

# YOUNOWEverse Collective

Hi YOUNOWEverse Member!!

Below is a quote from Wayne Dyer that I feel our group can fully embody and what our focus is and for our change in lifestyle

We are taking our power back as individuals by choosing to not drink alcohol or eat sugar

These substances change the way we think, react and choose to show up as ourselves in the world

It gives us very low energy and causes harm to the body

We are looking and choosing to FEEL better

Everything else that comes with that is a ripple effect of that feeling

You also don't need to shame yourself or be extremely strict with yourself

You are learning something new

A new way of eating and being in your body

This can be very emotional at times and be very exciting at times

For this month the focus is on number 1: no sugar

This means reading labels

You'll be surprised by what sugar is in

Also, get familiar with other names for sugar

Choose foods and items that don't contain these

The first time I did 30 days I also had no fruit

This is totally up to you

You can keep some fruit or eliminate it for 30 days

All carbs turn into sugar once you eat them so no carbs as well

No noodles

No breads

No rice  
No quinoa

If you do have some just have a little bit with the awareness that this will turn to sugar

No alcohol and no processed food

If you're going to be in situations where people are drinking and no drink is new for you, bring Bubby or any kind of Perrier or fizzy type water with no sugar flavour is my favourite option !  
Put it in a fancy glass and anyway you go!

It also helps to tell everyone ahead of time, if you want. Then no one is asking you to drink.

Meat and veggies are going to be your new bffs  
If you're vegan choose vegan options instead of meat  
Again- read the labels And be aware of anything processed and full of sugar

There are many keto options out there now but some still have 1g of sugar etc so just be mindful of that

Stevia and monk fruit are great replacements  
They're natural sugars not fake sugar if you do need some kind of seeeg option

But we are really trying to change the "need" and addition of the brain and body wanting the sugar

No starches Included in this! No chips and no potatoes.  
Squash is ok especially when you want something grounding  
Beans are ok to keep if you want but they cause stomach inflammation, so leave them out for now.

You'll also be doing yoga and sound healing and I'll be sharing recipes and articles and all the good stuff here

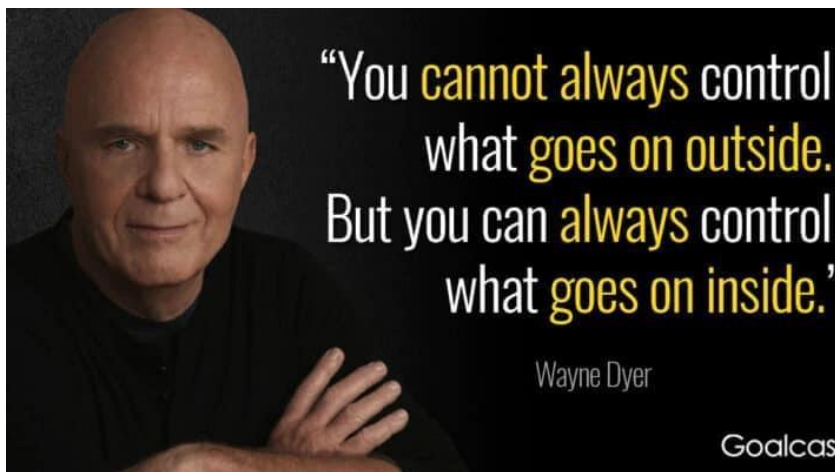
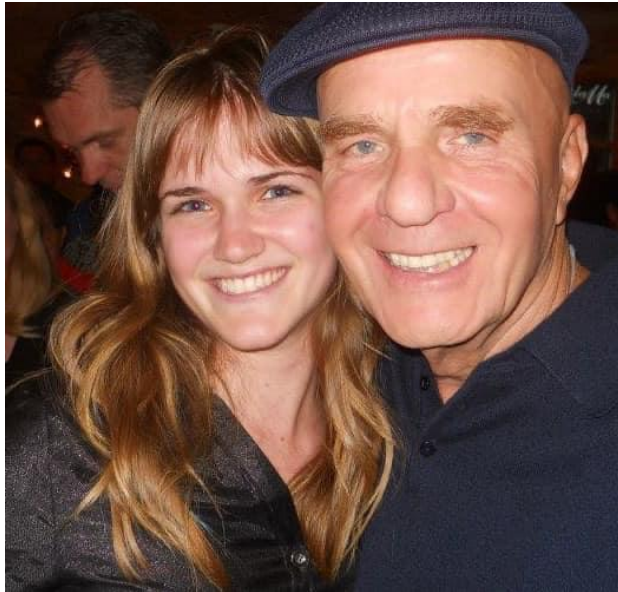
And there's no "bad or negative "

It's just about refocusing and loving yourself more

You will feel withdrawal symptoms because the body is letting go of the need for the sugar and fake foods

By week 2 you're going to feel so clear and so good !!

And you'll be amazed how after you get over the cravings you really don't crave sugar anymore and you'll feel full from eating real food so you won't be eating more trying to keep up with the highs And lows and crashes!



Get familiar with all the names of sugar so when you read labels you can avoid these !

# 75 DIFFERENT NAMES FOR SUGAR



@cheatdaydesign

Agave nectar	Dextrin	Maltol
Anhydrous dextrose	Dextrose	Maltose
Barbados sugar	Diastatic malt	Mannose
Barley malt	Diatase	Maple syrup
Barley malt syrup	Ethyl maltol	Molasses
Beet sugar	Evaporated cane juice	Muscovado
Brown sugar	Free-flowing brown sugars	Nectar
Buttered syrup	Fructose	Palm sugar
Cane juice	Fruit juice	Pancake syrup
Cane juice crystals	Fruit juice concentrate	Panela
Cane sugar	Galactose	Panocha
Caramel	Glucose	Powdered sugar
Carob syrup	Glucose syrup solids	Raw sugar
Castor sugar	Golden sugar	Refiner's syrup
Coconut palm sugar	Golden syrup	Rice syrup
Coconut sugar	Grape sugar	Saccharose
Confectioner's sugar	High-fructose corn syrup	Sorghum syrup
Corn sweetener	Honey	Sucrose
Corn syrup	Icing sugar	Sweet sorghum
Corn syrup solids	Isoglucose	Syrup
Crystalline fructose	Invert sugar	Table sugar
D-ribose	Lactose	Treacle
Date sugar	Malt	Turbinado sugar
Dehydrated cane juice	Malt syrup	White granulated sugar
Demerara sugar	Maltodextrin	Yellow sugar

If you haven't tried Juicing before, now is the PERFECT TIME! Below are 5 recipes and two suggestions for great juicers!

5 Juice Recipes:

Energy Nowe

2 cucumbers

1 Kale

Lettuce

chunk of ginger ( you can choose how much you want. I love ginger so I use a big piece but if you're not a fan just use a small piece)

1 Lemon

coconut Water

Veggie Spree

1 Pepper

1 Broccoli

1 Kale with stems (or any other green leaves)

2 Cucumbers

Summer Life

1 Celery

1 head of lettuce or whole kale

2-4 handfuls of spinach

4 carrots

1 cucumber

Celery Power

8-16oz of celery Juice

Medical Medium suggests drinking this first thing in the morning but I think just getting it into 'ya is most important so drinking this whenever during the day is great

Red Roots

4 Beets

4 Carrots

1 Lime

3 Parsnips

Lots of Cucumber

When choosing your juicer it's worth spending the extra money. I used to have a Kitchaid and it lasted over 4 years of juicing almost every day and multiple times per day! Right now I have a Breville Juicer that was a little over \$200 . The cheaper brands \$100 and under do work but you can't usually make as much and the juicer doesn't last very long.

When you're doing the first 30 days of no sugar and if you're choosing to do no fruit too then don't add any fruit to your juices. After 30 days and you want to try different fruits to see how they feel then yes, add fruit whenever you want !

You also have access to me anytime in the Facebook and by email: [julianenowe@gmail.com](mailto:julianenowe@gmail.com)

Thank you so much for being here !

Juliane