

# **KWS Kick White Sugar 30 DAY BIOHACK**

## **BIOHACK 1**

Question to ask yourself before you begin?

Am I ready to BIOHACK my lifestyle choices and habits—when I know the huge benefits?

STEP 1: Mindset and Motivation

What is a BIOHACK?

Why a 30 day BIOHACK?

Key BIOHACK actions for success?

FACT: NO essential nutrients

OUTSIDE: Skin is just the beginning

INSIDE: Every physical and mental indicator and the impact

## **BIOHACK 2**

HOW does the Sugar BIOHACK work?

The benefits of the NO Sugar BIOHACK?

Why Sugar is called Sweet Poison and the root of all evil

How sugar effects health from head to toe?

MINOR Health Problems

MAJOR Health Problems

## **BIOHACK 3**

How sugar is listed , names and disguises?

Interpreting a Food Nutrition Panel.

What the Panel ranking means?

Calculating sugar in foods by the teaspoons (tsp)

How much sugar is too much?

Women

Men

Strength training and sugar

Is a Tim Tam worth the risk?

Ingredient breakdown

Have you ever had a CRAVING?

What cravings are NOT?

## **BIOHACK 4**

Physical and mental success guidelines

AVOID these 5 things!

Guess What? 4 Important revelations

BIOHACK your Pantry and Fridge

## **BIOHACK 5**

Truth of the Sugar Tooth

Sugar Limits

Glycaemic Index

High GI

Low GI

Dietary Guidelines per day

Protein and Fibre - The friends of Carbohydrates

FOODS to AVOID

FOODS to EAT

## **BIOHACK 6**

COMMITMENT, ACTIONS & CHECK-IN GUIDE

LOW SUGAR/CARBS GROCERY LIST

Questions

Is HONEY ok?

Does chewing GUM stop cravings?

## **BIOHACK 7**

All about CRAVINGS

Women are like SMART CARS

Why you Crave?

As addictive as drugs?

Smart Craving controls

QUESTION

What about everything in moderation?

## **BIOHACK 8**

Coming soon