



*Holistic Thyroid
Care*

HEALING
Energy Snacks



"Are you ready to feel more energized & happy?"

shannon garrett wellness.com



WELCOME!

THE SCOOP ON SUGAR CRAVINGS



Like many people, I often crave sugar the most when I'm stressed or tired. These are those typically the moments when I feel stressed or depleted, emotionally and/or physically. However, in order to kick my cravings for sugar, I learned how important it really is to take time out for myself and find sources that are soothing besides food. Incorporating habits into my life like meditation, deep breathing, imagery and gratitude journaling allows to de-stress, be in the moment, and realize the momentary satisfaction followed by a blood sugar surge and then the fall, really isn't worth it. These tips and the realization that I am in control has been a game-changer in terms of my overall health (I am riddled with autoimmune disease: Hashimoto's thyroid disease, celiac disease, and pernicious anemia) and blood sugar balance. One of my

secrets is having healthy, sugar-busting, easy to prepare snacks on hand throughout the day. If I can do it, so can you!

MY TOP TIPS FOR CURBING SUGAR CRAVINGS:

- Stay hydrated. Often when we crave sweets or food, we are actually thirsty more than we are hungry. Drink a glass of water and see how you feel after.
- Make sure you're getting enough lean protein such as wild caught fish, low-sodium turkey, free-range organic chicken and grass-fed beef in addition to healthy fats like unrefined coconut oil, extra virgin olive oil, and avocado to keep you feeling satisfied and nourished throughout the day.
- Try the snacks I've provided in this guide. I'm sharing my personal favorite snack ideas, as well as 10 delicious cleanse-approved recipes.
- In moderation, enjoy low-glycemic fruits, like wild blue berries, raspberries, blackberries, green apples, and grapefruit.
- Add root vegetables, figs or dates to your diet, which will provide you with natural sweet energy.
- Sprinkle cinnamon on fruit, in your smoothie or in your coffee substitute. It tastes delicious and is known to satisfy a sweet tooth craving.
- Enjoy a cup of Tulsi herbal tea with stevia.
 - Stevia is my favorite sugar substitute because it's a natural sugar that does not lead to blood sugar imbalances + it is a natural prebiotic.

- Do something you love that doesn't involve food -- sometimes we need food for the soul, not just the tummy. I keep a beautiful small card sized image my mother painted when I was young. It's a beautiful scene with a stream and blue skies. Whenever I'm stressed or feel like I need to snack when I'm truly not hungry, I'll pull it out of my purse and focus on it for a while. Tools like this are a great distractor!

INSIDE SCOOP ON SUGAR

ACCEPTABLE SUGARS IN MODERATION	SUGARS TO AVOID
Stevia (Sweet Leaf® is my favorite brand)	All Artificial Sweeteners: Splenda, Nutrasweet, Equal, etc., sugars that end in "OSE" e.g. sucralose, maltose, etc.
Coconut Nectar Coconut Sugar	White sugar
Medjool Dates, whole Date Paste	High-Fructose Corn Syrup (HFCS)
Grade B Maple Syrup	Karo Corn Syrup, Light & Dark
Unsulphured Blackstrap Molasses	Sugar in the Raw/Brown Sugar (High-glycemic, but better for you than is white sugar as it does contain some nutrients)
Raw, Local Honey Manuka Honey	Barley Malt
Brown Sugar	Beet Sugar
Turbinado	Fruit Juice from Concentrate
Freshly Squeezed Fruit Juice	Sorghum Syrup
Yakon Syrup	Xylitol

Sugar occurs naturally in all foods and when in its most natural state it contains vitamins and minerals. A great example of a sugar in its natural state is honey. However, refined sugar depletes the body of its own minerals and enzymes and creates an acidic environment. This may lead to digestive distress, headaches, excessive congestion (mucous) in the body, inflammation, and allergies.

When we consume refined sugar especially on a regular basis, it has a negative impact on blood sugar levels which may lead to depression, fatigue, poor sleep, and serious health conditions.

Do you struggle with knowing what sugars are OK and those that are potentially harmful? It's no wonder since the food industry conveys a message that all sugar is created equal. This is 100% false. Sugar is a drug...it literally has the same effect on the brain as cocaine.

Like cocaine, sugar gives you a rush, messes with your mind, and always leaves you wanting more. Research via MRI scans of the brain reveal that a brain on sugar versus a brain on cocaine both look like that of a drug addict. Researchers are now calling for the government to regulate sugar as a drug.

Most people do not realize how much sugar they consume every day, since it is hidden in many processed foods and even labeled with names we don't recognize as being sugar.

Sugar is a toxin. Too much glucose in the blood leads to digestive issues, inflammation, blood sugar imbalance, fatigue, diabetes, and actually clogs arteries more than cholesterol does!

Sugar depletes the body of natural energy and contributes to adrenal fatigue, brain fog, obesity, and hypoglycemia.

Did I say sugar is a drug? It is true, and sugar is addictive. This "sweet poison" consumed by many on a regular basis is actually one of the most dangerous and addictive substances...even more than cocaine if you can believe it. Due to its "drug-like" qualities, if sugar were newly introduced today, it would have to be classified by the FDA as a controlled substance.

Do you know just how much sugar that yummy Starbucks drink contains?



- ✓ A Grande Caramel Brulee Latte has **52** grams of sugar and a whopping **430** calories
- ✓ The Frappuccino version contains **63** grams of sugar and **410** calories
- ✓ A Venti contains **82** grams of sugar and **510** calories

Consuming too many sugars and carbs makes the body work harder to balance blood sugar levels. Over time the adrenal glands can become fatigued from trying to keep up, so to speak. When you balance blood sugar through healthier food choices (and exercise), it's actually less work on your body.

Low blood sugar (hypoglycemia) often results after consuming sugar on a regular basis because when we're hypoglycemic, the adrenal glands release cortisol as a coping mechanism to protect us. Brain cells start to die when blood sugar is in the 60's range and can be dangerous. However, the yo-yo cycle of high to low blood sugar eventually puts a strain on the adrenal glands to the point that they may not be able to keep up with their protective function to the point that very little cortisol is being produced. This is potentially very dangerous can make you feel sluggish, sleepy, and hungry even soon after a meal.

LET'S GET SNACKIN'!



I really hope these snack recipes are something you enjoy. These are safe if you have any health issue including diabetes. As a nurse-nutritionist, nurse educator and autoimmune/thyroid wellness expert it really is my mission to empower and educate our community to take back our health and the health of those we love. Disease can be reversed. The first step is the belief that you can heal, and then a commitment to the will to take action. You can improve your health, the way you look and feel, and get rid of any annoying aches and pains and other symptoms associated with inflammation associated with sugar. I am so

honored you're taking this journey and I'm grateful for the opportunity to be of support to you.

If you find that you need additional support to get on the right track, I'm here! I can answer any specific questions you may have or we can work together through private coaching.

I wear many hats! I work with clients locally and all over the world via VIP days, Skype and telephone wellness consults. I am an autoimmune/thyroid wellness expert, certified-nurse nutritionist, and holistic health & lifestyle coach. I am a nurse volunteer advocate for low-dose naltrexone (LDN) and I've also been called a "back door liaison" for physicians and nurse practitioners who call on me frequently to answer questions they may have about a particular patient's autoimmune or Hashimoto's symptoms. Mostly, I love to educate and empower people and other nurses everywhere about the necessity to take back their life by advocating for them and empowering them with the knowledge that their health is their wealth, because the truth is, no one is going to care more about a person's health than they themselves do.

Blessings!

Shannon

QUICK & HEALTHY SNACK IDEAS

- ½ grapefruit with 2 tablespoons of shredded coconut and 1 tablespoon of tahini
- 1 green apple with 2 tablespoons of tahini
- Celery sticks with 2 tablespoons of pumpkin seed pâté
- ½ sweet potato with 3 tablespoons of hemp seeds, a sprinkle of cinnamon and 1 teaspoon of raw honey
- 2 protein balls
- 1 green juice with 1 tablespoon of coconut oil
- ½ cup berries with 2 tablespoons of pumpkin seeds
- ¼ cup pumpkin seeds with ½ grapefruit
- ½ cup pineapple with ⅛ cup sunflower seeds
- ¼ avocado with a slice of tomato and sea salt

10 DELICIOUS SNACK RECIPES



DATE PROTEIN BARS

MAKES 8-12 BARS OR BALLS

1 cup pumpkin seeds

½ cup sunflower seeds

1 cup soft Medjool dates, soaked for 1 hour

¼ cup flax seeds

Pinch sea salt

2 tablespoons raw cacao powder

MIX THE INGREDIENTS. In a food processor, combine the pumpkin seeds and sunflower seeds. Pulse for 30 seconds to 1 minute. Place the ground seeds in a separate bowl and set aside. Add the soaked dates to the food processor and process until there are no large pieces. When the mixture resembles dough, stop the food processor and stir with a spoon.

Add the ground pumpkin and sunflower seeds back into the food processor along with the flax seeds, sea salt, and cacao powder. Pulse the ingredients again until everything is mixed well and can stick together.

DO NOT OVERMIX!

SERVING SUGGESTIONS.

Spread the mixture evenly onto a pan to make bars. You can also make protein balls by using an ice cream scooper and placing each ball on a cookie sheet. Place the bars in the refrigerator for one hour before serving.



MAKE THE PROTEIN BALLS. Once ingredients are mixed well, roll into 5 even balls. Roll each ball in a bowl of shredded coconut. Feel free to dust them with more cacao for an extra boost of antioxidants. Place on a wax paper-lined dish and place in the freezer for 10 minutes.

HEMP PROTEIN BALLS

MAKES 5 BALLS

- 2 tablespoons hemp protein (or protein powder of choice) powder
- 3 tablespoons hemp seeds
- 1-2 tablespoons sun butter
- 1 tablespoon coconut oil
- ½ teaspoon cinnamon
- 1 tablespoon raw cacao
- 1 tablespoon honey or a few drops of stevia Shredded coconut

COMBINE THE INGREDIENTS. Add the ingredients to a large bowl. Stir until they are combined and mixed well.



Kale Chips

MAKES 2-3 SERVINGS

- 1 bunch kale (Lacinato or curly variety) 1 tablespoon olive oil
- 1 teaspoon smoked OR sweet paprika
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- ½ teaspoon black pepper

PREHEAT THE OVEN to 300°.

PREPARE THE KALE. Wash and dry the kale. Rip the kale into bite-sized pieces and place in a mixing bowl. Add the remaining ingredients and mix well.

BAKE THE KALE. Bake the kale for 20 minutes and serve immediately.



ROSEMARY GARLIC BEAN FREE HUMMUS

MAKES 4 SERVINGS

- 1 raw zucchini, chopped
- 3/4 cup tahini
- 1/4 cup extra virgin olive oil
- 1 teaspoon rosemary (fresh or dried)
- 1/2 cup fresh lemon juice
- 2 teaspoons sea salt
- 2 garlic cloves

ADD ALL THE INGREDIENTS TO A BLENDER OR PROCESSOR.

Blend until smooth.



WARM CHOCOLATE MOUSSE

MAKES 2 SERVINGS

- 1 avocado, mashed
- 1 tablespoon cocoa powder
- 2 tablespoons chia seeds
- 1 cup coconut milk
- 1 tablespoon maple syrup or another sweetener from the list above (optional)

MIX THE INGREDIENTS. Mix all ingredients together in a bowl. Place saucepan over low heat and add mixture. Cook over low heat until the chia seeds expand, and pudding thickens (about 10 minutes).



WARM APPLE SLICES WITH COCONUT CREAM

MAKES 2 SERVINGS

- 1 can coconut milk, refrigerated for several hours
- 1 teaspoon coconut oil
- 2 apples, cored and sliced
- 1 teaspoon raw honey
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

COMBINE THE INGREDIENTS. Add coconut oil to a sauté pan over medium heat. Add the apple slices. Warm for 3 to 5 minutes. Transfer to two serving bowls. Top with coconut cream (the hardened coconut milk fat), raw honey, cinnamon, and nutmeg.

Note

Place a can of coconut milk in the refrigerator for several hours. The coconut milk fats will harden. Scoop this cream off of the top.



BANANA CREAM SMOOTHIE

MAKES 1-2 SERVINGS

1 1/2 cups coconut or almond milk
1 cup mixed greens
1/2 banana
1 tablespoon sunflower seed butter 1/2 cup
berries
1/2 teaspoon cinnamon

ADD ALL THE INGREDIENTS TO A BLENDER.

Blend until smooth.



RAW CACAO MILKSHAKE

MAKES 1 SERVING

1 cup coconut milk
1 tablespoon raw cacao powder
1/2 teaspoon vanilla
1 teaspoon cinnamon
1 frozen banana
1 tablespoon of raw honey or 1-2 drops of
stevia

ADD ALL THE INGREDIENTS TO A BLENDER.

Blend until smooth.



BLACKBERRY SORBET

MAKES 2 SERVINGS

1 cup frozen blackberries
2-3 tablespoons coconut milk
or coconut cream
2 tablespoons honey
(optional)

MIX THE INGREDIENTS.

Place berries in a blender and let them defrost for 10 minutes. Next, add water and honey and blend until smooth. Serve immediately. If the sorbet is too soft, place it in a container and into the freezer. Mix occasionally to prevent crystals from forming.



APPLE CHIA SEED PUDDING

MAKES 2 SERVINGS

3 cups unsweetened coconut or almond milk

1/2 teaspoon vanilla extract

2/3 cup chia seeds

2 tablespoons unsweetened coconut flakes 2 apples, cored and chopped

2 teaspoons cinnamon

WARM THE MILK. For warm chia seed pudding, place your milk and vanilla extract into a saucepan and warm over low heat for 2 to 3 minutes. The milk does not have to be boiling hot, just warm enough for your taste. **COMBINE THE INGREDIENTS.** Add your chia seeds to a cereal bowl. When the milk is warm, add the milk to your bowl of chia seeds. Stir continuously for about 2 minutes while the chia seeds absorb the milk. Allow the mixture to sit for 2 to 3 minutes. Top with coconut flakes, apple slices, and cinnamon.

Note: If you do NOT want warm chia seed pudding, simply add the milk to your bowl of chia seeds. Stir until the chia seeds have absorbed the milk (about 3 to 5 minutes). Then top with coconut flakes, apples, and cinnamon.