

Barb Hamilton, Nutritionist  
816.803.7418 | [kcwholenutrition@gmail.com](mailto:kcwholenutrition@gmail.com)



## 10 Day Sugar Detox Proposal

**Overview.** The health of employees can make a big impact to the bottom line. Good nutrition is a basic building block of human capital. **Improving nutrition contributes to productivity, less absenteeism, and improved health by reducing disease and mortality.**

**Sugar Detox.** Sugar, not fat, has contributed to the obesity epidemic. **This is a “hands-on” program designed to help employees learn the impact that sugar has on their health.** Sugar affects learning, causes blood sugar to spike, lowers immunity, and increases the risk of heart disease. Empower employees by educating them on the impact that sugar has on their health.

### 10 Day Program

**2 Group meetings lasting 1 hour.** Group meetings consist of a PowerPoint presentation and handouts (via email).

**Session 1.** We start the program with a presentation on the rules, provide shopping lists, menu's, etc. We will discuss the names for sugar and how to look for sugar on the ingredient label, cravings, detoxification, and changing habits.

**Session 2.** After finishing the 10 day detox we gather to discuss experiences and for a final presentation covering the bitter facts of sugar, and how soft drinks affect our health.

#### **What Employees Say About the 10 Day Sugar Detox:**

“I feel better. Want to keep it up! Thanks”

“I found out there is a difference in cravings.....physical ones or emotional cravings and most were emotional!! Interesting! Thanks!”

“I feel better and lost 6 lbs. my husband lost 12! This has set the tone for us in eating healthier as a family.”

*Nutrition is a part of every health practice and complements all therapies.*

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