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Get Off **SUGAR** **CHECKLIST**

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CHECKLIST™

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Daily Botanicals

- Dandelion tea (2 cups)
- Gymnema or blend 1 (2 cups)
- Ginger or blend 1 (2 cups)
- Cinnamon or blend 1 (2 cups)
- Tea blend 3 (2 cups)
- Black pepper (in food)
- Holy basil (1 cup, after meal)
- Fenugreek (2500mg/day)

Daily Nutrients/Supplements

- 1 tsp raw apple cider vinegar / in water
- Kale (massaged, in dishes)
- Healthy fats (avocado, coconut, sesame)
- Low glycemic fruit (1 cup)
- Barley and/or quinoa (1 portion)
- Seaweed (1 portion) - optional
- Chromium (apples, broccoli - 1 portion)
- Triphala blend - 1 cap

Daily Activities

- Drink 24 ounces of water before bkfst
- Practice the 4-5-7 breathing exercise
- Shake/move for 10 mins after each meal
- Meditate for 10 mins 2x / day
- Delay breakfast for up to 3 hours
- Drink 12 cups of water by dinner
- Sleep 8-9 hours a day
- Abstain from 'trigger' foods for 21 days

For Emergencies

- Suck on 1/2 a lemon directly
- Read an inspiring book
- Find a pleasurable action: bath, shower, dancing or sex
- Drink 1 cup with water / lemon
- 1 cup no sugar warm almond milk / ½ tsp of cacao / dash of cinnamon
- Eat 1 portion of edamame with sea salt
- Eat 1 celery stalk with 1 tsp. peanut butter
- Brush your teeth / Use minty mouthwash

SOLANA WELLNESS

ABOUT JOVANKA

Jovanka Ciares is a Registered Herbalist, Executive Wellness Coach & nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021 Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.

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