HOME

# This Is How She Looks Now: 70-Year-Old Woman Who Went Sugar-Free 28 Years ago

By bestfolkmedicine · 09/02/2019 · 2 min read



*If you have ever thought about adopting a sugar-free diet, this story will definitely be a huge inspiration and motivation for you. According to Carolyn Hartz, living without sugar is nothing new because she gave it all up 30 years ago after years of sugar "addiction".*

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*Today, at the age of 70, she has the body that women half her age can only dream of. And, she believes that it is all because of her decision to put an end to sugar consumption. Continue reading the article to*

*learn more about this amazing life story...*

**Carolyn Hartz's Sugar-Free Story**

According to Hartz, she has been living without sugar for 28 years. At first, it was a difficult situation because she ate a lot of sweets and refined sugar. But, she was persistent and kept her health and body in optimal shape ever since. In order to be able to live without refined sugar, she gets protein with every meal, particularly with breakfast because she believes that this stops her cravings.

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But, she does not encourage food and drink deprivation- she advises that what matters is to be careful about the size of the portions you consume. As the metabolism declines with age, she asserts that it is important to take the control in our hands and make healthier choices and work harder for our health.

For her, it is crucial to be more aware about the foods we eat and the amounts. Mindfulness in eating, according to her, is a major decisive factor. As a replacement for sugar, she uses a sweetener known as Xylitol. This is an all-natural sugar substitute which is naturally found in some veggies and berries.

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Carolyn is also a founder of her own sweetener company. Besides getting rid of refined sugar and controlling her portions, she also points out the importance of sleep for our wellness. She tries to get at least eight hours of sleep per night and she claims that she has done this for most of her life. For her, sleep gives the opportunity to our body to heal and rejuvenate.

Carolyn lives in Australia and emphasizes the importance of wearing sunscreen on a daily basis, especially under makeup. She never sunbathes too. She is perfectly aware of the negative effects of excessive sun exposure. A reminder of these effects is a surgery she had at the age of 30 due to a nose cancer.

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What does she advise people who are in their 20s and 30s? She emphasizes to feel happy for everyone and never worry about age. Make sure you can see the glass as half full, not half empty. And, remember, the day is partially sunny, not partially cloudy!

Check out her stunning looks on the photos below:















Sources:

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