



7 WAYS TO KICK THE  
**SUGAR**  
CRAVINGS

# HOW TO GIVE UP THE SUGARY TREATS

*Hey Sweet Friend,*

I understand what it is like to want it all and be excited about having a full life. I also know how draining it can be.

I work with busy people who have forgotten how to balance it all and need a reminder.

I help people achieve balance by strengthening their digestive fire and igniting their passion, which sets the stage for a life full of health and happiness. I work with people who struggle to balance their lives and I help them **put that struggle behind them and feel fabulous.**

## **CHECK OUT MY STORY – DOES THIS SOUND FAMILIAR?**

My own health history includes a prolonged journey to achieving optimal health. I experienced countless health issues from childhood into adulthood, and I remember asking myself if my life would ever be different – if I would ever be free of digestive issues, if I would ever be able to cut out the caffeinated junk and feel naturally energetic, if I would EVER experience a peaceful night's sleep and wake up ready to tackle the day.

Sure I was fit and I may have looked fine on the outside but I felt tired, foggy, irritable, experienced mood swings, struggled with digestive issues, acne, allergies and generally felt overwhelmed by life. I knew there had to be a better way. So I decided to dig deep and really change my lifestyle!

Then, a miracle occurred in my life and I was introduced to the idea of holistic health. I had that ah-ha moment where I realized that my health problems were the byproduct of a shoddy digestive system, my thoughts and my lifestyle. Since

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that moment, I've worked to turn my health around. I went on a pursuit of ultimate health and immersed myself in all of the tools that could mend my body from the inside out. Now, I help others do the same.

## **LEARNING NEW WAYS TO BE HEALTHY**

I have studied over 100 dietary theories from famous experts in nutrition and wellness such as **Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth and Deepak Chopra.** During this time, my life changed. I began to see that the food on my plate was key, but so was how I was nourishing myself in other areas of my life. I began to take care of myself and slow down.

Eating foods that were right for my unique body lessened my food allergies, and I began to lose unwanted toxicity and inflammation. My skin cleared up, headaches disappeared, my energy returned and I felt genuinely happy and excited about life.

I also realized that when I took time to really take care of myself and listen to my body that life wasn't so stressful anymore. I began to feel alive and in control of my health and my own destiny. Basically, I felt renewed.

I am overjoyed to share my knowledge that helps me to look fabulous at 36 years young. I am excited to share with you the ways that you can heal your body, just as I healed my own body. Remember, you are your best health advocate, so by embarking on this journey with me you are taking control of your health.

Get ready, because your life is going to transform and you will feel HAPPIER, more ALIVE, suffer from fewer health problems, and ignite that fire within yourself so you can **TRULY THRIVE!**

Like most Americans, I used to be addicted to sugar. I was tired all of the time, and needed that afternoon pick-me-up or that quick sugary fix to keep me going. And despite the jolt of energy most of us experience after eating a sugary treat, the reality is that sugar is terrible for one's health. So let's face it, it's time to get the sugar cravings under control.

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Many people don't understand how detrimental sugar can be. It's more addicting than drugs, one of the major toxins, and leads to inflammation and weight gain, depletes the adrenals, and leads to other serious health problems.

### **Put simply – sugar burdens your body.**

What's worse is that it's hidden in most of the foods you'll find at your local grocery store. I challenge you to grab a few items out of your pantry and read the labels. You will be shocked at what you find. Your favorite store-bought granola bar that claims to be filled with vitamins and minerals, is most likely made with mostly sugar.

But what about the "sugar-free" alternatives? The truth is, most "sugar-free" options are often packed with artificial sweeteners and these are even worse for your body than sugar. They slow down the metabolism and disrupt the endocrine system, among other unwanted side effects.

If you get those cravings when you are at a party, or find yourself eating your child's graham crackers, or grabbing a diet soda out of the cooler at the store, you are probably addicted to sugar. Experience headaches, fatigue and exhaustion when you don't eat sugar? That's your body urging you to satisfy the desire.

### **If you want to ditch the sugar addiction, it is possible! Let me tell you what worked for me:**

1. Start your day with protein. Whether you have a meal or a smoothie for breakfast, it is key to always include protein. If I have a smoothie I always add vegan protein powder because the amino acids balance and stabilize blood sugar, which reduces sugar cravings.
2. Start your day with affirmations and one-minute meditation. I realized I was jumping out of bed and pushing my adrenals to the max right away. Don't do that. Instead, make time in the morning to create a space for yourself – even 5 minutes will change your day.

3. If you are craving something sweet, have a sweet healthy treat like a piece of fruit, a protein ball and add some raw cacao nibs for a dose of magnesium.
4. Hydrate daily. Often the body craves sugar when it is dehydrated.
5. Drink four ounces of coconut water or filtered water with fresh lemon.
6. De-stress and do something nice for yourself such as get a massage, take a walk, light a candle, take an Epsom salt bath or read a book.
7. Stevia is a great all-natural sweetener that does not elevate blood sugar. Have a nice cup of decaff tea with Stevia (I recommend the brand Sweet Leaf). Other natural sources of sugar are coconut sugar, coconut nectar or honey.

## *Ready for some Recipes to Kick the Sugar Cravings?*

### **RAW AVOCADO PUDDING**

- 1 avocado
- ½ cup almond, coconut, or hemp milk
- 3 tablespoons raw cacao powder
- 2 tablespoons raw honey or 5 drops of stevia
- 1 teaspoon vanilla extract
- 3 drops mint extract (optional)

**BLEND.** Using a food processor or high speed blender, combine all ingredients until smooth. Put in refrigerator until it is cold, and then enjoy.

### **WARMED APPLE WITH COCONUT**

- 1 fresh apple, sliced into rings
- 1 tablespoon unsweetened shredded coconut
- Cinnamon (optional)

You can use several techniques to warm your apple such as in a non-stick skillet or in a broiler.

Simply place your sliced apple rings onto the heat for 2 to 3 minutes on each side. When it's warm, transfer to a plate, and top with shredded coconut.

## **CHOCOLATE CASHEW BUTTER PROTEIN BALLS**

6 tbsp cashew butter

4 tbsp cacao (or unsweetened cocoa)

2 tbsp coconut oil

1 tbsp ground flax, chia or almond meal

1 scoop pea protein or hemp protein

15 drops of liquid stevia or 1 tbsp local raw unfiltered honey

A sprinkle of sea salt

Combine all ingredients into a large bowl. Mix completely and slowly add water until desired consistency of a protein ball (about 6 tbsp of water). If you need more water, add it slowly.

Mold the dough into little balls and place them on a cookie sheet or wax paper. You can eat them right away or simply freeze them for 10-15 minutes. This is an ideal snack, post-workout snack and a fabulous way to beat the afternoon sugar cravings.

If you want to get creative, you can sprinkle with cacao, unsweetened coconut or cinnamon. Add any of your favorite ingredients to this mixture and your body will feel nourished, strong and never deprived.

## A SOLUTION FOR YOU

I often find that most people who contact me are confused. They are confused about what to eat to get healthy and lose unwanted body fat, because even though we live in the age of information, it seems we have too much. Possibly you are like me and you have been to multiple doctors and specialists looking for an answer to unexplained symptoms, only to be offered prescription medication. This was a significant part my personal experience.

This doesn't have to be the case any longer; together we will find which foods work for your unique body and create the blueprint for you, thus saving you the time, stress, and expense of what I went through. We will create a personalized plan that works for your unique lifestyle. I will get to know you and empower you to take charge of your health the right way. I am passionate about coaching because I wish I would have had somebody to support me in my journey and just say, "I get it," and then do the work to help me get better, beginning to heal from the inside out. I now get to be that person for my clients!

Are YOU Ready to Reclaim YOUR Health & Vitality?

Are YOU Tired of Being Zapped of Energy?

Do YOU Desire to Lose 5+ Pounds?

Do YOU Desire to Have More Confidence?

Do YOU Suffer From Any of the Following?

- Fatigue & Lack of Energy
- Sugar Cravings
- Hormone Imbalances
- Poor Sleep
- Indigestion
- Bloating & Digestive Issues
- Poor Eating Habits
- Constipation
- Skin Issues
- PMS Symptoms
- Excess Weight
- Thyroid & Adrenal Issues
- High Blood Pressure
- High Cholesterol
- Autoimmune Conditions
- Poor Focus & Mental Clarity etc.

If you said “YES” to any of these questions, then I have the solution for you!

## **GET READY FOR A NEW BEGINNING!**

My programs are designed to kick start your weight loss and put you on your way to a more healthy you! Get ready to see so many incredible changes, like increased energy, increased immunity, and a more vibrant and healthy you! I can't wait to help you Achieve Your Goals & Feel Fabulous!

### **With My Programs You Can Expect To:**

- Reset your body & balance your hormones
- Ditch the bloat by restoring your gut
- Lose water weight & calm inflammation
- Gain natural energy
- Have awesome workout sessions & better recovery

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- Clear thinking & more stable moods
- Eliminate sugar cravings
- Get quality sleep
- Heal your body from the inside out

These are just some of the amazing benefits to my program but there are definitely more! Just imagine the self confidence you will gain by working hard towards your goals and actually getting the results you expect.

## Check Out These Amazing Transformations...



# TRANSFORMATION PICTURES



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# LONG TERM CLIENT PROGRESS PICTURES



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## TESTIMONIALS



This journey has been more than just weight loss. I have completely changed my eating habits and my body now craves wholesome, healthy, clean foods daily. A new way of eating brought me to a new way of life. It's given me a healthier digestive system, cleared up my acne, allowed me to get off of certain medications and also experience more restful sleep. Overall, I am happier, healthier, and more confident in myself and all my capabilities. I feel better today than I have ever felt in my entire life! ~ Liana



Working with Mandy was one of the best decisions I ever made. I lost over 75 pounds with her program, which drastically improved my life personally and professionally. Her motivation and encouragement always kept me going through the hardest times. She is brilliant and with all she taught me, I look forward to remaining a healthier person! ~ Chris

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I have had the pleasure of working with Mandy, and I will tell you the knowledge she has shared with me has truly saved my life! She never made my situation uncomfortable or wrong. She simply shared with me what steps I needed to take in order to heal my body. These changes are now how I live my life. I will forever be grateful for her and her ability to powerfully share her knowledge in a way that is doable.

~ Renee Rivellini, Mom, Reality T.V. Star

## WORK WITH ME



My name is Mandy Fonville and I can't wait to help you feel Fabulous! As a Holistic Lifestyle, Fitness & Nutrition Expert, I'm in the business of showing people (just like you) how to take back control of their lives... from what they eat and how they look, to what they do and how they feel!

I talk a lot about Empowerment, because that's at the root of what I do. In fact, my business is rooted in these three essential truths:

1. **When you acknowledge that YOU and only YOU are in charge of your HAPPINESS**, you do whatever it takes to take charge of your wellbeing.
2. **When you understand that your health is YOUR responsibility and what you put in and on your body has a dramatic effect**, you listen to your heart and make better choices.

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3. **And when you prioritize YOU and practice living with intention**, you open the door for positive transformation in everything from your relationships, your career, your spiritual health, and your physical wellbeing.

Now, you've gotten a sneak peek at what it likes to focus on the root issue of your health and wellbeing by addressing your gut, **imagine how you'd feel if you learned how to incorporate this and so much more into your lifestyle.** That's what you get when you do my full-on programs. The results increase exponentially as you dive deeper into cleansing your body of unwanted toxins and buildup.

**Would You Like to Dive Deeper into Detoxing & take Your Health, Life and Energy to the Next Level?**

**CLICK [HERE](#) TO LEARN MORE ABOUT THE PROGRAMS I OFFER!**

If you have any questions please feel free to contact me by email at [mandy@mandyfonville.com](mailto:mandy@mandyfonville.com).

Don't Forget to Follow me on Facebook at [My Trainer Mandy](#) for more information on how to live a healthy lifestyle!

IG & Twitter - @mytrainermandy

I can't wait to chat about how I can support you!

XOXO ~

Mandy Fonville

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# FRIENDLY DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally, and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational and self-empowerment purposes ONLY.

Please consult your doctor or wellness team if you have any questions regarding this whole foods program and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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**PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.**