

Week 3

A sense of freedom means different things to different people. The same with the two primary neurotransmitters that handle sugar sensitivity issues.

How sugar is handled by these two neurotransmitters shows up very differently and so it becomes easy to figure out which one is your dominant issue.

Walk away knowing which neurotransmitter issue needs to be healed and what is needed to walk towards full restoration so you can control that which has up to this point possibly controlled you.