



Sugar Addiction

CHECKLIST

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SUGAR ADDICTION CHECKLIST

Check any that apply to you:

- Do you have a tough time saying 'no' to sweets and desserts
- Do you experience cravings even when you try to cut down your sugar intake or carbohydrates
- Do you think about sugary foods during the day and evening.
- When you start to eat sweets, it is difficult to stop.
- You get a rush of energy after eating sweets, but crash/feel hungry pretty quickly.
- You often feel guilt or shame after eating sugar.
- You reward yourself with sugary food or drinks.
- You overeat sugary foods when you are stressed.
- You have memories of feeling loved or cared for that are connected to sweets.
- You can't seem to get enough sugar when you start eating sweets, but crave more.

(Adapted from Are You Addicted to Sugar? Quiz, Prevention)

If you checked three or more of these, you may have a problem with sugar. Your responses are more important than the number of check marks.

Make sure to share your responses with me send me a message Kathy@kdmoooney.com. We will set up a free 20 minute session to go over your results and see how we can solve them.

**Meet my new program:
“10 DAY SUGAR DETOX PROGRAM”**

Are you struggling with making the right decision for your body?

We know that sugar is bad – but did you know that it can affect your mood, your self-esteem, your skin and so much more?

Yes, you probably already knew this. So why is it so hard to let go of our sugar cravings?

What you need is a powerful solution that will help you cut your sugar cravings loose and say good-bye to debilitating decisions.

Time to get more energy and lose the pounds that have been haunting you for so long!

Through my program I will teach you the natural ways to get energy and have enough of it throughout the day to do the things you love without feeling burnt out.

It's time to believe in yourself. You NOW have the tools that will give you the power to make amazing decisions for your body and your soul. I created a program that addressed all the possible obstacles you may have: From amazing support to delicious recipes that you can cook with ease – finally, a program that is not heavy on fluff and gives you ALL of the tools you need.

SUGAR IS DETRIMENTAL TO YOUR BODY AND YOUR SPIRIT.

Are you ready to get control back in your life?!

BUY NOW

My 10 DAY SUGAR DETOX PROGRAM will help you lose those clingy pounds, have less mood swings, get that glowing skin – skip the blemishes and the lackluster skin!

If you want to:

- 1) Look & Feel Amazing
- 2) Have Sufficient Energy to be able to do the things you love.
- 3) Lose weight
- 4) Have glowing skin
- 5) Fit your favorite clothes
- 6) And find confidence and empowerment when you make the right decisions that improve your health and also your self-esteem.

**MY 10 DAY SUGAR DETOX PROGRAM is what you need
to grab TODAY!**

YOU DESERVE TO BE HAPPY AND HEALTHY:

- No more feelings of deprivation
- No more tired afternoons
- No more fogginess
- No more diets that give you no results
- No more stubborn pounds.

JOIN MY 10 DAY SUGAR DETOX PROGRAM

Let's Get Started!

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Kathy DePalo-Mooney | <http://kathydepalo-mooney.com/>

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any diseases.

Here's what this program offers:

- **A Detox Guide**
- **A Recipe Guide**
- **10 Days of Suggested Meals**
- **A Pantry List and Food Diary**
- **Best Supplements for Balancing Blood Sugar AND a BONUS Affirmations to Destroy Cravings Sheet**

OPTIONAL PLUS you get a **BONUS 20-Minute Post 1-1 Session** with me when you sign up now.

Your investment in yourself is only \$37

BUY NOW

ABOUT ME



My name is Kathy DePalo-Mooney. I am Health Coach through the Institute of Integrative Nutrition, a National Academy of Sports Medicine certified, Personal Trainer, Nutrition Coach and Women Fitness Expert. I am also an IIN certified Gut Health Specialist.

I have the passion, experience, and knowledge to help you achieve your health goals and lose weight for good!

In addition to bringing, your comprehensive nutritional information and resources based on science and medically proven research, I also

have the personal experience to guide you and support you as you work to reach your health goals and reclaim your life!



I have helped hundreds of women to transform their lives and how they feel confident about their bodies. I have many programs available because we are all unique beings and what works for one woman may not work for another. I use a multi-faceted approach to health, what I call the "7 pillars of good health".

Once these are balanced life is so much more enjoyable!

I help women over 40 lose 20 pounds of body fat and get a firm body while eating carbs, enjoying their favorite foods, and working out in the privacy of their own home.

It's my passion to teach and inspire others to live healthfully and live the best possible life.

Say Hello! A Brand New You is right around the corner!

BUY NOW