

# CHEAT WITH THE RIGHT TREAT

How to turn sweet cheats into guilt-free, 'good for you' treats!

## MODULE 2

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## Hello again, beautiful friend!

Yay, I am genuinely excited to see you here again. This means you're "pickin' up what I'm layin' down", and liking it!

I also hope that by now, you have made at least one of the delicious recipes that I gave you in Module 1 and that you love it and have plans to try them all. I certainly look forward to your feedback on how you are enjoying making and indulging (guilt-free I might add), in these treats. I'd also love to hear how you are enjoying all this bonus info I'm sending you. Is the information useful to you? Is there anything specific you'd like me to share with you or write about in future? My email: [sam@freshlifejourneys.com](mailto:sam@freshlifejourneys.com) I am all ears! I do hope you enjoy all the info and sharing of my personal experiences in this Module.

In this Module, I share some insights and experiences I have had experimenting with healthy sweet treats. This really was the tip of an 'awareness' iceberg for me, and that awareness grew, and will grow for you, into a journey of awesome discovery. With knowledge comes empowerment. Overcoming that helpless feeling we have in the war on food (knowing what's good for us and what's not) comes down to how much real (true) information we know about what we are putting into our bodies. I hope that these couple of pages will help to gently start pushing some empowering (and well researched) information into that excited part of you that hungers to know more... (oh yes, that pun WAS intended, lol!).

Much of what I share I hope, will inspire the way you think about food, maybe even change the way you view food, in a positive way. Life and food, health and wellness should also be about enjoyment and these Modules are a way of sharing insights into how you can still enjoy the tasty things in life in a healthful way.

## Module 2 Overview:

Please read on to find out how sugars and processed ingredients impact our health: I share with you how I think about food and sweets, my philosophy that continues to help me transform my daily eating habits, and all the other great stuff that I hope will have just as much positive impact on your daily eating habits too.

There is more info and sharing on it's way to you. Module 3 will be sent next week, and don't forget to keep checking all the great stuff on [freshlifejourneys.com](http://freshlifejourneys.com)!



Hugs xx  
Sam♥

aka Sam Coconut, Carrot Lady, Wyatt!

P.S Again, if you have any questions please feel free to contact me [sam@freshlifejourneys.com](mailto:sam@freshlifejourneys.com). Again, I do make every effort to get back to all my readers responses even if it may take me a little while (after all, I am a 'one-woman-band'!) and I do appreciate every bit of feedback, so thank you in advance!

## Why Cheat With The Right Treat?

When I first started my journey to better health, I remember the cravings and the need I had for sweet and yummy things. It turns out, that with a number of really healthy alternatives in the healthy recipe toolbox, we can still enjoy sweet treats without feeling too guilty, all while delivering healthy whole food, superfood and nutrient-dense ingredients, into our bodies.

### Deadly Sweet Tooth

Now I don't know about you, but I have always had an uncontrollable sweet tooth. Up until not too long ago, that sweet tooth was way out of control. It was making me fat and poisoning my body and increasing my risk of degenerative disease and illness in the future. Even though I knew all this, I still couldn't help myself. I had no control over it, and I felt guilty every time I indulged my cravings.

I really do like sweet things. Wait, let me rephrase that: I LURVE sweet things. A lot. It's not our fault really. We are actually biologically wired to find and eat 'high calorie' foods, which are usually sweet in nature. On top of that biological fact, the highly processed sugars found in food today, coupled with all the chemicals, additives and preservatives that are added to our food, send even more of these strong, uncontrollable messages to our brains, keeping us eating more! You'd have to have will power of steel to continuously say no to these cravings.

Like most of us, we want to look and feel good but we still want to enjoy ourselves, eat yummy food and still be able to enjoy the sweet things in life too! So what is the solution? What about still being able to enjoy life's great pleasures?

### Is There A Way To Look/Feel Good And Still Indulge In Life's Great Pleasures?

Sure there is. Some slight adjustments needs to be made, such as the types of ingredients we choose, and how we prepare our food. These two factors can make all the difference in the world and determines some of the biggest impacts sweet treats, and indeed other foods, have on our weight, health and well being.

## Sweet Philosophy

The philosophy that I live by, revolves around this main idea:

*I don't have to give up the things that I enjoy,  
I just have to find the right (healthy) alternatives!*



## The Right (Healthy) Alternative Ingredients

What's great about these sweet treats recipes is that they are made with unprocessed, whole food and superfood ingredients, such as nuts, seeds and 'good' oils. These ingredients are extremely beneficial and most are actually vital to good health. Some even aid in weight-loss and healthy weight-management. Some help us feel satiated or fuller for longer. The natural sweeteners used, gives the sweet fix we all crave but are as raw and un-refined as possible. This way, they still have their nutritional value left intact (less processing = more nutrients).

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By using smaller amounts of these healthier alternative ingredients, the aim is for these healthy sweet treats to have less impact on blood sugar levels, which means less negative impact on weight-loss efforts, all while preventing the many other damaging health effects that high spikes in blood sugar levels can give us. I've found, as time has gone by, I have actually reduced the amount of sweetening ingredients as stipulated in the recipes - the treats just don't need to be as sweet in order for me to enjoy them anymore. Yay! Good news for us all, and something we all get to look forward to!

## Overindulging & Tips On How Not To

Always remember that overindulging in anything is never a good thing. This includes overindulging in healthier treats, even though these treats are made with more natural, raw or less processed and un-refined sweeteners.

The best tip I can give you, is try eating one or two first, wait for approximately 10-15 min for your body to register what you just ate. Then, if you really still have cravings, allow yourself to have another. It's better to have more of a healthier alternative than to deprive yourself and therefore risk the chance of overindulging in the wrong foods instead - like those late night runs to the local convenience store... I know you know what I'm talking about!

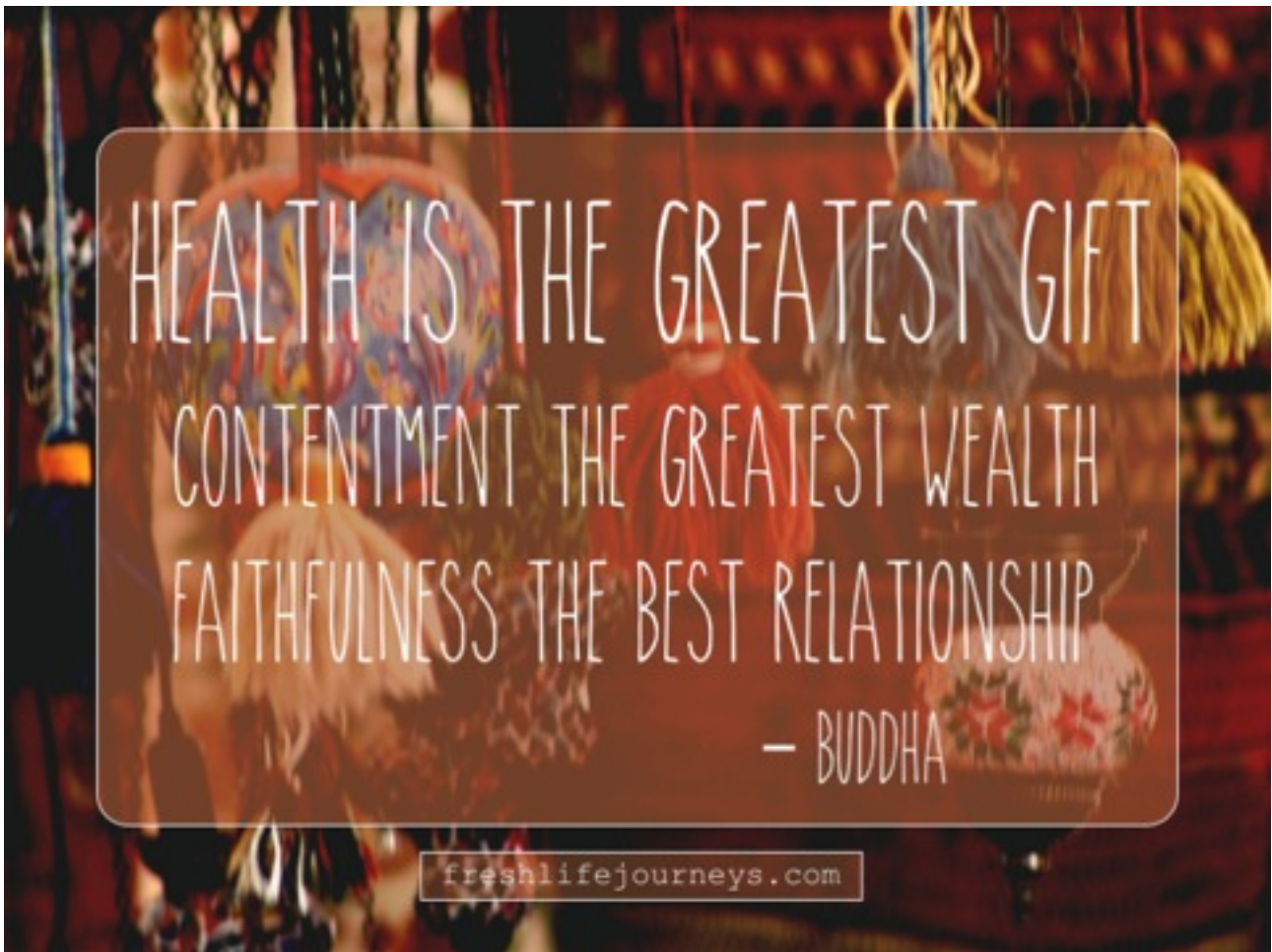
## Healthy Treats Prevents Junk Food Eating and Binging

I have to admit to you that I have been guilty of major junk food eating and binging in the past. When I first started trying to make better food choices and was working on getting into the habit of continuously making those better choices, having healthier treats on hand when I did have cravings, proved to be a key factor in making a positive change.

The main benefit for me was not just having a sweet fix when I wanted one, but also the fact that 99% of the time, I wouldn't then give into my junk food cravings. That was a big win for me. I also made sure to not have any junk stuff in the house at all. This prevents me from being tempted to make the wrong choices.

If you are going to have a naughty something, it's always better to reach for one or two of these home-made healthy sweet treats than to give in to those old habits, rushing off to buy chocolates, chips or other processed junk foods in a frenzied, crazy person moment! Processed junk foods can = anything (not just sweet stuff) that's preserved/packaged, and found on most commercial food store shelves.





## Healthy Treats Replace And Reduce Unhealthy Cravings

I will also share with you that when I first cut out junk foods, I had extra-crazy cravings (probably some withdrawal symptoms in there too!) that were hard to control. So, to be perfectly honest with you, I did overindulge in these home-made treats to begin with. But at least I knew I was making better choices.

After a few weeks of eating healthy treats and avoiding the junk stuff, my cravings became less and therefore I needed less sweet stuff to satisfy my sweet cravings. Months later, I was eating even less. Over a year after I really made significant changes to my eating habits, the cravings are, (even now), 90% of the time, non-existent. That is an incredibly empowering thing. And while I can't attribute that solely to just changing to healthier sweet treats, it has certainly been a positive contributing factor, adding to an overall change in my eating habits for the better.

I can now enjoy something sweet for the taste of it, when I want it. I don't gorge or overeat like I used to, not just because the cravings aren't so bad, but because the treats are also more filling and satisfying because of the type of whole food ingredients that are used. I feel in control, instead of helpless and guilty.

I can even say that I feel like I am benefitting my body when I eat these healthy sweet treats, because I know the ingredients are good for me. I am putting certain superfoods and nutrients into my body, all while satisfying my sweet tooth (which isn't a 'deadly' sweet tooth anymore)! This is something everyone can look forward to and it's a pretty great place to be.

I used to hate hearing people say, "Oh, it's amazing how cravings disappear when you start eating healthier..." I just couldn't relate. I thought they were just saying that because they had mastered their willpower or better yet, they were actually just telling fibs! I make jokes, but really, I'm telling you now, it has nothing to do with willpower and everything to do with the difference in chemical messages the brain receives from different types of foods we eat. When you eat more clean, raw, unprocessed ingredients, the cravings really do disappear.

I really encourage you to try putting these healthy alternatives in place because you will experience the difference. It may take a while, nothing is an overnight success. I can honestly say, I still occasionally have a sweet treat craving, and I don't think that will ever go away. I hope it never does because I enjoy the sweet things in life and now, I can indulge without ever feeling bad about it.





## Allow Yourself To Be Treat-ed

As I always say, be gentle on yourself. Don't be too hard on yourself. Have something sweet (a healthy sweet treat) when you crave it. Deprivation leads to bad decisions!

Don't give into the wrong foods, by making sure you always have some of these healthy, wholesome, tasty options ready made for those little moments of temptation. Answer those cravings with these healthier options and you'll find just this one factor alone, will help you, just as it helped me, make real and lasting positive changes to your daily eating habits.

It's great to know that you can change the way you look and feel while still being able to enjoy food!

## The Gift That Keeps On Giving

So this is what this little gift to you is all about. My top 5 yummy, guilt-free healthy sweet treats recipes (which you would have received in the first download: Module 1), are my go-to recipes when I need a sweet fix. I make them all the time. I make and keep larger batches of the [Chocolate Cherry/Cranberry Brownie Bites](#), the [Raw Chocolate Cherry/Cranberry Squares](#), and the [Raw Chocolate Almond Bliss Balls](#) in the freezer so that I don't have to make them up every week. I always have a Banana Bread/Banana Date Loaf made up and keep it in the fridge, each week. The [Banana/Pumpkin Pancakes aka Flapjacks](#) are more of a special dessert treat that I make more occasionally - usually because one can go a little crazy with delicious toppings! Yum!

These recipes, especially after familiarising yourself with them by making them each once, are quick and easy to whip up, and really help trick the brain into thinking that cravings are being given in to... meanwhile those good, whole-food ingredients are actually nourishing the body. It's a win win situation really.

I hope they work as well for you as they did, and still do for me. And believe me when I say, I will be sharing more yummy, healthy treats with you on Fresh Life Journeys, as I continue to discover and try them for myself.

## References and Resources

You may have already read the following note in Module 1:

One of my biggest values with [Fresh Life Journeys](#), is that I only share information from reliable and credible sources.

All the factual information I have added here and indeed anywhere on [Fresh Life Journeys](#) is sourced from experts, doctors, specialists and other passionate and well established public figures who I've thoroughly researched and feel I can trust. Those who have proven their knowledge, passion and or expertise over an extended period of time.

I like to call these wonderful pioneers, my [Wellness Mentors](#).

I also prefer to listen to [Wellness Mentors](#) who for the most part, live and breathe what they believe, research, talk and write about, especially seeing as I myself try to do the same - I say most of the time (80% of the time I'd say), because we are after all, only human. [The 80/20 concept](#) that I enjoy living by is also, for most people, a much more do-able concept than constantly being strict and causing ourselves stress trying to be healthy 100% of the time - which is virtually impossible... unless you live in a bubble!

Across all articles, guides, e-books and blog posts found on [Fresh Life Journeys](#), there will always be a section like this one which will tell you where I get my information from. xx

[Superfoods](#) - David Wolfe

[Healing The Gerson Way](#) - Charlotte Gerson

[Raw Juices Can Save Your Life](#) - Dr Sandra Cabot

[The New Oxford Book Of Food Plants](#) - John Vaughn and Catherine Geissler

[The Encyclopedia of Nutrition And Good Health](#) - Dr Robert A. Ronzio

[The Perricone Promise](#) - Dr Nicholas Perricone

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