

## Week 1

Sugars act like an opioid drug and is the gateway to other drugs.

Sugar sensitivities also are caused by a chemical imbalance not a character defect, throwing out of balance two key hormone transmitters.

Mood swings and sudden drops of energy can be caused by sugar imbalances.

Because the problem is biochemical, the brain is not healed by just going off of sugar, some key dietary changes are needed.