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Step 1: Realize

what 's going on. As

sugar floods your
bloodstream, the

pancreas releases
insulin to control

blood glucose levels.

This suppresses the

“ fullness ” hormone

leptin, which makes

your brain give you

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the green light to
grab more candy.

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McKenna has spent
years researching and
developing a system
to that can help you
get more control over

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SUGAR IS KILLING
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to take control and
feel healthy.

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Take a good quality
multivitamin and
mineral supplement,
Vitamin D3 and
omega 3 fatty acids.
Nutrient deficiencies

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can make cravings worse and the fewer nutrient deficiencies, the fewer cravings. Certain nutrients seem to improve blood sugar control including chromium, Vitamin B3 and magnesium. Move your body.

~~Sugar Addiction~~
~~How To Get Off Sugar~~

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~~& Stop Cravings |~~

Goop

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Paul McKenna has
spent years

researching and
developing a system
to that can help you
get more control over
sugar and make
healthier choices.

Scientists agree -
sugar is killing more
of us every day. Now
you have a choice.

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Use the power of
your mind to take
control and feel
healthy.

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Waterstones~~

When you drink, your
liver has to work to
remove the alcohol
from your blood
instead of regulating

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your blood sugar.

Drunkenness and low blood sugar can also cause dizziness, disorientation, and...

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~~6 Changes You Can
Make to Help Control
Your Diabetes~~

Get your blood sugar under control and see a dental professional to prevent damage to your gums and teeth.

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Additional reporting
by Diana Rodriguez
and Andrea Peirce .
More in Type 2

Diabetes

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~~9 Signs Your Blood
Sugar Is Out of
Control | Everyday
Health~~

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spent years
researching and
developing a system

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get more control over
sugar and make
healthier choices.

Scientists agree -
Sugar is killing more
of us every day! Now
you have a choice.
Use the power of
your mind to take
control and feel
healthy.

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Diet, exercise, and a
good night 's sleep
are your best friends
for blood sugar
control. Staying
hydrated, eating fiber
and whole grains,
and getting regular
exercise will help
lower your blood...

~~How to Lower Blood~~

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~~Sugar: 13 Ways to Do
It Quickly and Easily~~
If your blood sugar is
lower than 70 mg/dL,
do one of the
following
immediately: Take
four glucose tablets.
Drink four ounces of
fruit juice. Drink four
ounces of regular
soda, not diet soda.

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