



THE FRESH LIFE
INTERNAL MAKEOVER
journey



SUGAR VIDEO
TRANSCRIPT





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SUGAR VIDEO TRANSCRIPT

Please note: This is the best compilation of researched information I have on the subject of Sugar at this time. Please also refer to the Webinar/ Masterclass Videos for more information.

INTRO Section:

Welcome back again, beautiful Fresh Lifer, so great to have you back!

How did trying out healthier cooking oils go?

I bet the family didn't even notice the difference!

And that's what it's really all about. Improving your and your family's health, without sacrificing enjoyment, which is of course a perfect lead into this, the 2nd video, which is all about Sugar.

Oh boy, has Sugar become the bad guy or what.

There is not a day that goes by that we are not at war with this thing called sugar.

We are told it's bad, we are told, some is good, maybe even necessary, it's in everything, and it comes with bucket loads of guilt every time we have even just a taste of it.

We know it causes weight gain, but as scary as that may be, we are being alerted to the fact that there are far worse dangers associated with eating sugar.

Our confusion is taken advantage of.

We are told about and sold so many different types of sweeteners.





We're convinced some are healthy for us.

But what is the answer to this very confusing topic.

Can we have some sugar?

And if so, which ones?

Which one's should we be avoiding?

And are there any healthier alternatives?

If you are anything like me, you don't like the idea of giving sugar up.. forever.. I mean, how depressing, right! Who wants a world without chocolate or other sweet treats?

In this video, we are going to take a closer look at sugar and help you get clear on what's good, what's bad, and why.

We're going to answer all those questions you've always wondered about today, plus, I'm going to share with you how we can still enjoy the sweet things in life without the guilt trip every single time?

SAM'S INTRO Section:

Hi, I'm Sam, your Clean Eating Lifestyle Inspirer, it truly is my passion to help empower incredible Superwomen, like yourself, to better understand the benefits of, and research behind, living the Clean Eating Lifestyle. This is a lifestyle that has proven to drastically improve overall health, helps our bodies to gently, and naturally lose weight, long term, and helps women take their power back so they and their families can experience the quality of life they deserve.

Early 2012 was when I incurred an injury that would be the reason I needed, and used, to turn my life and health around.





I researched everything I could to find out what my body needed to heal itself. I was able to heal from that injury, lose 24 pounds which is 12kg of unhealthy weight, and got rid of most of my poor health symptoms, all within 10 and a half months of being injured!

Skin conditions, foggy brain, fatigue and depression symptoms I had been suffering from, disappeared, and when I was tested with higher than normal insulin levels in early 2014, I was also able to reduce those levels, and have been able to manage them since, all without medical intervention.

It's my mission to help women empower themselves with real credible knowledge and the tools they need to create their healthiest Selves). Which is why I am so passionate about sharing with others, the truly simple principles I learnt plus all the incredible insights these past 4 years of research and investigation have given me.

Everything I have researched keeps bringing me back to the concept of a Clean Eating Lifestyle. And that's exactly what all the videos in this series is all about.

INFO SECTION: GOLD NUGGETS!

Now, let's just get something straight - I love sweets. That's just me.

My whole health journey only began once I realised I could still have sweet treats, especially chocolate, and still be healthy!

One of the issues with our food today is that it has been 'messed around with' way too much.

We have moved away from the natural and been given the synthetic, artificial and chemical laden, and genetically altered sweeteners instead. And we've been convincingly led to believe many of these sweeteners are safe, or worse, 'healthy' for us!





Today I'm going to cover the top **4 Sugars or Sweeteners** most commonly used, most of which are seen to be healthy sugar alternatives, and why they are not always healthy:

1. **Honey**
2. **Maple Syrup**
3. **Sugar - brown and white crystalized Sugar**
4. **Artificial Sweeteners**

Before I go into each of these 4 topics we need to first start with one type of sweetener that is found in many of the store-bought foods we are potentially buying on a daily basis

And that's **High Fructose Corn Syrup (HFCS)**....

This is a *truly* evil ingredient.

It is highly processed and refined, and made from genetically modified corn.

It's also high glycemic.

Referring to a study done in 2009 which was published in the Environmental Health journal, Dr Robert Lustig, who is also a professor of pediatrics at the University of California, says that **High Fructose Corn Syrup** is immediately stored as fat in the liver, PLUS usually comes contaminated with mercury.

We already discussed in yesterday's video on Oils, why genetically modified foods are best avoided due to more and more evidence pointing to their potential health risks and cancer causing properties. But there is also the issue of pesticide residues found in corn syrup.

High Fructose Corn Syrup is in everything. It is one of the most preferred sweeteners the food industry uses to sweeten soft drinks, make junk foods





more-ish, and to get us hooked on processed sweets and other packaged foods.

Now let's discuss those 4 commonly used sugars and sweeteners in a little more depth:

Number 1 is Honey:

I need to mention that I am specifically talking about STORE-bought honey. And when I say store-bought, I mean most convenient stores, big food and supermarket chains, and also what is used in commercial kitchens.

Most store bought honey isn't honey at all.

It's highly likely that it has been processed to the point of removing any beneficial nutrients, and has been diluted with cheaper mass-produced sweeteners, OR made purely from them in the first place!

And what cheaper mass-produced sweetener would that be?

Yip, you guessed it - **High Fructose Corn Syrup**...with a bit of honey flavour to dupe us.

You won't find THAT detailed in the ingredient list.

Many of us choose honey as a 'healthy alternative' but all it is, is fake, GMO sugar syrup.

Number 2 is Maple Syrup.

Again, I am talking about STORE-bought maple syrup. Store bought maple syrup is pretty much the same - just corn syrup / HFCS with maple flavouring disguised as the real thing.

Both these mass produced versions of honey and maple syrup, have pesticide contamination and are basically made up of GMO sugars, and





consuming them in their concentrated form, gives us dangerously high blood sugar spikes.

Processing removes everything beneficial and leaves behind isolated fructose. This puts enormous strain on our pancreas, and it's the pancreas' job to neutralise and prevent the damaging effects that these concentrated sugars' has on our liver and bodies!

There is no nutritional value, all it is, is a concentrated liver toxin!

Number 3 is Sugar Crystals

Brown and white crystalized **Sugars** are the refined and processed products made from either sugar cane, or GMO sugar beets (sugar beets are now practically 99.9% all genetically modified), are full of pesticide residues and other agricultural chemicals, fertilizers and heavy metals.

All nutrients have been stripped away during processing and refining, and again we are left with a concentrated fructose that has a high glycemic index, which again means it spikes our blood sugar levels when we eat it.

This kind of contamination exposure doesn't sound so sweet to me.

Number 4 is Artificial Sweeteners.

So given what I've just shared with you, plus the fact that it's being shoved down our throats how bad sugar is, we might turn to **Artificial Sweeteners** because they are low in calories and apparently so much better for us... But lets take a closer look...

Artificial sweeteners are man-made, manufactured sweet tasting chemicals.

There are many studies, dating back to as early as the 60's proving their cancer causing ability.





Some are processed using chlorine, and some are also genetically modified.

These include, **Aspartame**, **Sucralose**, and **Saccharin**.

ALL Artificial Sweeteners are made from either one or more of those 3 ingredients.

And there are new chemical sweeteners being discovered and approved for the market, all the time.

One last **BONUS bit of info** for you here...

There's one more sweetener I want to make sure you know about, and that's **Agave Syrup**.

This is one of those sweeteners that has also been labeled, a 'healthy alternative', but it is far from healthy.

The processing it goes through makes it just as bad as High Fructose Corn Syrup, some even say it is worse because it has such a high glycemic index.

It's concentration of sugar is so high it can push blood sugar spikes even higher than High Fructose Corn Syrup!

Not my idea of a healthy sugar alternative...

So now you're probably wondering what's left !?!

Are there ANY healthy alternatives at all?

Through my years of researching I have discovered that there are many ways to enjoy the sweet things in life minus the guilt - and health consequences!





I've drilled this down to 6 healthy alternatives, which include:

1. Dates
2. Bananas
3. Real Honey
4. Real Maple Syrup
5. Coconut Blossom Sugar
6. **No 6 is one last, super healthy, secret alternative you won't believe exists!**

Yes, it is always better to aim to have less sugar overall, but a girl needs options, and as I always say, it's always better to HAVE a healthier option, than nothing at all.

Going cold turkey on Sugar means we are much more likely to give in to the mass produced junk sweet stuff!

I know because I've been there before... many times!

I also believe in the 80/20 principle which is:

Aim to be healthy most of the time, and the rest of the time, well hey, that's life.

And if I'm gonna live life and eat sweet stuff anyway, I may as well have some healthy options so I don't give into the unhealthy sweet stuff.





EVEN MORE GOLD NUGGETS!

Ok, so the best part about this whole video starts now as we discuss the sweet choices you CAN make AND enjoy... no guilt strings attached!

The most healthful sweeteners come in truly Natural forms?

Real, raw if possible, whole food, sweeteners. As-Nature-intended-them.

The idea is, if the Sugar comes in a food, eat the whole food. Not a refined or processed version of it!

Therefore my favourite sweeteners are whole fruits.

Which brings me to **Healthy Sweetener Number 1, Dates:**

Dates are the fruit of the Date Palm, and contains a wide range of nutrients: fiber, iron, vit A, and B vitamins and are very rich in potassium.

Although **Dates** are 80% fructose sugar it's one of the most beneficial foods you can eat.

Dr Michael Greger from Nutrition facts.org reviewed a study where they fed people **Dates** for a whole month and there was no negative effect on their blood sugar or weight AT ALL, which is pretty amazing.

Which proves my point that eating a whole food, rather than a refined, or isolated version of that food, is always healthiest.

Healthy Sweetener Number 2 are Bananas:

Bananas are another example of a natural whole food sweetener.

They are beautiful in everything!

They also contain high amounts of potassium as well as magnesium, manganese and fibre.





Healthy Sweetener number 3 is **REAL Honey**:

Real Honey is a fantastic option, and by real I mean raw, unprocessed, unfiltered, unpasteurised honey.

This means all it's nutrients and enzymes are left intact and haven't been destroyed or removed.

Raw Honey, especially **Manuka Honey**, is considered by many to be a superfood and is one of the most nutrient dense foods you can eat according to Internationally recognised Raw Food and Superfood expert, David Wolfe.

The best sources are from local farmers markets or choosing *a certified organic Honey* from a local or online health food store. This will usually ensure you are getting the good stuff or should I say, **Real Honey**.

I usually buy organic **Honey** from health stores that check out the companies they buy from so I know that it truly is **Real Honey**, but my preference is to buy honey from local, ethical producers and farmers where possible.

The **4th Healthy Sweetener** is **REAL Maple Syrup**:

Real, Organic Maple Syrup contains minerals manganese and zinc, as well as special bioactive compounds like phenols that act as antioxidants to neutralise free radical damage.

Look for Grade B, or darker varieties which usually have a higher phenolic content.

A pharmacist from the University of Long Island did some testing on Maple Syrup sourced from Canada back in 2011, and found 54 previously undiscovered compounds, many of which were anti-inflammatory, which helps protect our hearts, along with many cancer-fighting antioxidants. Two





of the compounds that were found actually fight enzymes that normally lead to type 2 diabetes.

Our **5th Healthy Sweetener** is **Coconut Blossom Sugar**:

Coconut Blossom Sugar is another good option.

It IS boiled down from the sap harvested from coconut blossom flowers, but it has a lower glycemic index and therefore has minimal effect on blood sugar levels and still contains many beneficial nutrients.

It is one of my favourites, and has a caramel-like flavour... I always have a little tub of it in my bag, along with my stainless steel bring-your-own mug for those times when I want to sweeten a takeaway tea or coffee!

SUMMARY Section:

Ok, so let's break this down into some simple take away bits of info:

- **Sugars you should try to avoid all together include MOST commercial, chain or franchise, store-bought sweeteners and sweets!**

It's hard to trust big food biz when they continually let us down and prove how little regard for our health and our right-to-choose.

I stick to making my own sweet treats using my favourite healthy sweeteners so I know what goes in 'em.

If you are going to buy crystalized Sugar, go for certified organic **Rapadura Sugar** (unrefined Cane Sugar) to avoid GMO's and chemical contamination.

- And remember, **Agave Syrup** is not a healthy sweetener option at all.





Right, to end off, let's recap those Healthy Sweeteners from the bottom of the list, all the way back up to the top:

5 - **Coconut Blossom Sugar**, which is also available in a syrup form.

4 - **Real**, certified organic **Maple Syrup**.

#3 - **Raw**, unprocessed **Real Honey** (organic is best)

#2 - **Bananas** - which I use in many of my recipes.

And my Number 1 favourite Sweetener is Dates.

I also use **Dates** in many of my recipes, like this totally amazing, chocolate caramel mud cake recipe that's featured in my Fresh Life Internal-Makeover Program - it is out of this world...

The **Fresh Life Internal Makeover Program** is my signature 6 week Clean Eating Program which helps women turn their health, weight and lifestyle around, and includes many of these delicious, 'are-those-really-allowed', kinda sweet treat recipes! Along with all kinds of incredibly tasty clean, whole food recipes.

If you love the information in this Three Part Video Series, you will love what's in store for you in the Program and because you are here, you will be receiving a very special exclusive invitation to join our **Fresh Life Internal Makeover Program**, so be sure to keep an eye out for it.

Now, back to our last bit of sweet talkin'...

There is **one last option** that I've kept secret, and it's probably **the best option** over and above everything we have already discussed here today.

Some think sugar alcohols like Xylitol are the best, but unfortunately they too can cause health problems because they are not natural.





They are at the end of the day, man-made sweeteners.

And Xylitol is literally fatally toxic to animals, so that's one I stay well away from.

So, what is **this mysterious 6th, Healthiest Sweetener option? It's Stevia.**

Stevia is made from a herb, contains zero calories, has absolutely no health side effects and won't even touch your blood sugar levels.

I have used it before and occasionally use it in warm drinks but to be very honest, its not my favourite tasting sweetener, BUT each to their own, so please, do try it. You might love it! It's very very sweet, so make sure you use only a couple drops at a time.

HOMWORK SECTION:

Now, do you think you could now throw out all those bad sweeteners?

If you think you can, - do it!

Or pick one you use often and replace that one with a healthier option.

Give it a try.

Whatever you do, take some action and then tell us in our **Fresh Life Community** (Private Facebook Group).

Which ones did you throw out? What did you replace it with?

Or perhaps you already use healthier sweeteners - please share your experiences with us.

Tell us which healthier alternative are your favourite and why?

Experiment a little. Coconut Blossom Sugar is a great one to replace sugar in the house, it looks and tastes so similar.





Tell me if anyone even notices the difference!

The secret Superwoman nurturer strikes again...

So that's it. Tomorrow will be the last video in this series, so be sure to look out for it in your inbox!

I trust that you have learnt a lot from these videos, and are feeling more informed, more empowered and more in control of your and your family's health.

WHAT'S NEXT SECTION:

I'm purposefully keeping tomorrow's video a secret. If you have enjoyed these videos, I just know you'll like the last one... besides the next video is special for a couple other reasons, but I will have to keep those reasons a surprise.

Until then, keep gently moving towards your healthiest you. Keep questioning and experimenting with this amazing thing we call food, this thing that sustains us, and nourishes us... and keep loving yourself, on this, 'Your journey to heal-Thy Self'.

THANK YOU!

Thank you so much for watching, and see you tomorrow. Bye for now.





REFERENCES AND RESOURCES

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