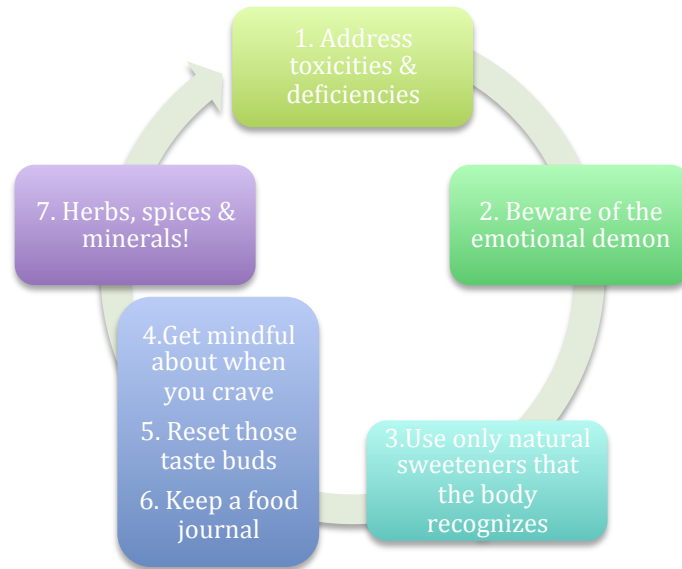


Kiss your Sugar Cravings Goodbye in 7 steps!

"Sugar, you're not the boss of me. Signed, the healthy, mindful body."



1. Address toxicities and deficiencies- Sugar is a drug and should be treated like one. Sometimes we crave sugar because of a physical condition, i.e. insulin resistance, vitamin/mineral deficiencies, yeast overgrowth, etc, and they're usually addressed with a help of a health professional. If deficiency is an issue, **whole food concentrates** are a huge bonus, for they drown the cells with nutrition and can help fulfill them naturally. **Probiotics** are also a great addition since they replenish good bacteria in the gut. I talk about **gut health** a lot since that seems to be where the "fire starts".

2. Beware of the emotional demon- This is probably the most important step. I do an exercise with my clients that I call "The why factor". It consists of writing down on a piece of paper or journal all of the emotions and desires that are felt when a craving occurs, along with a hunger scale 1-10. 1 being, "I'm starving and my blood sugar is so low that I'm shaking and 10 being, "I have to unbutton my pants I'm so stuffed." This helps us understand the reasons we gravitate towards certain foods. Why am I eating? How truly hungry am I? What is this food giving me that I can't get on my own?

3. Use only natural sweeteners that the body recognizes- Remember it's the dose that makes the poison. No one is saying you have to eliminate everything sweet in your life. Using small amounts of natural sweeteners like raw honey, molasses, date sugar, or sugar replacements like stevia may help keep cravings at bay.

This **smoothie** made with only natural sweeteners is a lifesaver every time I do my **cleanse**, (about 2-3 times a year). Because I'm striking sugar for either 10 or 21 days, it makes it so much easier!

4. Get mindful about when you crave- It's true that the body craves balance. The "yin/yang" sensation of a chocolate chip cookie is what makes it one of the most popular treats around. The combination of sweet and salt is totally, well...addictive. So test out your dinner. If you're craving sugar immediately after eating, it could be that your dinner is too salty. If you find this is the case, try having something like a sweet vegetable, i.e., beets, sweet potato, or other root veg and see if it makes a difference.

5. Re-sensitize those taste buds- Given the age of processed foods and convenient snack items, our taste buds no longer recognize the taste of real food. We're used to a ton of salt, fake fats, and a whole lot of refined sugars (you know... the kind that innocuously blend into that store-bought cookie so that it tastes just right? They say it takes about 3 weeks for your taste buds to start fresh.

6. Keep a food journal- This makes steps 1-5 as easy as pie. Record all thoughts and sensations that are happening, and not just what the food was. I'm much more interested in how you felt when you ate the ice cream than how many calories it had.

7. Use Herbs, spices & minerals!

Cinnamon- My first response after learning about cinnamon was...Does Big red gum count?...How about a ticktack? Now that I understand the concept of real food, herbs and spices and how they serve as nature's prescriptions, it makes sense. Cinnamon is a great blood sugar stabilizer and I have all of my clients who are insulin resistant or diabetic use cinnamon on everything they can.

Herbs like Gymnema (nick-named "the sugar destroyer") This herb kicks sugar cravings in the butt. Read a bit more about **Gymnema** and why it's such a rock star. If you have any questions about this or any of my whole food/herb concentrates, **[contact me here](#)** to hear about all of my favorite natural prescriptions.

Magnesium (for chocolate cravings especially) Mineral deficiencies can certainly cause cravings. Many have found success supplementing with 400-500 mg of magnesium in addition to their healthy diet.



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