



Vital
Nutrition

Sugar Fix

Are you caught on the sugar roller coaster, craving sweet stuff and crashing energy levels?

Over the years I have been on a mission to help people balance their sugar intake and the result has been less cravings, sustained energy levels and balanced mood.

Your group will discover:

- How to kick the sugar habit
- Control cravings
- Pack your snacks with nutritional goodness
- What supplements really work to beat sugar cravings

Get in touch

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