

TAKE THE 14 DAY **NO SUGAR** CHALLENGE

Experience
One *Sun* WELLNESS

Sugar is hidden in so many foods.
Remove sugar from your diet for
2 weeks and see...

1. MORE ENERGY

Stay fueled all day
without the crashes.

2. SHARPER FOCUS

Think clearly without
the brain fog.

3. WEIGHT LOSS

Burn fat faster and cut
the cravings.

4. HEALTHIER HEART

Lower your risk of disease
and inflammation.

5. CLEARER SKIN

Reduce breakouts and
get a healthier glow.



DRINK WATER

Water boosts energy
and helps flush sugar
from your system.


your life!



NOT ALLOWED

- ✗ Sweet Fizzy Drinks
- ✗ Fruit Juice
- ✗ Energy Drinks
- ✗ Sweets
- ✗ Chocolate
- ✗ Cookies & Biscuits
- ✗ Cakes & Pastries
- ✗ Ice Cream
- ✗ Sugary Cereals
- ✗ Flavoured Yoghurt
- ✗ Tomato Ketchup
- ✗ White Bread

ALWAYS CHECK LABELS!

Sugar hides under names like:
Fructose, Corn Syrup,
Sucrose, Dextrose, Maltose,
Agave Nectar

COUNSELLING . LIFE COACHING . HEALTH ADVICE



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