



BREAK FREE FROM SUGAR ADDICTION WITH
SOUL-STRATEGY

SWEET LIBERATION

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Dr. Egypt McMurray





WELCOME

PULL UP A CHAIR, KICK OFF YOUR SHOES, AND GET COMFY—BECAUSE YOU JUST STEPPED INTO A SPACE WHERE WE KEEP IT REAL, LAUGH A LOT, AND LOVE OURSELVES EVEN MORE.

IF SUGAR HAS BEEN YOUR SWEET LITTLE SECRET, YOUR COMFORT ON HARD DAYS, OR THAT “FRIEND” WHO NEVER JUDGES BUT ALWAYS LEAVES YOU FEELING SOME TYPE OF WAY... BABY, YOU’RE IN THE RIGHT PLACE.

THIS AIN’T NO BORING HEALTH LECTURE. WE’RE TALKING ABOUT LIBERATION—THE KIND THAT MAKES YOUR SKIN GLOW, YOUR ENERGY POP, AND YOUR CONFIDENCE SAY, “WHO’S THAT FINE THANG IN THE MIRROR?”

I’M MS. CARLA—YOUR NURSE WITH THE SASS, YOUR SISTER WITH THE TEA, AND YOUR GUIDE TO BREAKING SUGAR’S GRIP WITHOUT LOSING THE SWEETNESS IN YOUR LIFE. WE’RE ABOUT TO GET INTO SOME TRUTHS THAT MIGHT STING A LITTLE, BUT THEY’RE GONNA SET YOU ALL THE WAY FREE.

HERE, WE CELEBRATE WINS BIG AND SMALL, SIP TEA (OR LEMON WATER), AND SWAP THE SUGAR CRASH FOR A JOY HIGH THAT’S ALL NATURAL.

SO BUCKLE UP, BOO. YOU’RE NOT JUST STARTING A SUGAR DETOX—YOU’RE STEPPING INTO YOUR GLOW SEASON. AND TRUST ME, ONCE YOU TASTE THIS FREEDOM, YOU’LL NEVER GO BACK.

WELCOME TO SWEET LIBERATION.

YOU READY? LET’S MAKE THIS DELICIOUS.

Ms. Carla

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HOW TO USE THIS BOOK

THIS AIN'T JUST ANOTHER "QUIT SUGAR" GUIDE – THIS IS YOUR FREEDOM MANUAL.

YOU CAN READ IT STRAIGHT THROUGH OR SKIP TO THE SECTIONS YOU NEED MOST.

EACH CHAPTER GIVES YOU:

- THE TRUTH - WHAT'S REALLY GOING ON WITH YOUR BODY AND MIND.
- THE SHIFT - TOOLS AND MINDSET MOVES TO HELP YOU TAKE CONTROL.
- THE SWEET SWAP - REAL-LIFE, FLAVORFUL WAYS TO KEEP PLEASURE IN YOUR LIFE WITHOUT THE SUGAR CRASH.

READ WITH AN OPEN HEART, A CURIOUS MIND, AND THE BELIEF THAT YOU CAN CHANGE.

NO GUILT. NO SHAME. JUST ONE SWEET STEP AT A TIME.

 MS. CARLA'S CORNER:

"BABY, I'M NOT HERE TO SNATCH YOUR CUPCAKE OUT YOUR HAND... BUT I WILL HELP YOU UNDERSTAND WHY IT KEEPS SLAPPING YOU BACK. WE GON' LAUGH, WE GON' LEARN, AND WE GON' DO BETTER TOGETHER. DEAL?"

ME & SUGAR; A LOVE-HATE THING

Sugar and I? Whew, chile... we've been in a situationship longer than some of y'all been alive.

She was my first comforter, my celebration, my late-night date, my shoulder to cry on.

From Grandma's pound cake cooling on the counter to the honey bun in my purse "just in case," sugar was always there.

But here's the truth nobody likes to admit—sugar loved me back... until she didn't.

One day she started acting real shady. My energy dipped. My moods swung like a church tambourine.

My joints ached, my skin broke out, and that healthy glow? Gone. And still... I kept going back, thinking I could manage it. Thinking I could quit whenever I wanted.

Sound familiar?

That's how sugar traps you—she comes dressed like comfort, but she's a thief in heels, stealing your health one bite at a time.

And baby, I ain't just talking science—I'm talking life.

I've been that woman crying over her labs at the doctor's office, promising "I'm done" while knowing there was ice cream in the freezer waiting at home.

I've been that woman in the grocery store line, side-eyeing the candy rack, whispering "Just one..."

I've been that woman tired of feeling powerless over something that can't love me back.

This book is my way of telling sugar: We're breaking up for good this time. Sis, I choose me.

And I'm inviting you to do the same.

ME & SUGAR; A LOVE-HATE THING

 Ms. Carla's Corner:

"Baby, don't let nobody tell you this is 'just about willpower.' This is about rewiring your mind, your cravings, and your relationship with food so you can walk away with your crown still on straight and power intact."



THE DIRTY TEA ON SUGAR (AND WHY SHE AIN'T YOUR FRIEND)

Let's cut to the chase: sugar ain't sweet when you look at the receipts.
Here's the down and dirty – no fluff, no fake news:

Sugar is a master manipulator.
She lights up your brain like the Fourth of July – same pleasure centers as drugs.
Translation: You're not weak, baby - you're wired.

She's an energy thief in disguise.
That high you get? Temporary.

What comes next is a crash so hard you'll be eyeing the breakroom donuts just to feel normal again
Sugar's a silent troublemaker.

Inflammation, joint pain, bloating, brain fog, skin breakouts...
She'll have you at the doctor's office wondering why your whole body feels like it's on strike.

She messes with your love life.
Yes, boo – too much sugar can drop your libido, wreck your hormones, and have you more “not tonight” than
“come on in.”

She's a health hustler.
Diabetes, high blood pressure, fatty liver disease – sugar's got a hand in all of it. And she'll smile while doing the
damage.



THE DIRTY TEA ON SUGAR (AND WHY SHE AIN'T YOUR FRIEND)

 Ms. Carla's Corner:

"Baby, don't wait 'til your doctor is looking at you over their glasses with that 'we need to talk' tone. The time to check sugar is NOW. She's cute in small doses... but she don't pay rent, and she's wrecking your house from the inside out."



Top 5 Signs Sugar's Got You Hooked (and You Didn't Even Know It)

YOU "NEED" SOMETHING SWEET AFTER EVERY MEAL. THAT'S NOT A TREAT, BOO – THAT'S A HABIT SUGAR BUILT AND SHE'S CASHING IN ON YOUR BRAIN CHEMISTRY.

YOUR MOOD SWINGS ARE FLIPPING LIKE SIMONE BILES. ONE MINUTE YOU'RE BEYONCÉ, NEXT MINUTE YOU'RE READY TO FIGHT SOMEBODY OVER THE REMOTE. SUGAR HIGHS AND CRASHES WILL DO THAT TO YOU.

YOU GET "HANGRY" LIKE IT'S A PERSONALITY TRAIT. IF YOUR ATTITUDE SHIFTS FASTER THAN YOUR MOOD RING WHEN YOU'RE HUNGRY, SUGAR'S RUNNING THE SHOW.

YOU CRAVE CARBS MORE THAN YOU CRAVE SLEEP. BREAD, PASTA, CHIPS – THEY ALL TURN INTO SUGAR IN YOUR BODY. IF THEY'RE YOUR "RIDE OR DIE," SUGAR'S ALREADY DRIVING.

YOU'VE GOT THAT 3PM CRASH LIKE CLOCKWORK. IF YOU'RE YAWNING, DRAGGING, AND THINKING ABOUT YOUR NEXT SNACK BEFORE DINNER – BABY, THAT'S SUGAR WHISPERING "COME BACK TO ME."

⚠ TRUTH BOMB:

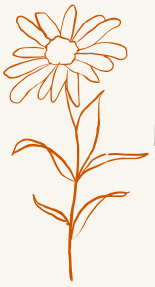
SUGAR DOESN'T JUST MAKE YOU GAIN WEIGHT. SHE MESSES WITH YOUR HORMONES, YOUR SKIN, YOUR IMMUNE SYSTEM, AND YOUR MENTAL CLARITY. IT'S A SLOW HUSTLE – UNTIL IT'S NOT.



Top 5 Signs Sugar's Got You Hooked (and You Didn't Even Know It)

 Ms. Carla Says:

"If sugar were a man, your mama would've dragged you out that relationship years ago. He's smooth talking, addictive, and leaves you worse off than he found you."



Sugar vs. Body: The Dirty Truth She Doesn't Want You to Know

🧠 Brain

Sugar's a smooth-talking scammer — she gives you that sweet rush, then leaves you foggy, anxious, and craving more. She literally rewires your pleasure center like an addiction.

✳️ **Realness:** Sugar is out here acting like your “ride or die,” but she's your “use and discard.”

😬 Skin

Breakouts? Premature wrinkles? Puffy eyes? Sugar feeds inflammation, which means your glow doesn't stand a chance.

✳️ **Realness:** Baby, that glow is rented — sugar is the landlord, and rent's overdue.

❤️ Heart

High sugar = high blood pressure, high cholesterol, and a high chance you'll be seeing the cardiologist way too early.

✳️ **Realness:** Sugar flirts with your taste buds but cheats on your heart every damn day.

⚖️ Hormones

Sugar is messy — she spikes insulin, throws off estrogen, and sends your mood on a roller coaster without a seatbelt.

✳️ **Realness:** Sugar don't care if you're PMS-ing, ovulating, or healing - she's still coming for your vibe

🔥 Belly

All that extra sugar gets stored as fat around your midsection — the dangerous kind that hugs your organs like an ex that won't let go.

✳️ **Realness:** Sugar will have you blaming your jeans when it's her sneak attack doing the damage.

Ms. Carla's Mic Drop:

"Sugar is cute until she isn't. She's like that friend who hypes you up for the party, then disappears when it's time to clean up the mess she made."



Dear Sugar, We're Done

Dear Sugar,

You and I have had some moments.

Late-night binges. Celebrations. Comfort after a bad day.

You were there for me in ways I thought no one else could be.

You knew how to make my brain light up and my taste buds dance.

But here's the thing, baby – you're toxic.

You gas me up, give me a rush, then leave me crashing in the corner,
wondering what happened.

You've been clogging my arteries, stealing my energy, aging my skin, and
whispering lies about how much I "need" you.

I used to think I couldn't live without you.

Now I know I can't live well with you.

So I'm packing up my willpower, my self-respect, and my glow – and I'm
walking away.

No more just "one bite." No more "special occasions."

You're not special. You're a habit I'm breaking.

Goodbye, Sugar.

Don't text. Don't call.

And if I see you at the store, just know – I'll walk right past like I never knew
you.

With my whole heart,

Reclaiming My Health & My Glow!

Ms. Carla

Ms. Carla's Sidebar:

"Breaking up with sugar is like dumping a no-good ex – the first few days are rough, but baby, wait 'til you see who you become without 'em."

The 6 Step Glow-Up Game Plan

Step 1: The Great Purge 🗑️

Go through your kitchen, your purse, your work drawer – everywhere.

If it's got added sugar, it's gone.

That "just in case" stash? Nope. Throw it out like old takeout.

Why? Because temptation is a sneaky liar, and you are done being lied to.

Step 2: The Power Swap ⚡

Replace your old sugar crutches with flavor that actually loves you back:

Fresh berries (sweet, but not drama-filled)

Cinnamon in your coffee

Herbal tea with honey only if you need it (you're tapering down, baby)

Frozen grapes – nature's candy

Step 3: The Hydration Hustle 💧

Sugar cravings love a dry mouth.

Half the time you're "hungry," you're really just thirsty.

Sip water all day – bonus points if you toss in lemon, cucumber, or mint.

Step 4: The Mood Magic ☀️

Sugar hits your brain like a shady DJ – quick highs, brutal drops.

To keep your mood steady, feed your body protein, healthy fats, and whole carbs.

(And if you need a treat, make it from scratch so you know what's in it.)

Step 5: The Circle Check 🗣️

If your friends always bring you cupcakes when you're sad,

it's time for a new support squad.

Surround yourself with people who hype your health, not your sugar crash.

Step 6: The Glow-Up Ritual ✨

Every time you pass on sugar, mark it down – a calendar, a jar of dollar bills, a sexy journal.

Your wins deserve to be seen.

Ms. Carla's Sidebar:

**"Baby, the sweetest thing you can put in your body is confidence.
Everything else is just filler."**



Craving Killers: Your Quick List

🚫 Rule #1: Don't negotiate with cravings. You outsmart them.

1. The 5-Minute Delay

When a craving hits, set a timer for 5 minutes.

Drink a glass of water, walk outside, or call a friend.

Most cravings fade like a bad text when you give them a moment.

2. The Chew Swap

Sugar-free gum

Crunchy carrots

Celery with peanut butter

Apple slices with cinnamon

Give your mouth something to do that isn't inviting drama.

3. The Warm Comfort Trick

Make a cup of unsweetened herbal tea or warm almond milk with cinnamon.

Heat tricks your body into thinking it's satisfied – without the sugar crash.

4. The Protein Pop

A boiled egg, a handful of almonds, or Greek yogurt (no sugar added).

Protein tells your brain “We good” and shuts cravings down fast.

5. The Walk-Away Method

If you can't resist the breakroom donuts, leave the breakroom.

If you can't resist the cookies in your pantry, don't keep them there.

Distance is your power move.

6. The Brain Redirect

Read something juicy, watch a funny TikTok, or do 20 squats.

Redirect your focus until the craving forgets your name.

Craving Killers: Quick List

7. The Big Mama Move

Look in the mirror and say:

"Sugar, you've had enough of me. And I've had enough of you."

Then smile like you just broke up with a toxic ex — because you did.

Ms. Carla's Sidebar:

"Baby, sugar can't love you back. But your future self will."



Sweet Swap Recipes That'll Make You Forget Sugar Exists

Sweet Swap Recipes That'll Make You Forget Sugar Exists

Sis, your taste buds are not the enemy – they've just been lied to. These swaps will satisfy that sweet tooth without sending your blood sugar into Beyoncé backup dancer mode.

Frozen Grapes 'n Glow

Nature's candy. Freeze red or green grapes overnight.

Pop a few when cravings hit – sweet, juicy, and satisfying.

Ms. Carla Says: "Keep a stash in the freezer like they your ex's texts... out of sight, but there just in case."

Cinnamon Sweet Potatoes

Dice roasted sweet potatoes, dust with cinnamon, and a drizzle of coconut oil.

Tastes like dessert, fuels like breakfast.

Bonus: Add chopped pecans for crunch.

The Banana Split (Remixed)

Slice 1 banana lengthwise, top with almond butter, cacao nibs, and crushed walnuts.

Optional: Sprinkle hemp seeds and a tiny dash of sea salt for that grown woman glow-up.

Cocoa Comfort Mug

Warm unsweetened almond milk + 1 tbsp unsweetened cocoa + cinnamon + splash of vanilla.

Stir, sip, and exhale. No sugar, no drama – just vibes.

Ms. Carla Says: "You don't need Swiss Miss. You ARE the moment."

Berry Parfait Glow-Up

Layer coconut yogurt (no added sugar), strawberries, blueberries, and a handful of granola.

Sweetness that loves you back.

Pro Tip: Add chia seeds or flax for that fiber flex.

Sautéed Apples 'n Spice

Slice apples, sauté in coconut oil, dust with cinnamon and nutmeg.

It smells like cobbler, tastes like a warm hug.

Final Bite:

You don't have to give up sweetness. You just have to give up sugar's drama.

These swaps are your new sweet love affairs – no crash, no guilt, and glow included.

Ms. Carla's Sidebar:

"Sugar is optional. Pleasure is not. Feed your joy, not your habits."

Sweet Swap Recipes That'll Make You Forget Sugar Exists

Ms. Carla's Juicy Tip:

"Sugar who? When you keep a stash of these in your fridge, cravings don't stand a chance."



Your Sugar-Free Morning Makeover

Wake-Up Ritual

Before you even think about breakfast, drink a big glass of warm lemon water.

Why? It wakes up your digestion, hydrates you like a boss, and gets your skin glowing before the coffee even hits your lips.

Power Breakfast Plan

Pick one, keep it tight, keep it right:

1. Egg + Avocado Smash

2 boiled eggs

1/2 avocado mashed with lime juice & salt

Sprinkle of chili flakes

Keeps you full until lunch — no sugar crash, no drama.

2. Greek Yogurt Glow Bowl

Full-fat unsweetened Greek yogurt

A handful of berries

Sprinkle of chia seeds & cinnamon

Sweet enough to feel naughty, clean enough to feel smug.

3. The Green Goddess Smoothie

1 cup spinach

1/2 avocado

1/2 frozen banana

Almond milk

Dash of vanilla extract

Blend until smooth and feel your cells start praising you.

Your Sugar-Free Morning Makeover

🚫 Morning Sugar Traps to Avoid:

Flavored coffee creamers (they're basically melted candy bars)

Instant oatmeal packets (hello, dessert for breakfast)

Store-bought muffins (cake in disguise)

Ms. Carla's Morning Mantra:

"How you start your morning is how your cravings will treat you.


Feed your body like you love it."



The Ritual

This isn't just about "avoiding sugar." This is about building an altar to your future self — every snack, every sip, every choice is a love note to the woman you're becoming.

Before you leave the house, stand in front of the mirror, look yourself dead in the eye, and say:
"I am not at the mercy of my cravings. I'm the author of my body's story."

 The Essentials — Keep These on You Like Lip Gloss:

Protein Packets — Almond butter squeeze packs or small bags of roasted almonds. They hit different when that mid-afternoon hunger comes knocking.

Herbal Tea Bags — Hibiscus for your heart, peppermint for your belly, chamomile for your peace. Sip instead of snack.

Electrolyte Powder — Sugar-free blends keep your energy steady without that syrupy sports drink mess.

Dark Chocolate (80%+) — Because we are not joyless robots. One or two squares feels decadent without wrecking your plan.

Fruit on Purpose — An apple or berries, pre-washed and ready, so nature's sweetness doesn't play second to a vending machine.

 **Ms. Carla's Soul Tip:**

When you eat, pause. Smell your food, thank it, feel gratitude for the nourishment. Slowing down turns a snack into a spiritual practice.

 **Mantra for the Road:**

"I am prepared, I am powerful, and I will not negotiate my health in the name of convenience."

About Us-The Sweet Liberation Power Duo

Carla McGee, BSN, RN – A powerhouse nurse with over 26 years in Labor & Delivery, Carla has been the calm in the storm for thousands of mamas. She’s not just a nurse; she’s a coach, a truth-teller, and a fierce advocate for wellness in every form. Carla has walked the walk – overcoming health challenges, life storms, and sugar cravings that could bring down a linebacker. Her mission? To guide you into your sweet liberation with a blend of professional know-how, soulful wisdom, and just the right amount of sass. When Carla says, “You got this,” she means it – and she’s got the credentials to back it up.



Dr. Egypt McMurray – Educator, wellness strategist, and co-creator of this liberation movement, Dr. Egypt brings evidence-based insight and a holistic lens to every page of this book. Known for blending science with soul, Dr. Egypt takes the complex and makes it captivating, ensuring your journey isn’t just effective – it’s unforgettable. With a doctorate in health education and years of guiding people through lifestyle transformations, Dr. Egypt is the perfect co-pilot for this sugar-free adventure.

About Us-The Sweet Liberation Power Duo

Together, we are your Sweet Liberation Team, armed with medical expertise, cultural wisdom, and a no-nonsense approach to breaking free from sugar's grip. This isn't just about changing your plate... it's about reclaiming your life.

We believe in you. We believe in liberation. And we believe that once you taste this freedom, you'll never go back.