

A GENTLE THREE DAY SUGAR CLEANSE



Nuvia

[SIMPLIFYING HEALTH]

WHY CLEANSE?

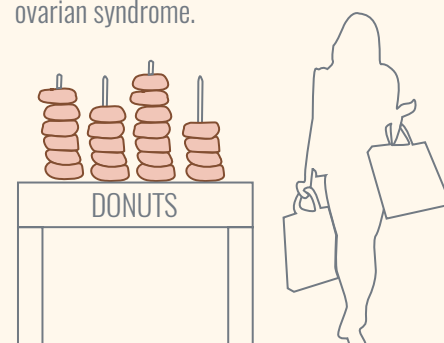
The word cleanse has become somewhat synonymous with restriction, juice-drinking and unhappiness. There's no denying that food gives us pleasure, meal times are something we really look forward to, and that indulging can be a fun part of life. The idea of limiting your eating choices for a few days can sound really intimidating, but the focus should not be placed on limiting everything.

Giving your body a break from just one thing you consume regularly, is a really nice way to re-set the system, prevent eating patterns that begin purely out of habit and get curious about what's going on inside your body.

Our lives are completely inundated with sugar. It plagues the advertisements that are marketed to us, it's hidden in unexpected food products like sauces, yoghurts and bread, and we regularly crave it because we know it gives us an instant energy lift.

The way our body metabolizes sugar largely informs our overall health and

wellbeing. Insulin is the name of the hormone that controls the way in which the body uses the sugar we obtain through our diet. Essentially, the amount of sugar we consume informs how effective this process is. It is the role of insulin to keep the amount of sugar within our blood at any given time (that is used for energy) stable and balanced so we don't feel a stark, sudden burst of energy after enjoying a sugary meal, that is quickly followed by a crash in energy levels. Unfortunately, the amount of sugar we typically consume when following a Western diet, is higher than ideal and it's preventing the optimal function of insulin. Long term unbalanced insulin levels are a key player in the development of many metabolic and hormonal diseases including; obesity, diabetes and polycystic ovarian syndrome.



WHAT KIND OF SUGAR ARE WE TALKING?

Refined and processed white sugar that is:

- used in baking (cakes, cookies, brownies, etc)
- hidden in foods like sauces (tomato, barbecue, stir-fry marinades, chutneys etc), dairy products (yoghurts, sweetened cheeses, ice cream etc), cereals, breads and hot drinks (sweetened coffee, hot chocolates, chai lattes etc), muesli bars and other packaged snacks
- soft drinks
- lollies and chocolates

It's not uncommon for somebody following the standard Western diet to consume up to 28 teaspoons of sugar daily.

This number, in contrast to the World Health Organisation's recommended 6 to 9 teaspoon limit, highlights the sugar disparity that's compromising the health of people throughout the Western world.

Rest assured, there are plenty of options that don't compromise on taste, or satisfaction, that are indeed lower in sugar and contain more nutrition per gram than the classics you might be used to.

THREE SUGAR-CLEANSE COMMANDMENTS

1. Have an open mind.

Repeat after me 'I am in control of my mind, my thoughts, my feelings!' Bringing a positive mind-set to a cleanse is crucial for success! Approach this cleanse with a sense of curiosity; if you have a headache, instead of thinking "how annoying, I wish this would go away, I really don't need this right now" consider the reasons why this is occurring. Perhaps your headache is a withdrawal symptom; you're used to having a teaspoon of sugar each day in your coffee and today you haven't. Your body is used to this routine and a headache is the body's way of saying "hey, where's my 10am sugar-hit?". Meet the craving or withdrawal symptom with kindness and curiosity.

2. Don't take something out, without putting something else in.

Following on from the above point, if you're used to having a particular form of sugar every day, don't expect to get away with cutting it out cold turkey! Using the same example, a teaspoon of sugar every day in a cup of coffee creates the highly-addictive combination of caffeine and sugar. There are a few great ways to soften the blow;

- Replace the sugar with Nuvia Sweetener to taste (plug, sorry!). Nuvia Sweetener is completely plant-based and has been created to complement the natural flavours in tea and coffee.

- Opt for natural sugars including fruit and honey. Munching on blueberries alongside your coffee, or a juicy medjool date will give your body that energy hit it's become accustomed to in a more sustaining way. Adding in a few nuts will help balance blood sugar levels due to their protein and fat content.

3. It's just three days :)

Remember that this cleanse is just three days in the grand scheme of your long and exciting life! It's not forever, and you might find you feel really different in a positive way. Most of us don't know how great we're supposed to feel.

This is 3 days out of your long and exciting life. After the cleanse, tune in with your body and see how you feel. Reducing your sugar intake has many health benefits including; improved energy levels, better sleep and clearer skin. At the very least you'll have a new awareness of your relationship with food and feel more in control of your impulses around sugary treats.

WHAT CAN I EAT?

No need to worry! We've put together a three-day recipe plan you can make in advance.

This cleanse plan has been approved by a qualified nutritionist; the recipes are filled with whole foods, are abundant in fruits and vegetables, contain a balance of macronutrients (carbohydrates, protein and fats) and are incredibly delicious too.

At no point on this sugar cleanse should you feel hungry as the meals are balanced, filling and there are plenty of snack options. In fact, we've designed the recipes so so that you shouldn't feel like you are missing out on anything at all.

All recipes are available at www.nuviaproducts.com/journal

We've designed the cleanse to be easy for 1 person, or the whole family, so although portion sizes might vary, all recipes can either be simply halved/quartered or portioned up for the freezer so you have plenty of grab n go sugar free meals at your disposal post cleanse to keep you on track. If there are any recipes which don't take your fancy, you can simply sub them out with another of our refined sugar-free recipes on our website.

MEALS	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	<p>Raspberry and Coconut Granola 3/4 cup of granola. Served with un-sweetened milk or natural yoghurt of choice and fresh berries.</p>	<p>Zucchini and Feta Muffin One muffin served with 1/4 of an avocado if desired. Tip: store the rest in the freezer for a quick breakfast/ on-the-go snack.</p>	<p>Nourishing Acai Bowl Ready in five minutes and sets you on your 5-a-day straight away.</p>
LUNCH	<p>Rainbow Tofu Pad Thai Store leftovers for later in the week or recipe can be halved or quartered.</p>	<p>Asian-Style Salmon with Chinese Broccoli Make two portions and keep for meals later in the week.</p>	<p>Curried Lentil Soup Served with rye or sourdough toast and avocado if desired.</p>
DINNER	<p>Cleansing Pickled Fennel, Orange and Kale Salad Try one of our Secret Fudge Brownies if you are still craving something sweet in the evening.</p>	<p>Vegetarian Lasagne Serve with a fresh salad. Portion up leftovers and keep them in the freezer.</p>	<p>Light Turkey Parma Serve with steamed green vegetables and sweet potato wedges if you're hungry. This sauce is great with pasta too.</p>
SNACKS (1 or 2 a day)	<ul style="list-style-type: none"> • Secret Fudge Brownies (naturally protein-packed and sugar-free). • Fresh fruit (handful or 1 piece). • Fresh vegetable sticks with hummus or pesto. • 10 - 15 raw or roasted nuts (almonds, pecans, hazelnuts, walnuts...). 		
DRINKS	<ul style="list-style-type: none"> • Herbal teas (liquorice, cinnamon and ginger are delicious sweet varieties!). Serve hot or chilled. • Freshly pressed vegetable juice (celery, greens, cucumber, lemon, lime, beetroot, carrot, mint, parsley). • Infused water with fresh herbs, cucumber and citrus slices. • Sparkling water. • Kombucha (fermented tea) or kefir (fermented milk). 		



BONUS TIPS FOR CLEANSE SUCCESS

Chew Your Food

Indigestion, reflux and malabsorption are incredibly common complaints, yet they can all be solved just by chewing food a little more consciously! Digestion begins in the mouth too, so adequate chewing ensures the salivary enzymes in the mouth send a good, clear message to the stomach that food is on its way.

Sip Water Between Meals

Not only does this boost hydration and improve digestion, but drinking between mealtimes ensures our digestive system has the best opportunity to break down complex starches, proteins and fats from within food, and prevents us from mindlessly snacking when we're potentially just thirsty!

Enjoy Your Meal Mindfully

When we are truly present with our food, we taste its flavours more clearly, it's more enjoyable and we recognize the body's natural cues for fullness and satiation. Try eating your dinner at the table, putting your knife and fork down between mouthfuls and turning off any distractions like your TV or phone.



ADDITIONAL CLEANSING PRACTICES

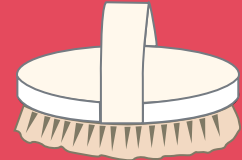
Massage

An excuse to get a massage... need I say more? Aside from being incredibly relaxing and stress-relieving, massage is a great way to boost the lymphatic and circulatory system. It encourages lymph and blood flow to help flush out toxins and encourages greater oxygen flow throughout the body.



Dry Body Brushing

This is a great way to stimulate the lymphatic system and remove dead skin cells. It also results in smoother and brighter skin texture and appearance.



Yoga

Is the perfect form of movement alongside a cleanse— forget the fancy poses you've seen on the internet, at its core, yoga is all about unison of breath and movement. Certain yoga poses, especially twisting poses and gentle inversions trigger the action of the liver; the body's main detoxifying organ. These poses actually help to further encourage and support the body with cleansing.



POST-CLEANSE SUGGESTIONS

This cleanse has been purposely designed to be really achievable and approachable – so much so, we're hoping you'll become a low sugar convert after trying our recipes.

Balance is key here; it can be difficult to avoid sugar entirely and is fun to treat yourself every now and then. Becoming aware of where sugar is hiding and how much you're personally eating daily might be the main benefit for you as a result of partaking in this cleanse. There would be absolutely no harm in continuing with this pattern of eating,

and taking further inspiration from the additional recipes at www.nuviaproducts.com/journal.

Refined sugar-free life can still taste pretty sweet!

**SMALL STEPS
EVERY DAY
CREATE**
a vibrant life



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