

Dark Chocolate Diet

— THE GI LINE METHOD —

• THE SUGAR EDITION •

I've struggled with sugar. I was addicted to it. Even as a young teenager I would swear off sugar together with my close friend, and every year I would fail. It wasn't until I was married that I finally found an answer – my answer was to quit sugar. I had to. And believe it or not, but chocolate was part of how I did that.

The Dark Chocolate Diet is about setting you free. It's too easy to think that you're the one that's broken when you keep doing and eating the things you don't want to. The truth is that your body is just confused by the modern diet.

WWW.DARKCHOCOLATEDIET.COM

How it Works



THE FOUR PILLARS OF THE DARK CHOCOLATE DIET

THE RIGHT BREAKFAST

The most important thing is starting your day with the right kind of breakfast, to stabilize your blood sugar and prevent sugar highs and lows later in the day. This also helps with late night snacking!

FIND ALTERNATIVES

There were certain things I knew would be hard for me to live without, so I found/made alternatives I enjoyed instead which helped me greatly!

LOW CARB VEGETABLES

Prioritize vegetables grown above ground as underground vegetables contain much more carbs and sugar. This will help you stabilize your blood sugar, preventing those nasty sugar crashes.

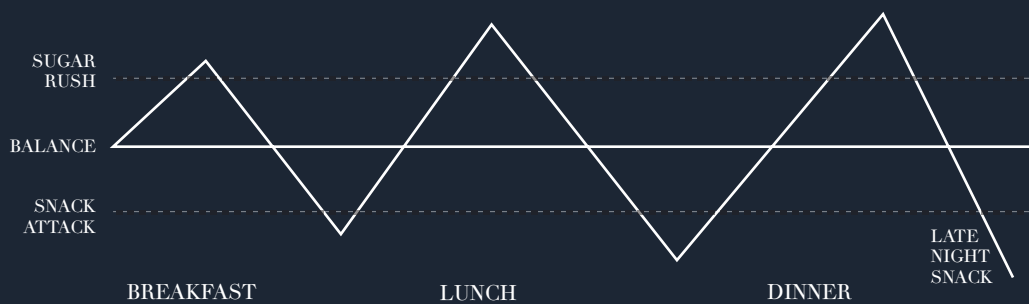
ENJOY CHOCOLATE DAILY. (SAY WHAAAT?!)

The Dark Chocolate Diet is all about enjoying life while getting the results you want! To find out which chocolate we recommend and how and when to use it, go to www.darkchocolatediet.com/best.

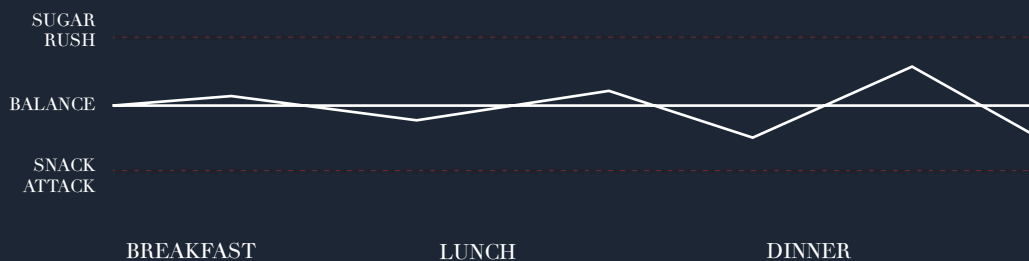
Why it Works

The GI Line Method has one rule. Keep your morning blood sugar level as close to the balanced line as possible. We've seen that blood-sugar swings have a ripple effect. If you start high in the morning, it just gets worse. But if you change that one meal, your whole day changes!

THE GI LINE EFFECT FROM THE MODERN DIET



THE GI LINE EFFECT ON THE DARK CHOCOLATE DIET



The modern diet causes there to be both higher and lower amounts of sugar in your blood then your body knows what to do with. Your body gives your brain the wrong message because it thinks something bad is happening when it really isn't.

In the Dark Chocolate Diet we use chocolate, healthy alternatives, and the "GI Line Method" to help your body come back into balance.