

The 30 Days To Being Sugar Free

The Truth About Sugar

Sugar is by far the unhealthiest compound for the human body. It does so many negative things to your body. If you truly knew just how unhealthy sugar is to your entire physiology, you would never touch the stuff ever again. Let me present some basic holistic science perspectives on sugar and why it is the unhealthiest compound for your health and your evolution.

You see, sugar is a processed compound. At the fundamental level sugar cane is taken from nature, stripped of its healthy components and then you are left with an altered compound that is toxic to your system and can do so many other negative things to affect your health. Sugar stimulates your nervous system and impacts your brain chemistry negatively. It will actually make your brain become addicted to it and cause your brain to fire your neurons and neurotransmitters way too fast for health and wellness. Your neurotransmitters are there to relay information to many parts of the body for optimum functioning.

If you ingest sugar frequently, it will jack up your nervous system and then impact these transmitters to relay information too fast or imbalanced and thus you cannot have a calm physiology. Your brain body connection then gets thrown off and you have inefficient timing of information and relay of other vital communication between brain and body parts.

Ingesting sugar is also depleting to your system as it is not giving you energy as you think it may be. The energy you feel after ingesting sugar is your nervous system that has become stimulated and jacked up artificially. It is not pure energy and thus after some time, after the stimulation has worn off, your energy levels go way down. This is not healthy and is not the way nature intended for you and your health.

Sugar will also make your body acidic by lowering your body ph. If you comprehend anything about body ph, is that your body ph requires being within a specific range, otherwise, you set yourself up for many health disorders. Once your body ph has been lowered, there are now many factors that can cause you many health dis-functions.

Sugar also induces parasites and yeast in your body as many of these parasites thrive in an overly imbalanced internal body environment. You have many people nowadays who have yeast conditions and other parasitic causes and the link is usually sugar. As long as you are ingesting sugar in any of its processed forms, you set yourself up for parasites. As long as you have parasites in your system, you cannot be optimally healthy, not even close my friend.

Sugar is toxic to your system and can also put your body in survival mode. As such, your body will become toxic and thus it must protect your vital organ components. Thus, your body may actually produce fat globules around these toxins and now you set yourself up for weight gain. Sugar will also disrupt your

liver function and metabolism because it will have a direct effect on your hormones.

Due to sugar being so toxic and stimulating to your system, it can cause your hormones to be thrown off key. Hormones govern your metabolism and thus you alter your metabolism by ingesting too much sugar or starchy food products.

Sweetened drinks are the worst compound to ingest as they profoundly alter your inner pH and physiology. This in turn can alter your hormones and eventually your metabolism. The drinks with corn syrup and other sweeteners in society that are so popular will cause you more weight gain and faster than anything else. My recommendation is stay away from all sweetened drinks, even natural and organic juices and teas. These drinks are way too concentrated and can really mess up your hormones and physiology. It is not worth it.

Sodas are by far the worst sweetened drink as they have many negative factors as in they are loaded with sugar, they have phosphorous which is very acidic to your body and the carbonation is also a very acidic compound to your body. This makes this kind of drink a super unhealthy compound that has many negative implications to your health and well-being.

Sugar Impacts Your Evolution Negatively

Ingesting sugar can also stifle your Higher Faculties of Intuition and other Spiritual Abilities. Its impact on the brain is very unhealthy and causes the brain

chemistry to be thrown way off. As I explained, your brain is functioning at a multi-dimensional level and processing Higher Dimensional information along with governing your entire body physiology. Ingesting sugar essentially does not allow your brain to connect to your Higher Faculties which you require to evolve yourself.

To evolve you require to be tapped into your Higher Faculties of Intuition and other Higher Faculties. With sugar in your diet, you are doing a great disservice to your body and also to your evolution. Here is the main reason: **Your cells and DNA are supposed to be vibrating faster than the speed of light.** Yes this is a fact! If you truly comprehend just how complex your body is and how many biological processes are occurring in each second then you will see that having your cells vibrating at the speed of light or lower is too slow for your body to function optimally.

You see, your cells require information in a steady stream of pulsing energies or what some call Chi. In essence, your entire physiology is running via energy in the form of information coming from your brain as a direct link from Universal Consciousness or Source. The speed at which this happens is way beyond the speed of light, in fact probably a multiple thereof. It has to be at this super-fast speed in order for your entire body cellular system to receive all of the vast quantity of information coming in.

Here is a secret for you: When the cells and DNA of the body vibrate slower than the speed of light, this is when health disorders

begin to set in. The relay of vital information your cells require to function optimally is simply too slow for your major systems to keep everything flowing as is Divinely intended.

Picture your wireless internet connection and when things are ideal you have super-fast loading and processing and everything is good. However, what happens if your internet connection begins to get bogged down and your computer starts to slow up and you cannot even load websites or check email. You have had this happen before and it makes your internet experience not fun.

Well, this is what happens when your body, cells and DNA are vibrating below the speed of light. Your cells simply cannot function as they are supposed to as the relay of vital energy and information that each cells requires is way too slow for optimum functioning. Do you see this? I pray you do because maybe, just maybe, you will begin to change your perspective on your health and your body?

Ingesting sugar literally slows the vibration of your cells and DNA below the speed of light and thus sets you up for low level health.

By the way, your DNA is so much more than some base nucleotides as modern science says. Your DNA is multi-dimensional and is also processing information from Source. There are components to DNA that cannot be seen by human eyes or microscopes, however, if you truly comprehend what DNA really is and what it really is doing you would marvel. Your DNA is actually like a multi-dimensional super Photon computer and is constantly changing.

How does it change you may ask? It changes as you change. It changes with every thought you have, with every mood you have, it changes with what is going on in your environment as in the space you live and where you work. Do you comprehend what this means?

My friend, your DNA is constantly changing based on the frequencies and energies you are supplying it with via your thoughts, emotions, nutrition, your home environment, your work place, your friends, the music you listen to, the tv programs you watch, the clothes you wear and even the people you live with.

Maybe this is the motivation you require to do a complete holistic lifestyle makeover? Until you understand life on this profound level as I am presenting to you then you will probably not make the changes in your life to experience shifts that will catapult your evolution.

This is why what I teach about holistic living is so profound, because it helps you to shift at the most profound levels and ensures you only input healthy frequencies and energies in, on and around your body as to help you to experience Higher levels of health and wellness. My friend, it is the only way for you to even begin to tap into your Higher Potentials.

In essence, your body and your level of health is a direct link to your evolution as a human being and for being able to tap into your Higher Potentials.

The healthier you are, the more you can tap into Higher Faculties and Higher Gifts and Talents as they will be able to come through since your cells and DNA are vibrating at faster than speed of light. Thus, Higher Dimensional information will be able to be processed by your brain and thus allow you to perform and do things that most people simply cannot do.

You will be surprised to see just how much better you feel by simply removing all forms of processed sugar from your diet. In fact, within a few days you will feel a new sense of relief and calm and well-being.

There are many other food items that will have similar physiological effects on your body as sugar does. Most people are simply unaware that everything you ingest breaks down into smaller components. Many food items that people ingest actually will break down into sugar-like compounds.

Food items such as white flour products, white rice, cereal, potato chips, pretzels, corn chips, crackers and other dry brittle food items will get converted into sugar once in your body. As such, the physiological effect is that these food items can actually cause you to gain weight due to the effect on your metabolism and inefficient functioning of your entire biological system. These processed food items are not nutrition for your body and will only serve to lower your level of health. My recommendation is to stay away from these food items as there are far healthier alternatives.

I have written a recipe called **Fun Food Fantastic** that has some of the most knock your socks off meal creations. I have in the recipe book super delicious and healthy recipes that will satisfy your taste buds and be healthy for your body. You can go to [Amazon.com](https://www.amazon.com) or my website at [RinoSoriano.com](https://www.RinoSoriano.com)

What To Do When You Start Having Sugar Cravings:

1) do deep breathing: in for a count of 5 seconds slowly, pause for 2 seconds and the exhale for a count of 5 seconds - do 10 rounds

2) add a pinch of Pink Himalayan Salt into 12 to 16 ounces of water in a glass bottle. Spin your water bottle around for 1 minute to dissolve most of the salt. Let it sit for 3 minutes and then drink.

3) Do some form of activity like jumping up and down or dancing for about 10 minutes or tapping on your energy meridian points like above your eyes, below your eyes, above your lip and below your lip and you may even tap on your spine on your neck area - remember to tap lightly. Tapping can help reset neural pathways and associations to sugar foods.

4) Take a small piece of ginger, wash and peel it. Put the piece of ginger in your mouth and suck on it like a piece of candy. Just be aware that ginger is pungent. As you feel guided you can start biting on the ginger lightly to release more of its medicinal properties.

5) Use the following recipes to replace your sugar selections in your diet.

The Super Rino Chinno

“The New Cup Of Joe” & “Coffee For The Soul”

You are going to be reducing your coffee intake and replacing with at least half of **Teechino** natural herbal beverage(you can find this at Whole Foods or health food store) or **Chicory Root Granules** natural herbal beverage drink powder - you can purchase from Frontiers Coop: [Click Here For Frontier Coop Online](#) - chicory root rocks because it has inulin in it and has so many health benefits.

Ingredients Required:

- 2 Tablespoons of Organic Coffee
- 2 Tablespoons of Teechino powder or Chicory Root Granules
- 2 Tablespoons of Organic Coconut Oil - Coconut Secret Brand
- 1 Tablespoon of Pure Raw Honey
- 3 Ounces of Organic Half & Half Cream or Unsweetened Coconut Milk or Rice Milk

You can brew your coffee as normal and simply replace half of your coffee granules with Teechino or Chicory Root Granules. I recommend using a french press as is much healthier over using coffee machines.

After coffee liquid beverage is complete place the liquid and the rest of the ingredients into a blender or magic bullet and pulse. Slowly replace the coffee with more Teechino or Chicory Root Granules each week until you are on 100% natural stuff. Happy Rino Chinno! :)

*You can save yourself lots of money by becoming a **Thrive Market Member** and purchase healthy ingredients at wholesale prices. [Click Here To View Thrive Market Offers!!!](#)*

Choco Blissity Mousse

Ingredients Required:

- 1 Large Ripe Avocado
- 2 Medium Sized Fair Trade Bananas
- 3 Tablespoons Carob Powder or 1/2 Organic Chocolate Bar
- 1 Tablespoon Organic Coconut Oil

Place all the ingredients into your food processor and blend until well until mousse consistency. Happy Mousse Blissity! :)

Do your best to get off the processed sugars and onto healthy sugar items and healthy meals. You can purchase my Fun Food Fantastic recipe book on Amazon to discover a new and revolutionary way of preparing fun, delicious meal creations that knock your socks off by [Clicking HERE!](#) I thank you for your support! :)

If you have any questions then you can reach me at rino@rinosoriano.com

And Remember,

Healthy Body, Happy Soul!!!

The logo for Rino Soriano, featuring the name in a light blue, cursive script font.