



Chris Hill's Sugar Addiction Information Session

'Have you ever wondered why you feel helpless when it comes to cutting out certain foods? Or why you struggle to stick to a diet? Or why you end up eating much more than you'd planned? It is down to a force much stronger than willpower'.

As a carbohydrate, i.e. naturally derived from food, sugar helps supply the energy you need for your daily activities. All of your cells use it. But refined sugar that you 'add' to food and drink is in fact a poison to your system. Your body's only defense is to immediately tackle it with insulin and turn it into a substance that can safely be stored around your body - fat.

During this one hour session, I will deliver key extracts from my full Sugar Addiction & Relationship with Food Workshop:

- What is addiction?
- Why added/refined sugar highly addictive
- What happens inside your body when you consume sugar
- How this increases your risk of Type 2 Diabetes
- How sugar 'drives' appetite and alters your relationship with food
- How sugar 'hides' in at least 80% of food
- What about carbohydrates and fruit?
- The 'sugar' difference between juicing and smoothie making

I will then run through the key aspects of my 7-Day Beat Addiction Programme:

- The subconscious mind
- How addiction works in terms of your mind and body
- Understanding the roles of your subconscious mind, your body and your 'conscious self'.
- Making a decision and starting the process of beating any addiction

Attendees will leave the session with enough knowledge to make an informed decision about their food choices and whether or not to choose to drastically reduce or eliminate added / refined sugar from their diets. They will get the answer to why their relationship with food may have broken down and how to recover it.