

## 7 Steps to Get Off Sugar and Carbs Course

### Step 4: Action Steps

Write down the date you accomplish each task.

1. Read the fourth chapter (Step 4: Purchase Healthy Foods and an Anti-Candida Cleanse) of *7 Steps to Get Off Sugar and Carbohydrates*,

Date completed: \_\_\_\_\_

2. Check out my Dirty Dozen blog post at <http://susanuneal.com/2020-clean-fifteen-and-dirty-dozen>. Subscribe to my blog to receive additional healthy lifestyle tips at <http://susanuneal.com/healthy-living-blog> and fill out the form on the right side of the page.
3. Determine what alternatives you will use for sugar, pasta, and dairy.
4. Prepare your menu and corresponding grocery list. Utilize the Healthy Eating Guidelines Handout from Step 1.
5. Purchase healthy foods.
6. If needed, buy an anti-Candida cleanse. Biocidin is the type of cleanse my practitioner recommends, but you can purchase any type of Candida cleanse.

7. Purchase and take a probiotic supplement.
8. Do not purchase or eat processed foods out of boxes and bags.
9. Replace some servings of meat with alternative protein sources.
10. Train yourself to bring every negative thought to Jesus and ask him to remove it from your mind.
11. On bad days, focus on your victories not your failures.
12. Record new healthy living habits in your journal.