

# BREAKING *free*

**10-WEEK  
PROGRAM  
FOR SUGAR  
ADDICTION  
RECOVERY**

I have struggled with sugar addiction my whole life. I can remember sneaking cookies before anyone else woke up in the morning, even as a toddler, and was never able to eat sugar in moderation. Once I hit puberty this addiction caused me to gain weight and so I started dieting, which led to a diet/binge cycle that lasted decades. After college, I struggled more and more with weight control and grew increasingly more frustrated around food. I tried every diet, workout method, therapist, alternative modality and vitamin/supplement regimen known. NOTHING worked.

Fast forward to my early 30's and I was diagnosed with Polycystic Ovary Syndrome (PCOS) and struggled to get pregnant. I read more and more about sugar addiction. I tried giving it up numerous times, but it never lasted and the ensuing binge would last at least twice as long as however long I managed to be off of sugar. It was depressing and exhausting. I was finally able to get pregnant and now have two young children that take up a lot of my time and energy.

A few years ago, I decided to focus on my health and not continue this sugar battle into my 40's. I attended the Institute for Integrative Nutrition (IIN) and became a Certified Integrative Health Coach with the hope of helping myself so that I could help others. Throughout the program, I felt like I was getting closer to solving this complex puzzle. I finally read an article about food addiction that recommended abstaining from ALL sugar and ALL flour to really overcome the addiction. I was terrified at the idea but committed to doing it for one year, beginning in January of 2018. Having reached that initial goal, I felt amazing and confident—and am now happily committed to living a sugar-free, flour-free lifestyle for life.

January 13, 2022 will celebrate my 4th year of being sugar and flour free and I am now committed to helping other people get free! I share my journey, both its victories and its challenges, plus interview other addicts in recovery, sugar addiction coaches and experts on my podcast called *Unsweetened Sio*.

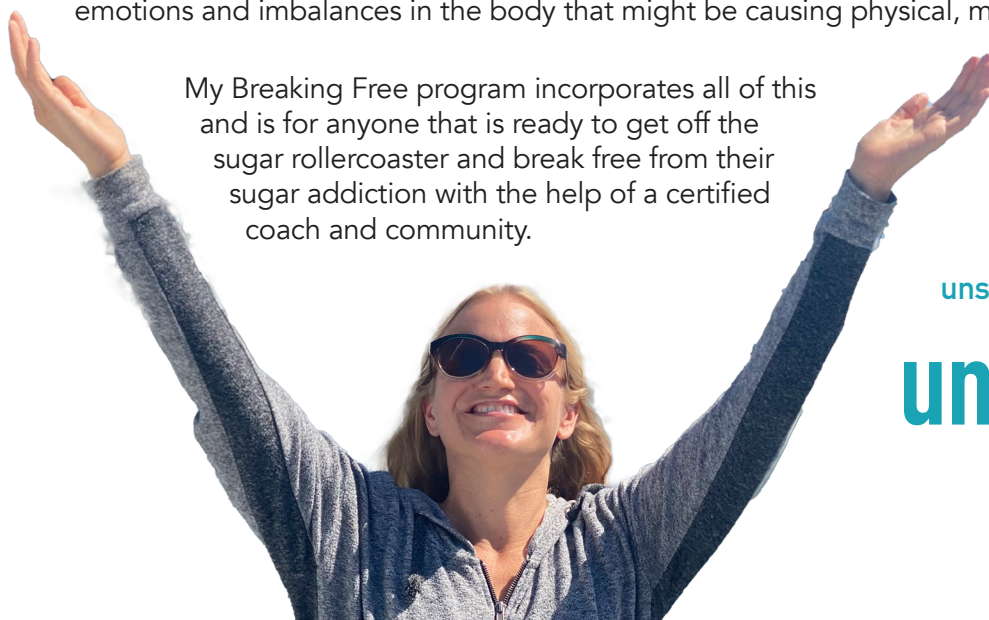
Most recently, I got certified in The Emotion Code and The Body Code because they have helped me so much in my own recovery. For years I used sugar as a way to numb my feelings and so when I stopped eating sugar and flour, I had to not only learn how to actually feel the uncomfortable feelings again but how to process some of the emotions I had neglected for decades. The Emotion Code and The Body Code are the most effective ways I found to help me do this. They are really powerful tools for anyone looking to clear trapped emotions and imbalances in the body that might be causing physical, mental or emotional discomfort.

My Breaking Free program incorporates all of this and is for anyone that is ready to get off the sugar rollercoaster and break free from their sugar addiction with the help of a certified coach and community.



[unsweetenedsio.com/group-coaching](https://unsweetenedsio.com/group-coaching)

**unSWEETENED**  
*Sio*



## How do I know if this is the right fit for me?

If you struggle with sugar addiction and are ready to start taking those first steps towards freedom; if you want to break up with the diet/binge cycle; if you can commit to giving up ALL sugar and flour; if you don't want to follow a strict meal plan or worry about weighing and measuring food; if you haven't resonated with a 12-step program; and if you want to find the eating plan and path that is sustainable and works for you as an individual, then this is the right program for you!

**VIP:**  
**\$1295**

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**REGULAR:**  
**\$995**

- ✓ BONUS intro & prep week
- ✓ Weekly 1.5 hour group Zoom calls (recorded if you can't make it live)
- ✓ One 45-minute 1:1 coaching/ emotion code session with me via the phone
- ✓ Accountability buddies for daily support
- ✓ Weekly discussion topics & homework
- ✓ Tools, tips, resources, community and accountability
- ✓ VIP program that includes all the above plus four 1:1 45-minute Emotion/Body Code/coaching sessions with me via the phone

**Topics will include** the grieving process, preparing for withdrawal, managing triggers, beliefs/values around food, how to manage emotions, self-care, recipe sharing, holidays, travel, managing difficult situations, relapse prevention and more!

**100% Satisfaction Guarantee** Still not sure? If for some reason you are not completely satisfied with the program after 30 days, you can receive a full refund!!

**To reserve your spot or for more information,** go to [unsweetenedsio.com/group-coaching](https://unsweetenedsio.com/group-coaching) or contact me at [siobhan@unsweetenedsio.com](mailto:siobhan@unsweetenedsio.com).



Siobhan's approach is so skillful. Not only is she a fellow traveler on this journey herself, she shares so much knowledge about nutrition and the nature of addiction, lighting a path for us to discover our own recovery. At the heart of the program is learning how to listen to and address the needs that drive us to seek out food in the first place, and for me this has been the real beauty of the experience. Many coaches talk about self-care; few prioritize and address it in the systematic way I experienced with the program. Blended with the magic of emotion code and combined with strength of a community of women engaged in the same journey, **Breaking Free** has been life changing for me.

*Amanda E.*

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