



GRIFF NEILSON

YOUR HOLISTIC LIFESTYLE HACKER

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IS SUGAR ADDICTION SECRETLY DESTROYING THE HEALTH, THE GRADES AND THE HAPPINESS OF YOUR STUDENT BODY?

The **Monitoring the Future** Report sponsored by The National Institute on Drug Abuse has clearly shown that drug and alcohol abuse affect millions of college aged students and thus affects the revenue of universities and colleges across the globe. But what about sugar addiction? According to the *Circulation Journal* 184,000 deaths are attributed to sugary drinks worldwide. Sugar addiction in students has also been linked to the following maladies:

- ADHD/ADD (affects study and concentration) • Adrenal Fatigue (lowered energy and motivation) • Disrupted sleeping patterns • Depression/anxiety
- Increased impulsivity • Obesity • Self-Esteem/Self Image Deterioration
- Poor decision making • Burnout

Griff Neilson, your Holistic Lifestyle Hacker is a leading Sugar Addiction Expert who has taken his message to over 15 large and small corporations, including Fortune 500 Companies. During his dynamic 18-year career in health and wellness, he has helped transform the lives and health of well over 1,000 clients. The underlying motivation throughout his long career is both his passion and dedication to help America's future leaders stay healthy and productive. As a Holistic Life Coach, nutrition expert, and former sugar addict, Griff both brings a unique perspective to his audience and provides them with the tools to liberate themselves from the chains of sugar addiction. To learn more about Griff Neilson, please visit www.griffneilson.com

LEADERSHIP DAY, STUDENT ORIENTATION, WELLNESS, SEMINARS, ASSEMBLIES, WORKSHOPS, TRAINING COURSES

- **Losing Your Sugared Soul:** 5 Crucial Steps in Defeating Sugar Addiction
- **The Sugar/Hormone College Connection:** Getting a Little "Sugar" Drives Your Hormones Wild!
- **The Sugar Happy College Lifestyle:** Healthy lifestyle replacements for better study boosters, better grades, better communication
- **Sex, Drugs, and Dieting:** The Seductive Sex-Appeal of Cultural Dieting & How It Is Destroying Your Health
- **The Sugar Freedom Lifestyle Revolution Course:** (9-week sugar addiction cessation course)



FOR SEMINARS, KEYNOTES & CONFERENCES, CONTACT GRIFF NEILSON AT:
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