

FORGET
RESOLUTIONS



2018 SUGAR DETOX 4 Week CHALLENGE

NOT A
RESOLUTION
BUT A



A REVELATION
TO YOUR
TRANSFORMATION



www.crushsugarcraavings.com

Enjoy The Self-Help Guide

Worth \$47 - **Yours FREE**

Thru DEC 31st 2017

Don't Forget To TELL Church Friends!

Disclaimer: This Website Does Not Provide Medical Advice

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The Content on this website is not intended to replace a one-on-one relationship with a qualified healthcare professional or as a substitute for consultations with qualified health professionals who are familiar with your individual medical history or health needs.

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You should always consult with your physician or other qualified healthcare professional before starting any diet, weight loss plan, exercise regimen, or any other fitness or wellness program, including those suggested on this website.

Last Revised: 12/01/2017

The 4 Week Sugar Detox

To Transform Your Mind, Body & Spirit

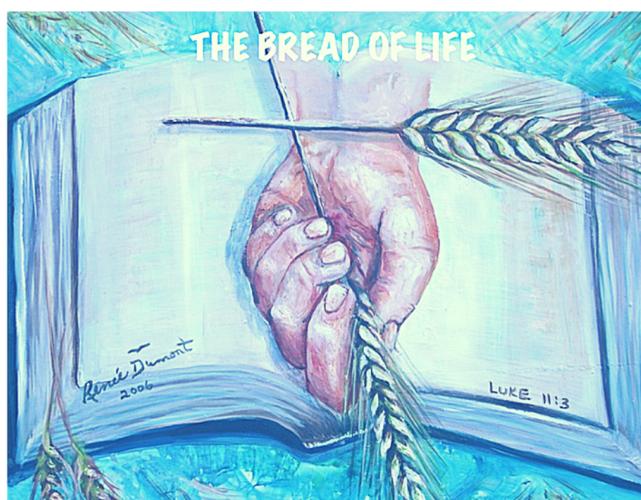
Removing sugar from your diet is the fastest way
to lose fat, increase your energy
and
CRUSH sugar & junk food cravings.

When your blood sugar is out of balance it
causes depression, causes you to store sugar
as fat and makes you tired instead of using it
for energy.

All forms of SUGAR are the leading cause of
Type 2 Diabetes & many serious illnesses.

WELCOME TO THE CHALLENGE!

*THIS IS YOUR PERSONAL VICTORY
To Conquer Sugar Cravings*



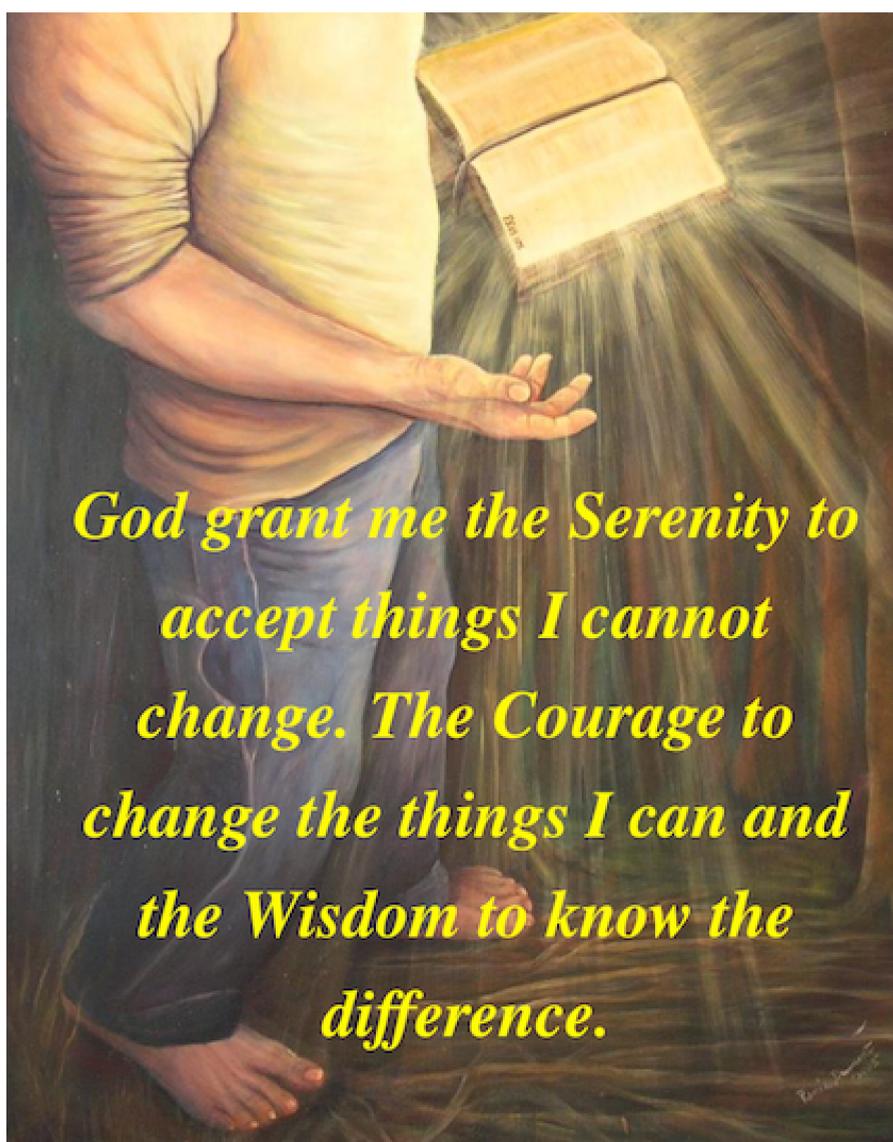
REMEMBER: Jesus is the Bread of Life
When we consume His Word we will never be hungry.

Change Comes When We Follow God's Direction and choose to TAKE ACTION
to Walk With Steps of Faith. With Each Step We Get Stronger and Stronger

Welcome To The ONLY
4 Week Sugar Detox
TO CLEANSE YOUR BODY, MIND & SOUL

DID YOU KNOW YOU WERE "DESIGNED TO THRIVE"
FROM A GOD WHO LOVES YOU?

**Let this prayer be your food for thought and strength as you take action
to receive the benefits of God's healing power to transform your life!**



Psalm 119:105 Your word is a lamp for my feet, a light on my path.

I chose to use this artwork as the core focus of our binge eating recovery.
This illustration helps us to understand that without God's word to show us the way we are left in a place of fear, frustration and uncertainty. When we find ourselves in fear we lose our focus. When we connect God's direction to our personal eating experience we gain confidence and stability. So as you take time for self-examination through the SERENITY PRAYER God will reveal the areas in which you need to grow, change and heal.

I believe whether you have chosen to use this self-help guide or you decide to [sign-up for our LIVE 4 Week Challenge](#) I can assure you, that you are going to have better health & peace of mind than where you are at RIGHT NOW!

To view artistry visit www.reneedumont.com/artwork

INTRO: Growing Strong On The Inside...

*Living a life of binge eating and having the love of sweets is something I have lived with for a long time. What I know for sure is that recovery is possible when we are willing to bring our struggles to God. So know that this [sugar detox challenge](#) is **ONLY** the beginning of your NEW way of life.*

Our commitment is a ONE DAY AT A TIME commitment because we seek to grow JUST FOR TODAY. It's when we take our eyes off of the "gift" of living a blessed life and we are only focused on the scale to see weight coming off that we get frustrated. When you focus on SELF, you miss out on the deep deep skills that God is waiting to give you so you can have a better life inside and out.

I assure you, I can speak from experience how difficult it is to get off of sugar. The more sugar you eat, the more your body craves, so just limiting sugar won't do the trick. You literally have to cut it out completely, starting with bread and processed food, I mean cold-turkey, to stop the addictive cycle. When you decide to take action, you are IN FACT showing God how serious we are to get the JUNK out of your life.

The beauty is, in today's world we have many healthy options that were not available just a few years ago and we had very little information. So know that many NEW doors will open as we learn what these options are, how to use them. You will also learn why they work so well to break the up's and down's of unstable blood sugar and the binge eating habits we have struggled with year after year. (known as a stronghold)

What is a mental stronghold? An area that is dominated by an enemy If Satan dominates your attitude toward yourself, God, junk food, or money, etc., he is in control in that area. We need to spend time examining our thoughts for a little while everyday in order to change.

Let me tell you a little more about myself,

I'm Renee Dumont wife, Mom of 2 boys, health/fitness expert, author, and painter/illustrator since the early 90's. I am the creator Conquer Cravings For Christians and I strive to teach you One Step At a Time.

I'm so happy you decided you want to grow in your understanding of knowing how to jump a little deeper into consuming a cleaner way of eating also known as a detox! This isn't your usual detox - no juice fast, no starvation, no nasty pepper drink. You get to eat three meals plus snacks every day and cleanse your body naturally for a great jumpstart into getting rid of your struggle with food. I know you will achieve the victory of living a healthy lifestyle through the leadership of Christ.

This detox is perfect for kicking your junk food and sugar cravings to the curb, strengthening your mind and your will through the power God has available to you! Your body will begin to heal starting with your digestive system as well as your metabolism to burn more calories and reduce the sugar level in your bloodstream so you feel an immediate response to not feeling sluggish and hungry. Joy will begin to grow and depression and frustration will slip away as your perspective on food and your life change. God wants you to have a better life.

REMEMBER! You are awesome exactly as you are, and the reason why I want to remind you of that is because I spent most of my childhood feeling like a misfit. I hated what I saw in the mirror and I hated the way people looked at me. In fact the depression got so bad that I hated going anywhere in public and deep down inside I had thoughts of taking my own life for months and months.

Could there be people who have made you feel like we are not good enough, past or present, at home, school or in the workplace? I know from experience that we hurt for many reasons other than the way we look. Many of us never felt empowered enough because of our husband, wife, or significant other who has not been sensitive enough to be of an encouragement.

Perhaps we just don't want to put forth effort because we have been disappointed from failed diet after diet. There are countless reasons and the Lord wants to help you find peace in these areas.

So, my programs are not created as a way to deprive, punish, or change only your body. My programs are designed to transform your mind, body and soul. Happy jump starting! Please let me know if there is anything I can do to help you!

*****Christmas Special*****

TRY THE FREE VIDEO MINI-COURSE

WEEK 1 ~ Renew Your Mind

Action Plan: Self-examination Through Bible & Prayer

The Weapon of Prayer

Romans 2:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Luke 22:40-46 On reaching the place, he said to them, "Pray that you will not fall into temptation. He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done. An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. **"Get up and pray so that you will not fall into temptation."**

*Jesus prayed during His suffering, temptation, and agony of mind.

How do I feel about setting my mind on spiritual growth when satan tries to tempt and entice me to eat junk food?

How Do I REALLY feel towards my problem of binge eating? Tell it to God

Do I really believe that ALL things are possible in God even getting rid of sugar and junk food? Why?

If you said YES to any of the above than let me share that you will come to know God in a much deeper way. I am excited for you because there is power that is available to you that you are about to discover. This is how your transformation will evolve through the revelation of the Holy Spirit. *This is NOT a one-size-fits all diet or detox.* This is your *own personal victory* and I am your own personal coach.

There are people with many shapes and sizes who deal with feelings of unhappiness and go back and forth from sad to mad moods. It is not always true that every person who deals with sugar and junk food addiction needs to lose 20, 50, or over 100 pounds. Truth about sugar is that it is poison and it will create all kinds of illnesses if we keep eating it. What we do know for sure that MOOD and FOOD are directly connected.

In my book, Fixing My Fattening Life, I mentioned how in desperation my Mom took me to I attend the Overeaters Anonymous Program and that's where I found love and acceptance. [\(AMAZON\)](#)

At age 12 I read a poster on the wall that read, "God doesn't make junk". You are a unique and beautiful person just the way you are, you just need to find healing comfort and a deeper understanding of who you are and the way life is meant to be. We all need guidance to live a life of victory over our struggles and especially food because we often get stuck in social gatherings.

I'm a big believer in planning to do what is right to guard myself against unnecessary burdens that i can avoid on a daily basis. I hope to guide you step by step on your way of thinking so that you can experience many healthy habits as a way to feel great and care for your body, your mind, your relationships and your spirit. this jumpstart will help you do just that. No matter what, never forget how awesome you are inside and out! So let's get started!

Week 2 ~ A NEW Attitude

Food For Thought: I need no proof of God's existence to say thank you for helping me RESIST tempting junk food and for leading me to freedom from the act of eating too much food.

Questions: What can I do today regarding healthy eating habits to express my gratitude to God and my faith in him.

Am I willing to commit to spiritual growth everyday?

WHY?

Write down the time today that I can invest in spending alone with God.

ACTION PLAN: It's Time To Create Your Environment With Music!

WORSHIP & PRAISE

Click on the link when you are ready to spend time alone with God and listen to the song three or more times in a row in a quiet place and spend time with God.

<https://youtu.be/mBcqria2wmg>

Next - Write down some personal feelings in your journal.

PRAYER - God grant me the serenity to ACCEPT the things I cannot change, the COURAGE to change the things I can, and the WISDOM to know The difference. Increase my gratitude for the foods you created and for my health today. in Jesus name i pray. Amen

May you be blessed with His Comfort today!

Renee Dumont Health/Wellness Coach

WEEK #2 Time To Stock Up On Healthy Food

HERE IS YOUR TIME SAVING FRUIT & VEGGIE LIST



Low Glycemic Fruits

apple	berries	cantaloupe	grapefruit
guava	kiwi	mango	nectarine
orange	peach	pear	plum
tart cherries			

Here are lists of fruits and veggies with low glycemic index and a low glycemic load. Choose from these lists at lunch and dinner.

Low Glycemic Vegetables

artichokes	asparagus	bean sprouts	broccoli
brussels sprouts	cauliflower	celery	cucumber
eggplant	leeks	lentils	beans
lentils	mushrooms	okra	onions
pea pods	peppers	radishes	squash
tomato	water chestnuts	watercress	zucchini
cabbage	greens (lettuce, kale, spinach, etc)		

A SPECIAL NOTE FROM RENEE'S DESK

Well I have put hundreds of hours of my time to develop a sustainable healthy lifestyle program based on our faith in Jesus to finally conquer your sugar cravings that have been destroying hundreds of thousands of lives. I am asking you to support me back when you consider buying my other paid programs that are there to pick you up and build you up.

For every program that is sold is a result of people like yourself who are helping me to obey God's calling on my life. It is my passion to consider striving to the best of my ability to continue to press on to bring this Conquer Cravings For Christians program as means to bring healing to those who are suffering just like you and me. Thank you

SAVING YOU TIME & MONEY ~

EVERYONE WANTS TO KNOW WHERE I GET MY PRODUCTS
YOU ASKED!

FREE SHIPPING over \$35 & BEST PRICES ~ AMAZON
BONUS * ENJOY!!!**

(key thought) when we stop waisting our money on junk food we can shift
those funds to add more valuable food to our meals. TRY SOME TODAY!

SAVING YOU TIME & MONEY ~ **Simply Click On The Text Below
To Find On the Web!**

Almond Flour

Fresh Raw Nuts

Raw Almonds - Super crunchy and fresh

Coconut sugar

Swerve - Taste and measures just like sugar - NO CHEMICALS & NO
CALORIES

Swerve - get one free with a 3 packs - last for months

NUT BUTTER

Coconut Oil

Stevia In The Raw - packets

RAW PEANUT BUTTER

Stevia sweetener

BLENDER -

ALL IN ONE NUTRITIONAL SHAKE -

Sea Salt

Protein Vanilla ORGAIN organic protein powder

NOTE: To get the most out of this program you might be interested in:

The 3 BOOK COLLECTION

HOLIDAY SALE! SAVE \$30

Stop Sugar Cravings Weight Loss Guide & Recipe Book For Christians

INCLUDES SET of 3 DIGITAL BOOKS & 1 Audio Educational Book

PLUS Bonuses

CLICK HERE TO SEE WHAT'S INSIDE: Reg. \$97 **SAVE \$30**

OFFER ENDS DEC 31, 2017

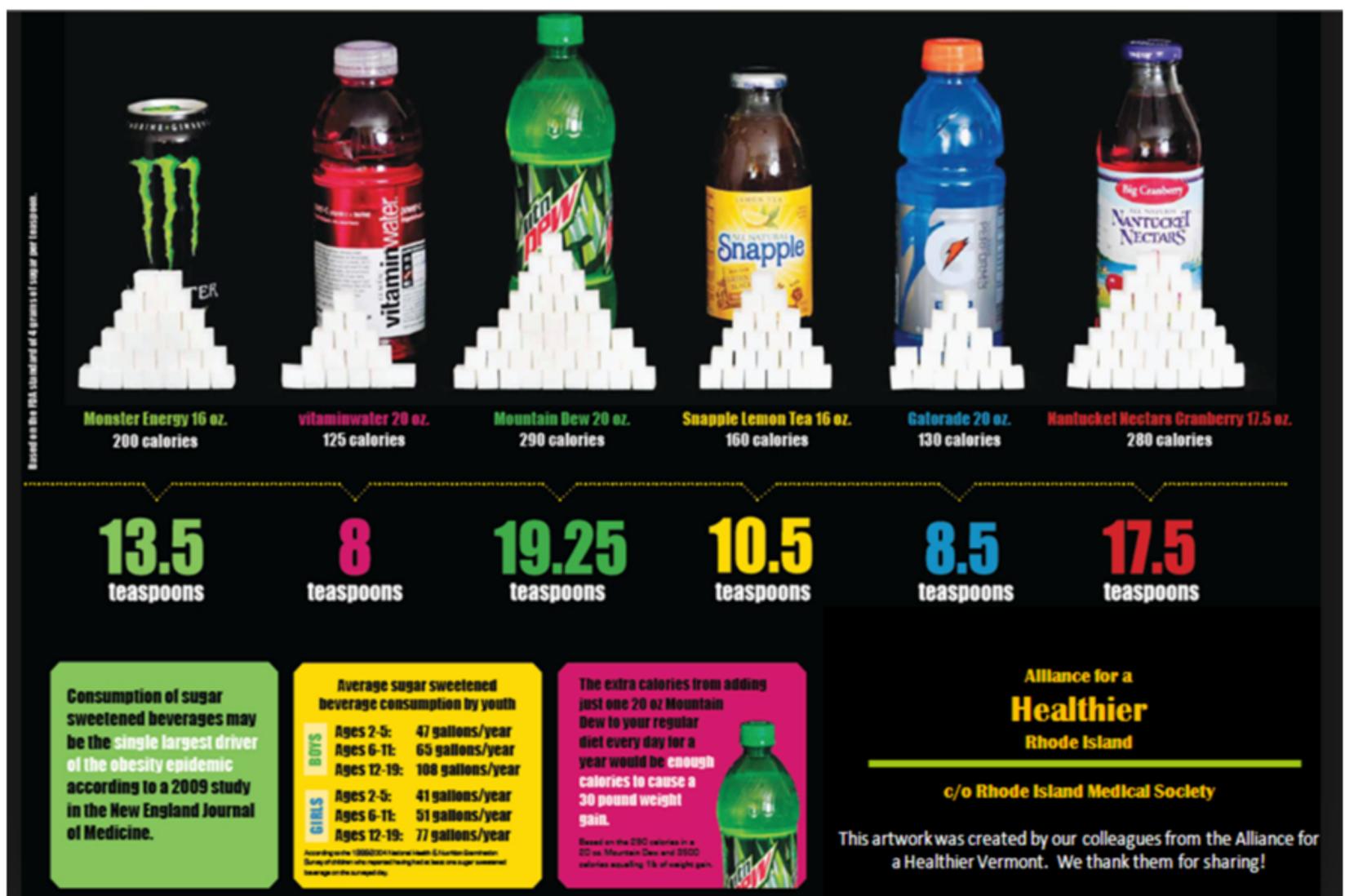
WEEK 3 ~ The Courage To Change The Things You Can

Action Plan

Eliminate Sugar-Sweetened Drinks

Eliminate sugar-sweetened drinks completely, especially alcohol which is very high in sugar.

TIP! Water plain or infused with fresh squeezed lemon or lime are awesome as well herbal tea are your most important healthy beverages.



Truth is, I don't have COURAGE on my own, but I can ask God to bless me and soon you will have courage!



Did you know that 100% Fruit Juice SPIKES BLOOD SUGAR - THUS PREVENTS WEIGHT LOSS

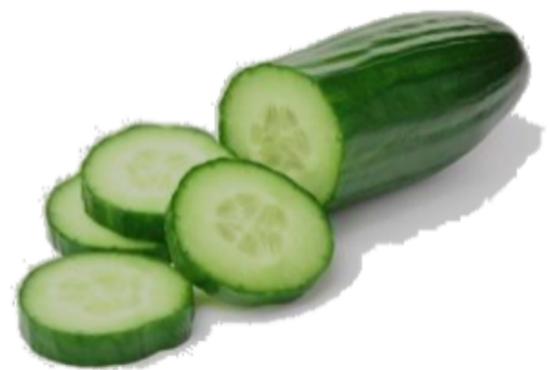
WEEK #3 ~ Action Plan

REMOVE THE STUMBLING BLOCKS! Avoid high sugar foods

Avoid high sugar foods of all kind even especially ice cream, baked goods, cereals, and cookies made with cane sugar—to rear occasional treats or none at all. I haven't eaten any refined sugar in years and you can too.

Limit to 1-2 times per week foods such as white potatoes and refined grain products such as white breads and white pasta to small side dishes. If you find this to be a “Trigger Food”, then do not eat this at all. Trigger foods are foods once eaten, that we find we keep thinking about them and cannot take our mind off of them or that we cannot eat only a little bit and then stop. Trigger foods make us have a BIGGER appetite.

You would put this food on your abstinence list, meaning don't eat it at all. There are better options out there that are much better for you.



Eat Lots of Non-Starchy Vegetables

Eat a lot of non-starchy vegetables, like cucumbers, celery, lettuce, zucchini, carrots, and green beans. Eat fresh fruit such as apples, pears, peaches, and berries. I keep berries on the TOP of my list. Every week I buy 2 packages of blueberries and at least one package or organic strawberries.

REGISTER - LIVE - DETOX CHALLENGE

STARTS MON JAN 29TH 6PM

WEEK 4 ~ The Wisdom To Know The Difference

DAILY COMMITMENTS TO TRACK TRIGGER FOODS

What are my daily prayer and meditation actions?

Have at least one period of prayer and meditation every day. *Talk to God about specific food items and/or personal food behaviors.

What daily actions or changes do I take to live lately to stay committed to list personal “did well”/positive attributes.

Next-Daily examine where have I been resentful, selfish, dishonest, or frightened.

What actions underlie my plan of eating?

I WILL Get input from a health/wellness coach to establish my SPECIFIC written plan of eating.

***Specify what foods will I eat and when will I eat them.

WORK WITH ME!

support@crushsugarcravings.com

What are my TRIGGER FOODS that when I eat a little, I know I will crave more? I know think about them often.

Maintain a written list of trigger foods.

***Do not keep trigger foods nearby or visible

REGISTER - LIVE - 2018 SUGAR DETOX CHALLENGE

LIVE CHALLENGE STARTS MON JAN 28TH 6PM

Think back to some of the items you thought of earlier during your brainstorming activity and from your own experience write briefly about WHAT A Plan of Eating is NOT or DOES NOT DO for you.

WATCH ME LIVE - WED 7PM



www.youtube.com/c/conquercravings4christians

**FUN ~ FACTS ~ FAITH
about MOOD & FOOD**

**WATCH ME & TALK TO ME
LIVE - WED 7PM
YOUTUBE**

MARK YOUR CALENDAR!

STARTS WED DEC 27, 2017



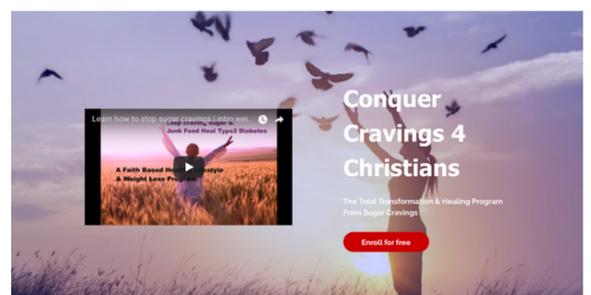
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REMEMBER! We all have specific needs due to food allergies, some vegan, some for other reasons. We're all a little different!

**YOU MIGHT LIKE TRYING THE
FULL VIDEO COURSE HERE**



The Basic Plan of Eating

A FEW AMAZING TIPS TO INCREASE NUTRITION & CURB CRAVINGS

- Only eat one portion grain
- Cut whole grain rice with cauliflower rice
- Cut mash potato with cauliflower mashed potato
- Remove wheat and all bread - instead make oat flour muffins, pancakes, ect

If you have any form of sugar, white sugar, honey, maple syrup, agave, white flour, wheat, or artificial sweeteners any trigger foods in the house, I advise you to throw it in the trash. You are worth it. You are not "Junk" and you deserve to eat more than "Junk". Just get rid of it, or as NIKE says, "just do it!"

CONQUER CRAVINGS 4 CHRISTIANS

See Below:

Breakfast:

6 oz. plain non-fat yogurt or another dairy
1 egg or another breakfast protein
1 oz. oatmeal or another grain
1 small/medium sized fruit
(or quick & easy breakfast protein shake)

Lunch:

3-4 oz. protein
optional: grain or fruit
6-8 oz. salad
6-8 oz. low-carbohydrate vegetables, cooked or raw
1 tablespoon olive oil or another fat exchange
(or quick & easy breakfast protein shake)

Dinner:

3-4 oz. protein
4 oz. grain
6-8 oz. salad
6-8 oz. low-carbohydrate vegetables, cooked or raw
1-2 tablespoon olive oil or another fat exchange

Metabolic Adjustment:*

dairy or breakfast protein
1 small/medium fruit

*metabolic adjustment can be added to lunch or dinner or eaten in the afternoon.

EACH MEAL

1 PROTEIN

1 MILK OR YOGURT

1 WHOLE GRAIN

1 RAW FRUIT

&

1 RAW VEGGIE

MEN * 2 PORTIONS GRAIN

Healthy Fat: raw nuts, avocado, olives

SAMPLES: TIP BEST TO ONLY EAT 3 MEALS & 1 VEGGIE SNACK

BONUS TIP! replace grain - sweet potato - mashed winter squash or cauliflower

GIVE YOURSELF 4 WEEKS TO ADJUST & TRACK YOUR PROGRESS

*****Check out my "SUPER SIMPLE & TASTY RECIPE BOOKS [HERE](#)*****

Not Sure If You Want To Join Our LIVE DETOX CHALLENGE?

***Here's Why You Should Join Me!

Health/wellness coaching beginning **Monday January 29th at 6PM for 4 weeks** of virtual coaching Sugar Detox Challenge to Conquer your Sugar Cravings! If you have been thinking about another crazy New Year's Resolution to lose weight, manage stress or just eat healthier than have I got something NEW to share with you. **Detox Meetings - every Monday @ 6pm for accountability, sharing and encouragement (Our Reg. prayer meetings & food for thought meetings will follow at 7PM)** (to join reg. prayer meetings: contact support@crushsugarcravings.com)

Why Join the LIVE SUGAR DETOX CHALLENGE? Joining me for a virtual detox challenge provides comfort and a no excuses approach offering you accountability to go the distance. You will love not having to drive out in the cold to participate in our LIVE CALLS so you can be in the comfort of your home. If you miss the call you can always watch the replay later when you have time. You can listen to the call many times over so you can absorb all of the information and encouragement to grow closer to the one who loves you most! JESUS!

This Sugar Detox is a great starting place for accomplishing all of these goals and more! Participating in a group setting with an experienced coach like myself provides valuable accountability, motivation and inspiration through bible verses and prayer. Your chances of achieving AND maintaining your goals greatly increase with this kind of support and guidance. Plus it's FUN!

HURRY! SPACE IS LIMITED

NOTE: Any Diet Specific needs may be discussed through the 1-on-1 Coaching Programs.

Inquiries: support@crushsugarcravings.com