

7–Day No Sugar/Wheat Challenge

Susan U. Neal RN, MBA, MHS

SusanUNeal.com

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7-DAY NO SUGAR/WHEAT CHALLENGE INTRODUCTION

Sugar and wheat are biochemically addictive. Therefore, it is really hard to wean yourself off these products. The first few days will be difficult (similar to a drug addict coming off of a drug), but with the help of Christ, prayer, and these guidelines you can succeed! I recite scripture verses when tempted to eat unhealthy foods. Change your eating habits by following the seven-day outline below. If you work, I recommend starting this program on a Wednesday so you can rest on the weekend.

My sister followed the Seven-Day Eating Plan. She started the plan on a Wednesday. She experienced a headache on Saturday and Monday after eliminating sugar and processed foods. Fortunately, by Monday evening her bothersome symptoms associated with stopping the sugar habit subsided. After a week of being off sugar, she felt more energetic. She also noticed her joint pain was gone and she no longer passed gas. The first week was tough, but she did it.

You can succeed too—my sister did, I did—so let's ask God to help you: "Dear heavenly Father, please be with the reader who wants to change the way she/he eats so she can live the abundant life you planned for her. Please give her the power and strength to succeed. For Psalm 138:3 states, "'As soon as I pray, you answer me; you encourage me by giving me strength.' Please Lord, give her strength. Through Jesus's holy name we pray. Amen."

PREPARATION

Purchase a probiotic with at least ten different strains of microorganisms.

Take the following Candida test to determine if you have an overgrowth of Candida in your gastrointestinal system (GI). If you do, purchase an anti-Candida cleanse from Amazon or a health food store.

Understanding Candida

Candida is the second potential physical component to a compulsion to overeat refined carbohydrates. If you crave sugar, alcohol, and/or processed foods, you might have an imbalance in the flora of your gut. An imbalance means the beneficial microorganisms (probiotics) have been killed off by antibiotics, steroids, or chemicals in foods. The destruction of these beneficial microbes allows the harmful microbe Candida to multiply quickly, taking over your digestive tract.

Candida Albicans, a type of yeast common in the gut, can grow roots into the lining of your GI system. The fungal overgrowth creates openings in the bowel walls, which is known as a leaky gut. These holes allow harmful microorganisms to enter the bloodstream. Our bodies don't recognize these particles, so our immune system creates antibodies which cause food allergies and autoimmune diseases to develop. An overgrowth of Candida also causes your abdomen to become distended.

When Candida spreads out of control, it acts like a parasite sucking the life and energy out of you. Candida feeds on refined carbohydrates, which is why you crave them. It is like a monster growing inside of you, craving sugar, and it is hard to fight its never-ending appetite. I had an overgrowth of Candida in my colon, so I know how hard it is to fight this culprit.

Candida Test

Below is a list of symptoms that might arise from an overgrowth of Candida. Check off the ones that apply to you. The more symptoms you experience, the more likely you have a candida infection.

- Fatigue
- Anxiety
- Insomnia
- Irritability
- Depression
- Mood swings
- Poor memory
- Food allergies
- Foggy brained
- Decreased sex drive
- Hormonal imbalance
- Chronic fatigue, fibromyalgia

- _____ Vaginal yeast infections, urinary tract infections
- _____ Craving sweets and refined carbohydrates or alcohol
- _____ Digestive issues (bloating, constipation, diarrhea) or disorders
- _____ Skin and nail infections such as toenail fungus, athlete's foot, and ringworm

The more times in your life that you have taken antibiotics, without replenishing your gut with probiotics that contain greater than ten strains of microorganisms for several weeks, the more likely you have candidiasis (a candida infection).

The second way to determine if you have an overgrowth of Candida is to take a simple spit test. First thing in the morning, before you drink anything or brush your teeth, spit into a glass of water. In one to three minutes, check the cup to see if any strings hang from the spit—strings are a positive sign of Candida. The spit will resemble a jellyfish. If the water becomes cloudy or the saliva sinks to the bottom, this is also a positive sign. Healthy saliva floats on the top of the water with no strings hanging down. For a detailed explanation of the spit test see:

<https://www.nationalcandidacenter.com/Self-Test-2-My-Body-Fluids-s/1877.htm>

or <https://www.candidasupport.org/resources/saliva-test/>.

These two websites also include written Candida tests you can complete for further assessment.

Candida will take over your life if left untreated. If you exhibit many of the numerous symptoms listed above, you need to restore the balance of microorganisms in your gastrointestinal system by following

the Seven-Day Eating Plan.

SEVEN-DAY EATING PLAN

Day 1 (Start on Wednesday)

1. Consume Water

Drink up to two cups of coffee or tea per day, but no more. The only other beverage you should drink is filtered water. Your water requirements depend upon your size. Various sources recommend: “Drink half your weight in ounces every day.” Using this formula, a 130-pound person should drink eight glasses of water. ($130/2 = 65$ ounces; $65/8$ ounces (1 cup) = 8 glasses.)

Before breakfast drink two glasses of water, two before lunch, two midafternoon, and two more before dinner. Do not drink anything after dinner.

2. Take a Probiotic

Begin taking a probiotic every day. I usually buy several probiotics from a health food store with at least ten different strains of beneficial bacteria, and I take a different one each day to vary the flora in my gastrointestinal system. I store my probiotics in the refrigerator door. After I take a probiotic, I move the bottle to a different shelf, so I can keep track of the one I took last.

3. Stop Eating High-Sugar Foods

Stop eating anything containing greater than 10 grams of sugar per serving. Check labels for the number

of grams of sugar per serving size.

Day 2

1. Eliminate Wheat

Do not eat anything containing wheat. No more bagels, toast, pancakes, biscuits, pasta, pretzels, crackers, cookies, cake, or pie. Eliminating wheat is like going off a drug. Be aware that you may experience the following symptoms for a few days: irritability, foggy brain, and fatigue. You might even feel fluish. However, within a week your symptoms will subside. After this, never eat wheat or more than 10 grams of sugar in one serving again, or your addiction will start all over again. (Ugh.)

Day 3

1. Eliminate Processed Foods

Do not eat processed foods from boxes and bags.

2. Implement Healthy Eating Guidelines

Make 50 percent of your food fresh and raw. Follow the Healthy Eating Guidelines provided below.

Add digestive enzymes to your meals if you're having trouble digesting food (belching, indigestion). A health-food store attendant can provide advice regarding which digestive enzyme to purchase.

Days 4 and 5 (Saturday and Sunday)

Continue to implement all the steps listed on day one through three as you proceed.

1. Rest

Focus on you. Rest, read, pray, and ask God to help you to succeed.

2. Use the Word of God.

Search the Bible for a verse that is the opposite of your addiction or provides strength and encouragement. Write the verse on an index card and memorize it. Every time you are tempted, say the verse out loud.

Day 6

1. Start the Anti-Candida Cleanse

Now let's kill the bug in your gut—Candida. Today, start the anti-Candida cleanse you purchased. If you are not ready to begin this step because you are still experiencing symptoms of withdrawal (headache, exhaustion, irritability, mental foginess, flush symptoms), wait a few days until you feel better. Read the instructions on the cleanse package for how to administer it. Initially, I recommend taking the cleanse every other day for the first week to minimize lethargy and headaches. You will feel awful if the dead Candida is not quickly expelled from your colon. To avoid becoming constipated, drink plenty of water. During the second week, begin taking the Candida cleanse every day as recommended.

The first three days you are on the cleanse, you may not feel well, but after a week you will begin to feel better than you have in a long time. You are just about to get the life back Jesus wants you to experience—one that is abundant and full.

Day 7

1. Get Up and Exercise

If you are still feeling the symptoms of withdrawal, be gentle with yourself by performing a simple form of exercise such as walking or yoga.

It doesn't matter what type of exercise you do just as long as you do it. Walking, lifting weights, or taking a group fitness class like Pilates or water aerobics are a few examples of exercise. After you begin feeling better, try to exercise for twenty minutes three times a week.

I enjoy yoga, swimming, bicycling, and hiking. Figure out what you like to do and put it on your calendar. Ask a family member, friend, or neighbor to join you on a regular basis, so you encourage each other to keep up this beneficial habit.

I teach a gentle Christian yoga class called Scripture Yoga™. I created two DVDs, “God’s Mighty Angels” and “What the Bible Says about Prayer,” and two books, *Scripture Yoga* and *Yoga for Beginners*. Seniors love my class because it improves their flexibility. If you desire gentle exercise, yoga may do the trick. Check out my website at ChristianYoga.com and Facebook page at

<https://www.facebook.com/ScriptureYoga/>.

Irrefutable evidence exists that regular physical activity prevents numerous chronic diseases such as diabetes, cancer, obesity, depression, hypertension, osteoporosis, osteoarthritis, and cardiovascular disease. In fact, the most physically active people are the ones with the lowest risk of contracting these chronic diseases. So get out and do whatever physical activity you appreciate. What matters is that you get moving.

Day 8 and Beyond

You are well on your way to changing your lifestyle, but more than that you will change your life for the better. Your health, mood, and energy level will improve. Each week you will lose weight, and the body God gave you will heal itself of many ailments.

This is a lifestyle change, not a diet. Continue to follow the Healthy Eating Guidelines provided below and never return to eating wheat or sugar again. May God bless your endeavor to improve your health.

To your success,

Susan U. Neal

SusanUNeal.com

HEALTHY EATING GUIDELINES

Healthy Eating Guidelines

From Appendix 5 of

7 Steps to Get Off Sugar and Carbohydrates

Receive a copy of the nine other appendices in *7 Steps to Get Off Sugar and Carbohydrates* at HealthyLivingSeriesBlog.com/Appendix. It included fifty recipes, seven-day eating plan, curb the sweet tooth tips, food addiction battle strategies, and more.

Low-carbohydrate, anti-inflammatory dietary guidelines include:

- About 50 percent of food items are fresh organic vegetables.
- Eat one fresh, raw serving of low-glycemic fruit per day. Low-glycemic fruits include green apples, berries, cherries, pears, plums, and grapefruit.
- Do not always eat cooked foods. Eat a couple of servings of raw vegetables every day. Have a salad for lunch with either nuts or meat. When eating out, order a salad or coleslaw as sides,

since both are raw.

- Another 25 percent of your daily food intake should come from an animal or vegetable protein such as beans, nuts, and lean meats. Fish is exceptionally nutritious. Try to eat it once a week.
- A variety of different nuts and seeds are excellent sources of protein, minerals, and essential fatty acids.
- Avoid sugar, flour, rice, pasta, and bread. Instead, eat more fruits, vegetables, and low-glycemic grains such as quinoa and pearled barley.
- Do not eat sugary cereals. Instead, eat oatmeal, fruit, or granola. Be careful, as the sugar content of granola may be high. My favorite granola recipe appears in appendix 4.
- Try not to eat anything containing more than 10 grams of sugar in one serving.
- Eat nontraditional grains such as quinoa, amaranth, pearled barley, wild rice, and oats.
- Eat cultured foods such as kimchi, sauerkraut, and cultured plain Greek yogurt since they contain natural probiotics. Add one to two tablespoons of these foods to a meal twice a week or eat the yogurt as a snack. Personally, I take a probiotic capsule every day.
- Replace undesirable ingredients with whole foods. Recommended replacements include:
 - Replace sugary snacks with nuts, nut butter, dark chocolate, and plain Greek yogurt with berries.
 - Replace condiments and sauces containing MSG or high-fructose corn syrup with spices, vinegar, and herbs.
 - Replace table salt with kosher or sea salt.
 - Replace fried foods with baked foods.

About The Author

Susan U. Neal has her RN and MBA degrees, as well as a master's in health science. She inspires others to reclaim their health through publishing five healthy living books and other products:

- *7 Steps to Get Off Sugar and Carbohydrates* (Selah award winner)
- *Healthy Living Journal*
- *Yoga for Beginners*
- *Scripture Yoga*
- *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*
- *How to Prevent, Improve, and Reverse Alzheimer's and Dementia* digital product
- Christian Yoga Card Decks
- Christian Yoga DVDs

Susan would love to help you improve your health and weight as she is a Certified Health and Wellness Coach. To learn more visit Susan at SusanUNeal.com or email her at SusanNeal@Bellsouth.net.

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