

MIDLIFE METABOLISM REV UP 5-DAY SUGAR DETOX

Rev up your midlife metabolism and get your healthy eating habits back on track with this simple 5-Day Sugar Detox

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Midlife Metabolism Program

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HI, I'M CAROL CASALINO

I'm a board-certified Nutritionist, the owner of **Real-Life Midlife Wellness for Women**, founder of the **Master Your Midlife Metabolism fat loss program**, a lover of delicious food, and a road cyclist.



I teach midlife women a highly effective way to eat that will rev up their metabolism, balance their blood sugar and hormones, and result in weight loss (for good!), all without feeling restricted, hungry, or deprived.



In this guide you'll learn the same steps I teach my clients that will help you ditch your sugar cravings, rev up your midlife metabolism and get your healthy eating habits back on track so you can lose weight, look great, and feel great again.

HERE'S WHAT YOU'LL LEARN

GET STARTED: So what's the problem with sugar?
GET STARTED: Why I want to quit sugar Worksheet
GET STARTED: Meal Plan & Recipes
DAY 1: Top 10 ways to break your sugar addiction
DAY 2: Your sugar alternatives guide
 What to do when you feel the craving
DAY 3: Three sugar-free breakfast recipes
DAY 4: Avoiding the afternoon slump - snack ideas
 How to avoid sugar at night
DAY 5: Avoiding sugar in the real world

MEDICAL DISCLAIMER

This guide offers health, wellness, and nutritional information and is designed for educational and informational purposes only. It is general information that may not apply to you as an individual. Nothing contained within this guide is medical advice nor should be construed as medical advice.

Always consult with your physician or other qualified healthcare professional before following any particular recommendations, protocols, or suggestions presented within this guide. Any information provided within this guide should not and cannot be held as a substitute for consultation, evaluation, or treatment by your physician.

All information provided within this guide is believed to be accurate based on the judgement of the author, but the use of any information provided here is solely at your own risk. Do not disregard, avoid or delay obtaining medical or health related advice from your physician or other healthcare professional because of something you may have read within this guide.

SO WHAT'S THE PROBLEM WITH SUGAR?

You probably haven't spent a ton of time wondering what happens to your body after you eat something sugary – it goes in there with all the rest of the food you consume and keeps you alive – end of story. Well, sugar is a carbohydrate that the body can use for energy. It plays a role in the functioning of the internal organs, the nervous system, and the muscles, but our systems do not need sugar in the quantity that we are used to consuming. This is true especially in midlife. As we go through perimenopause and menopause our bodies become less carbohydrate tolerant and our metabolism slows, which can lead to unwanted weight gain.

Before food processing, when sugar was mainly obtained from fruits and vegetables, people consumed about 30 grams per day of it. Today, an average American consumes 76 grams a day, which is about 19 teaspoons. That adds up to 96 pounds of sugar yearly (40 lbs. of which is high fructose corn syrup).

High amounts of sugar can wreak havoc on our immune systems, hormones, and digestion. Some of the negative effects are premature aging, weight gain, fatigue, bone loss, mental fatigue, depression, and it is a major contributing factor to diabetes, heart disease, and cancer. That's because eating sugar increases the amount of insulin (the fat storage hormone) in the bloodstream. High insulin is associated with virtually all chronic disease and obesity.

HOW MUCH SUGAR DO YOU CONSUME IN A DAY?

At first thought, you probably think, "not that much." Let's have a look, starting with breakfast. For example, you begin your day with a bagel with peanut butter and a small strawberry yogurt - for a total of 33 grams of sugar. At mid-morning you have a large cup of coffee from your favorite coffee shop (Frappuccino?) - 34 grams of sugar. For lunch you decide to go easy on the calories, so you have a salad with Italian vinaigrette and a slice of whole wheat bread - that's another 14 grams of sugar. For an afternoon pick-me-up, you have a can of soda - 39 grams of sugar. And then for dinner, you have some pasta with grilled chicken and store-bought tomato sauce - that's 9 grams for the sauce and about 2 grams from the pasta.

The GRAND TOTAL: 131 grams of sugar or 32 teaspoons (roughly $\frac{3}{4}$ of a cup)!

That's an eye-opener for sure.

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Sugar is labeled as addictive because it stimulates the brain in a way that is similar to cocaine and heroin, causing the release of the feel-good chemicals dopamine and serotonin. It lights up the addiction center in the brain 8 times more than cocaine and heroin!

When sugar is consumed in large quantities it has several effects:







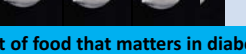
- It causes people to eat it, despite the negative consequences like weight gain, fatigue, and moodiness
- Tolerance will develop, and more will be needed for the same effect, this equals cravings
- Some people have trouble functioning without it and have a “stash” available when their energy plummets
- Upon quitting, sugar withdrawal symptoms may appear

This last one is why detoxing from sugar can be a challenge, as it may be difficult to stay on track when the cravings hit – but we have provided emergency fixes and a very detailed and easy to follow meal plan and recipes. With some advanced planning, a trip to the grocery store and a positive attitude, you will come out the other side feeling great!

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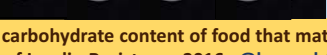
All carbohydrates break down into sugar in the bloodstream. Use these charts to see how much sugar is in the foods you eat. Courtesy of Dr. David Unwin, MD

The Glycaemic Index helps predict how these bread types might affect blood glucose –important information if you have type 2 diabetes

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice affect blood glucose compared to 4g teaspoons of table sugar?
White	71	30	10	3.7 
Brown	74	30	9	3.3 
Rye ,69% whole-grain rye flour	78	30	11	4.0 
Wholegrain barley , 50% barley	85	30	15	5.5 
Wholemeal,stoneground flour	59	30	7	2.6 
Pita, wholemeal	56	30	8	2.9 
Oatmeal batch	62	30	9	3.3 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP





The Glycaemic Index helps predict how these breakfasts might affect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal affect blood glucose compared to 4g teaspoons of table sugar?
Chocolate crispies	77	30g	7.3 
Cornflakes	93	30g	8.4 
Mini Wheats	59	30g	4.4 
Shredded Wheat	67	30g	4.8 
Special K	54	30g	4.0 
Bran Flakes	74	30g	3.7 
Oat porridge	63	150ml	4.4 

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A healthy breakfast: cereals, toast, fruit juice?

Food item	Serving size in g/ml	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?	
Bran flakes	30	3.7	
Milk	125	1	
Brown toast, 1 slice	30	3	
Pure Apple juice	200	8.6	

Total for breakfast 16.3 teaspoons

Useful information for those with T2Diabetes making dietary choices









**As per calculations derived from the glycaemic index. To be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity Journal of Insulin Resistance 2016. Unwin et al*

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 	
Basmati rice	69	150	10.1	
Potato, white, boiled	96	150	9.1	
French Fries baked	64	150	7.5	
Spaghetti White boiled	39	180	6.6	
Sweet corn boiled	60	80	4.0	
Frozen peas, boiled	51	80	1.3	
Banana	62	120	5.7	
Apple	39	120	2.3	
Wholemeal Small slice	74	30	3.0	
Broccoli	15	80	0.2	
Eggs	0	60	0	

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese










SO WHAT'S THE PROBLEM WITH SUGAR?

The Glycaemic Index helps predict how these fruits might affect blood glucose
important information if you have type 2 diabetes

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does 120g of each fruit affect blood glucose compared to 4g teaspoons of table sugar? 
Banana	62	120	16	5.7 
Grapes, black,	59	120	11	4.0 
Apple, Golden Delicious	39	120	6	2.2 
Watermelon, fresh	80	120	5	1.8 
Nectarines, fresh	43	120	4	1.5 
Apricots, fresh	34	120	3	1.1 
Strawberries, fresh	40	120	3.8	1.4 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:
The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

Using the Glycaemic Index to predict how fruit & veg affect blood glucose

Food Item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar 
Potato boiled	96	150	9.1 
Sweet corn	60	80	4.0 
Frozen peas,	51	80	1.3 
Cabbage	10	80	0.1 
Raisins	64	60	10.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Strawberry	40	120	1.4 

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