)). To avoid this [energy-draining cycle](#), choose carb sources that are low in added sugar and rich in fiber.

Pairing carbs with protein or fat is another great way to keep your blood sugar and [energy levels stable](#).

For example, eating an apple along with a small handful of almonds is an excellent snack for prolonged, consistent energy levels.

Summary High-sugar foods can negatively impact your energy levels by causing a spike in blood sugar followed by a crash.

10. Can Lead to Fatty Liver

A high intake of fructose has been consistently linked to an increased risk of [fatty liver](#). Unlike glucose and other types of sugar, which are taken up by many cells throughout the body, fructose is almost exclusively broken down by the liver.

In the liver, fructose is converted into energy or stored as glycogen.

However, the liver can only store so much glycogen before excess amounts are turned into fat. Large amounts of added sugar in the form of fructose overload your liver, leading to non-alcoholic fatty liver disease (NAFLD), a condition characterized by excessive fat buildup in the liver ([38](#)).

A study in over 5,900 adults showed that people who drank sugar-sweetened beverages daily had a 56% higher risk of developing NAFLD, compared to people who did not ([39](#)).
Summary Eating too much sugar may lead to NAFLD, a condition in which excessive fat builds up in the liver.

11. Other Health Risks

Aside from the risks listed above, sugar can harm your body in countless other ways. Research shows that too much added sugar can:

- Increase kidney disease risk: Having consistently high blood sugar levels can cause damage to the delicate blood vessels in your kidneys. This can lead to an increased risk of kidney disease ([40](#)).
- Negatively impact dental health: Eating too much [sugar can cause cavities](#). Bacteria in your mouth feed on sugar and release acid byproducts, which cause tooth demineralization ([41](#)).
- Increase the risk of developing gout: [Gout](#) is an inflammatory condition characterized by pain in the joints. Added sugars raise uric acid levels in the blood, increasing the risk of developing or worsening gout ([42](#)).
- Accelerate cognitive decline: High-sugar diets can lead to impaired memory and have been linked to an increased risk of dementia ([43](#)).

Research on the impact of added sugar on health is ongoing, and new discoveries are constantly being made.

Summary: Consuming too much sugar may worsen cognitive decline, increase gout risk, harm your kidneys and cause cavities.

How to Reduce Your Sugar Intake

Excessive added sugar has many negative health effects.

Although consuming small amounts now and then is perfectly healthy, you should try to cut back on sugar whenever possible.

Fortunately, simply focusing on eating [whole, unprocessed foods](#) automatically decreases the amount of sugar in your diet.

Here are some tips on how to [reduce your intake of added sugars](#):

- Swap sodas, energy drinks, juices and sweetened teas for water or unsweetened seltzer.
- Drink your coffee black or use Stevia for a zero-calorie, natural sweetener.
- Sweeten plain yogurt with fresh or frozen berries instead of buying flavored, sugar-loaded yogurt.

- Consume whole fruits instead of sugar-sweetened fruit smoothies.
- Replace candy with a homemade trail mix of fruit, nuts and a few dark chocolate chips.
- Use olive oil and vinegar in place of sweet salad dressings like honey mustard.
- Choose marinades, nut butters, ketchup and marinara sauce with zero added sugars.
- Look for cereals, granolas and granola bars with under 4 grams of sugar per serving.
- Swap your morning cereal for a bowl of rolled oats topped with nut butter and fresh berries, or an omelet made with fresh greens.
- Instead of jelly, slice fresh bananas onto your peanut butter sandwich.
- Use natural nut butters in place of sweet spreads like Nutella.
- Avoid alcoholic beverages that are sweetened with soda, juice, honey, sugar or agave.
- Shop the perimeter of the grocery store, focusing on fresh, whole ingredients.

In addition, keeping a food diary is an excellent way of becoming more aware of the main sources of sugar in your diet.

The best way to limit your added sugar intake is to prepare your own healthy meals at home and avoid buying foods and drinks that are high in added sugar.

Summary: Focusing on preparing healthy meals and limiting your intake of foods that contain added sweeteners can help you cut back on the amount of sugar in your diet.

The Bottom Line

Eating too much added sugar can have many negative health effects.

An excess of sweetened foods and beverages can lead to weight gain, blood sugar problems and an increased risk of heart disease, among other dangerous conditions.

For these reasons, added sugar should be kept to a minimum whenever possible, which is easy when you follow a [healthy diet](#) based on whole foods.

If you need to cut added sugar from your diet, try some of the small changes listed above.

Before you know it, your sugar habit will be a thing of the past.

Section 4

10 Best Foods for Your Brain and Nerve System

We all know eating healthy is important for our mental and physical well being but some areas of our body have specific nutrient requirements. The brain and spinal cord, also known as the central nervous system (CNS) is one of these areas. Here we bring to you a list of foods that will help to improve the functioning of your CNS, especially the gray matter.

1. Green leafy vegetables

Green leafy vegetables are rich in Vitamin B complex, Vitamin C, Vitamin E and Magnesium. These are all important for proper function of our nervous system. Vitamin B is essential in the process of synthesizing and circulating neurotransmitters, which are the brain chemicals that regulate heartbeat, respiration and digestion. Magnesium helps calm the nerves. Vitamin E and C acts as anti-ageing micro nutrients for the nervous system.

2. Fish

Nerves are protected by myelin sheaths, which contain very high level of fatty acid. So, people who are deficient in fatty acids may suffer from damage to the nerves. Fish has Omega 3 fatty acid which helps in healing of the nerves and nervous system.

3. Dark chocolate

Not all chocolates are manufactured equally. In fact the majority of chocolate is highly processed and filled with high levels of sugar and dairy fat.

However good quality dark chocolates with at least 70% cocoa are full of flavanols which have anti-inflammatory and anti-oxidant property. These properties help to lower blood pressure and improve blood flow, in both the brain and heart. Skip milk and white chocolates and go for a minimally processed dark chocolate with at least 70 percent cocoa. This will ensure that you get all the brain benefits!

4. Broccoli

Broccoli is rich in Vitamin K which is known to improve brain power and cognitive skills. Many studies have reported that because broccoli is rich in a compound called glucosinolates which can slow the breakdown of the neurotransmitter, acetylcholine. The central nervous system needs acetylcholine to perform its function properly and keep our brain and memory sharp. Low levels of acetylcholine are linked with Alzheimer's.

5. Eggs

A [study conducted at Boston University](#) tracked 1400 healthy adults for 10 years who consumed eggs daily, and the results found that regular egg intake resulted in better

performance on some memory tests.

Eggs are rich in choline and B vitamin. When you consume eggs, the choline in them is used by the brain to make acetylcholine, the neurotransmitter that is important for memory and communication among brain cells.

6. Salmon

As we have already mentioned, omega 3 fatty acid has an important role to play in cognitive functioning. According a [study](#) reported in the scientific journal “Neurology”, low level of omega 3 fatty acid is linked with smaller brain volume and poor mental performance.

Salmon is a rich source of omega 3 which can strengthen brainpower. According to a research study conducted at the University of Pittsburgh, adults under the age of 25 who increased their omega-3 intake over six months improved test scores which were measuring the working memory.

7. Avocados

Rich in both Vitamin K and folate, avocados help prevent blood clots in the brain and thus protect you from stroke. Additionally, avocados also help to improve memory and concentration. They also have a high protein (2%) and low sugar content compared to other fruit.

8. Almonds

Almonds have high levels of brain-healthy omega-3 fatty acids and lots of brain-protecting vitamin E just like salmon.

9. Pumpkin seeds

Pumpkin seeds are an excellent source of magnesium, copper, iron, and zinc. Also, pumpkin seeds contain powerful antioxidants that protect the body and brain from free radical damage.

Magnesium is essential for learning and memory and low magnesium levels are linked to many neurological diseases, including migraines, depression and epilepsy. Your brain uses copper to help control nerve signals. And when copper levels are out of whack, there's a higher risk of neurological disorders, such as Alzheimer's. Zinc is crucial for nerve signalling and its deficiency has been associated with many neurological conditions, including Alzheimer's disease, Parkinson's disease and depression.

10. Nuts

A study conducted in 2014 showed that nuts can improve cognition skills and even help prevent neurological disorder. Also, another study found that women who ate nuts regularly over the course of several years had a sharper memory, compared to those

who didn't eat nuts at all. There are several nutrients in nuts, such as healthy fats, antioxidants, and vitamin E, all of which are good for brain health. Vitamin E shields cell membranes from free radical damage and thus helps to slow the mental decline.

While all nuts are good for your brain, walnuts are considered a better choice, since they contain higher levels of omega-3 fatty acids.

Section 5 Other Resources

30 Days To Healthy Living

This is an excellent, 30-day complete healthy eating program run by my good friend, World Champion Dragon Boater and incredible person, Micheline Asselin.

I used this program (and some consistent daily exercise) to shed 18lbs over an 8 week period.

Micheline Asselin
Independent Consultant, ID# 115546629
Area Manager (Ottawa, Canada)
ARBONNE INTERNATIONAL
Tel: 613.769.9219

Miche.asselin@gmail.com

www.michelineasselin.arbonne.ca

Learn more: <https://www.youtube.com/watch?v=LKHE05dcv0c>

Naturopathic Doctor

Unlike the chiropractic doctors at Loving Life who focus solely on restoring function, naturopathic doctors aim to treat symptoms.

Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies including: botanical medicine, clinical nutrition, hydrotherapy, homeopathy, naturopathic manipulation, traditional Chinese medicine/acupuncture, lifestyle counselling and health promotion and disease prevention.

I know a few good naturopathic doctors but my current go-to is Dr Jaquie Keeney of Bright Moon Wellness

Tel: 613.693.1699
drjkeeneynd.com
jacquie@drjkeeneynd.com

Section 6 – What Now? The Traffic Light!

So you have the information so what now? Its time for action!
We look to our trusty traffic light:



	This Month / 30 days	Next Month / 30 days
START	Make the protein balls and use them instead of sugary / bread snacks	Replace the word "Treat" with "Diabetes"!
SLOW DOWN	Reduce the refined sugar intake. Check out the sugar content on labels for self education(1 teaspoon = 5 g sugar)	Reduce consumption of gluten products – pasta, bread, bagels etc
STOP	Artificial sweeteners – sucralose, aspartame, MSG and their aliases!!	Soda

Or you can make your own table!

	This Month / 30 days	Next Month / 30 days
START		
SLOW DOWN		
STOP		

Over the next 2 months get a notebook and just write down what you want to achieve as far as food and health go and then if unsure of what or how to achieve progress reflect/meditate/pray listen to your innate (inborn) intelligence on the topic. Speak to experts in those areas. If a course of action resonates with you then follow it.

Enjoy Your Toolbox and Don't Forget to Register for the Next One!