

## Week 2

Simply going off sugar will not bring healing to the chemical imbalance within your brain that causes the pull for sugar cravings.

Three key issues will be addressed so that you can learn how to keep the brain from putting you into a state of craving sweets, carbs, sugary drinks, and/or alcohol.

As these neurochemical changes take place, emotional and physical transformation will happen, helping to make room for a sense of calm and wellbeing.