

WELLNESS GUIDE

Natural Sugar Control Protocol

Avocado Recipe Edition

Educational · Natural · Wellness

Start Here

Read carefully before you begin

✓ **Educational Purpose**

This material was created to guide you in a simple, practical, and educational way.

✓ **Natural Approach**

Here you will find natural suggestions, wellness habits, and a simple recipe to support a more balanced daily routine.

✓ **Before You Start**

Every body is unique. People with diabetes, pre-diabetes, on medication, pregnant women, the elderly, or those with chronic conditions should consult a doctor or nutritionist before making dietary changes.

✓ **Your Well-being Is a Priority**

Take care of yourself with good information, make conscious choices, and live with more ease.

Disclaimer

Read with attention

✓ **Material Purpose**

This e-book is strictly for educational and informational purposes. It does not replace professional diagnosis, treatment, or advice.

✓ **Individual Results**

Results may vary from person to person, depending on individual factors such as age, health history, genetics, and lifestyle habits.

✓ **Professional Guidance**

People with diabetes, pre-diabetes, on medication, pregnant women, or those with chronic conditions must consult a doctor or nutritionist before making any dietary changes.

✓ **Self-Care & Responsibility**

By using this material, you agree that you are solely responsible for your choices and the use of the information contained herein.

◆ **Support Guide**

This guide is a support for your wellness journey. Your most valuable asset is your health!

Before Starting

A guide to make the best use of this manual

✓ **Mindful Routine**

This guide was created to help you develop a more conscious routine with natural suggestions, simple habits, and general wellness guidelines.

✓ **Educational Character**

The information presented here is educational and does not replace individual assessment by a healthcare professional.

✓ **Individual Assessment**

Since every person has different needs, anyone with diabetes, pre-diabetes, on medication, pregnant women, the elderly, or those with specific health conditions should consult a doctor or nutritionist first.

✓ **Responsible Practice**

Use this material with balance, attention to your body, and responsibility.

Simple Step-by-Step

Small daily choices can create a more balanced routine

- 1. Separate the ingredients:** Before starting, organize everything: avocado, limes, red onion, turmeric powder, and water.
- 2. Prepare with attention:** Follow the indicated preparation method, respecting the quantities and avoiding unnecessary substitutions.
- 3. Consume at the chosen time:** Choose a fixed time to maintain consistency and make it easier to build the habit.
- 4. Observe daily signs:** Throughout the days, pay attention to your hunger, disposition, energy, well-being, and sugar cravings.

■ Duration of Use

Do this for 14 consecutive days. You may repeat the cycle after a 2-day break.

The Natural Recipe

A simple combination to support a more balanced dietary routine

This recipe was designed to be practical, natural, and easy to include in your daily life. Follow the guidelines carefully and use this material mindfully.

Ingredients

- 1/2 ripe avocado
- Juice of 3 limes
- 1/2 small red onion
- 1 tsp turmeric powder
- 200 ml sugar-free water

■ Important

Do not add sugar. Do not increase quantities on your own. People with dietary restrictions should seek professional guidance.

Main Items

Learn about the items used in the protocol recipe

Avocado — Creamy and nutritious base ingredient, rich in healthy fats and fiber.

Lime — Brings a citrusy flavor and helps make the preparation lighter and more refreshing.

Red Onion — Natural ingredient with a distinct flavor, used in small quantities in the blend.

Turmeric — Has an intense color and characteristic taste. Use only the indicated amount.

Sugar-Free Water — Helps give texture to the recipe and facilitates preparation in the blender.

■ Attention

Do not substitute, increase, or reduce quantities without professional guidance, especially if you have health conditions.

Preparation Mode

Prepare the recipe with calm and attention

Separate all ingredients and use clean utensils. Follow each step without altering the quantities.

1. Separate the ingredients: Have ready 1/2 ripe avocado, juice of 3 limes, 1/2 small red onion, turmeric powder, and 200 ml of sugar-free water.

2. Place in the blender: Add all ingredients, starting with the liquids to make blending easier.

3. Blend until homogeneous: Blend for a few seconds until it forms a creamy and uniform mixture.

4. Adjust the texture: If necessary, add a little more water to make it lighter — without adding sugar.

5. Consume as directed: After preparation, consume per the guide's directions. Avoid storing for too long.

♦ Important Tip

Do not add sugar, honey, or sweeteners. The goal is to keep the recipe simple and natural.

How to Consume

Use with balance, attention, and awareness

To create a more organized routine, follow the guidelines below and respect your body's limits.

✓ Quantity

Consume 1 portion per day, following the recipe indicated in this guide.

✓ Time

Choose a fixed time. Many people prefer consuming it in the morning or before their main meal.

✓ Duration

Use for 14 consecutive days, then take a 2-day break before repeating the cycle.

✓ Attention

Do not use this guide to replace medical treatment, prescribed medications, main meals, or professional nutritional advice.

◆ Guidance

In case of any doubt or discomfort, consult a doctor or nutritionist before continuing.

Important Rules

Use this guide with balance, consistency, and awareness

Before starting or repeating the cycle, read these guidelines carefully.

- Avoid adding sugar, honey, or sweeteners to the recipe.
- Maintain the quantities suggested in the guide.
- Prepare the recipe according to the step-by-step instructions.
- Choose a fixed time to support consistency.
- Use for 14 consecutive days; take a 2-day break before repeating.
- Observe your routine, disposition, and well-being throughout the days.
- Try to maintain a balanced diet during the period.
- Follow this material with attention, balance, and awareness.

◆ Remember

Small choices made consistently can help you build a more balanced and conscious routine.