

How to Break Up with the Abuse of Sugar

by MK Mueller

I've been so blessed to meet amazing coaching clients. Many of the women I've helped release weight go on to be coaches themselves. One such light is Chelsea Phipps, who is a ranch wife, Mom of two, and speech therapist when she's not fighting fires in her home state of Montana.

Recently, Chelsea wrote something so powerful I had to share it in my new book, **8 to Your IdealWeight**.

Sugar Was My Abusive Partner

By Chelsea Phipps



As I went through the 8 to Your IdealWeight program, I realized how much sugar reminded me of an abusive partner.

Growing up I had a friend who always seemed to pick the worst guys. They were losers who would treat her awful 90% of the time; and the other 10% when they were half-way decent, it was just to get what they wanted.

Once the abuse started, mentally and physically, I would beg her to stop seeing them. Unfortunately, all I could do was be there for her when she would need comfort after a rough patch. I would tell her over and over how she didn't deserve this, but she always went back because somehow the addictive actions and words of those men were able to get into her head more than I was. It wasn't easy to watch, but I always hoped one day she would get angry enough to stop the cycle.

I can see now that sugar has been an abusive boyfriend to my mind and body. The headaches, body aches, and extra weight were evidence of a sick love affair - much like bruises from a violent relationship. It treated me badly, and I kept going back because, for a minuscule amount of time, it felt good. The other 95% of the time I allowed it to do horrible things.

My mind and body have cried out with signals like pain or illness begging me to protect them. Now I am befriending myself and loving my body. I am learning I deserve so much better and will be so much better off without deadly sugar addicting my body and tainting my amazing mind. I am kicking out my abusive partner.

I have finally broken the cycle of sugar's abuse. The journey this program has taken me on is one for which I am and will be eternally grateful.

- Chelsea

Thanks, Chelsea. Congratulations on releasing 25 lbs. and completing your coach certification!

- MK

P.S. To order your copy of **8 to Your IdealWeight** from Amazon, go to <http://amzn.to/2oV8AFL>

If you know of someone who is ready to release their sugar addiction for good or start a home business as a Certified Life Coach, email us at info@8togreat.com today. We love spreading this message of hope!