



The 7-Day Sugar Reset: Your Longevity Jumpstart

A Healthality Guide to Sugar Detox

Most people fail at "quitting sugar" because they try to rely on willpower alone. In the 2026 biohacking landscape, we use **physiology** instead. This 7-day protocol is designed to stabilize your glucose levels and crush cravings by resetting your taste receptors and hormone signaling.

The Ground Rules

- **Zero Liquid Sugar:** No soda, sweetened lattes, or "healthy" fruit juices.
- **The 5g Rule:** Check labels. If a serving has more than 5g of *added* sugar, put it back.
- **Front-Load Protein:** Aim for 30–40g of protein at breakfast to blunt hunger hormones (ghrelin) for the rest of the day.

Your 7-Day Roadmap

Day	Focus	Action Step
1-2	The Clean Sweep	Remove all hidden sugars from your pantry (dressings, sauces, yogurts).
3-4	The Peak Craving Phase	This is when your brain misses the dopamine. Use Metabolic Supplements like Magnesium or Chromium to help.
5	The Taste Reset	Notice how a simple apple or handful of berries now tastes intensely sweet. Your palate is recalibrating.
6	The "Glucose Sink"	Perform a heavy Resistance Training session to deplete glycogen stores.
7	The Bio-Feedback Check	Review your CGM Data . Note the stability in your energy levels and focus.

Pro-Tips for Success

- **Hydrate with Electrolytes:** Sugar withdrawal often mimics dehydration. Use a high-quality electrolyte mix (sugar-free) to stay sharp.
- **The 10-Minute Walk:** If you feel a craving hit after a meal, go for a 10-minute walk. This helps your muscles clear glucose without a massive insulin spike.



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- **Salt is Your Friend:** Often, when we crave sugar, our body is actually asking for minerals. A pinch of sea salt on your tongue can sometimes kill a craving instantly.

The Longevity Win: By the end of this week, you aren't just "off sugar"—you've lowered your systemic inflammation and shifted your body back toward [Metabolic Flexibility](#).

This guide is for educational purposes only and does not constitute medical advice. Consult with a healthcare professional before starting any new supplement or exercise regimen.

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