

# CONQUER YOUR SUGAR ADDICTION!

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## 12 STEPS FOR HANDLING YOUR SUGAR CRAVINGS

### **Reduce or eliminate caffeine**

The ups and downs of caffeine include dehydration and blood sugar swings, and may cause sugar cravings to become more frequent.

### **Eat good fats (like nuts, seeds, avocado and coconut oil)**

Good fats will help to modulate cravings and stabilize blood sugar.

### **Eliminate fat-free or low-fat packaged snack-foods**

These foods contain high quantities of sugar to compensate for lack of flavor and fat, which will send you on the roller-coaster ride of sugar highs and lows.

### **Crowd out the bad stuff!**

Quitting sugar cold turkey is not a good idea. Go slow and take it one day at a time. Use the resources in this session – sweet vegetables, natural sweeteners and naturally sweet foods – to feed your sweet tooth.

### **Separate your emotions from food**

Start to pay attention to our culture's obsession with sugar as a reward and as holiday treats. Find other options.

### **Drink water**

Sometimes sweet cravings are a sign of dehydration. Before you go for the sugar, have a glass of water and wait a few minutes to see what happens. Caution: soft drinks are now America's number one source of added sugar.

### **Use gentle sweets**

Avoid chemicalized, artificial sweeteners and foods with added sugar. Use gentle sweeteners like maple syrup, brown rice syrup, dried fruit, stevia and coconut sugar.

### **Inspect food labels**

Look at the ingredients on each package you buy and pay attention to where sugar is sneaking in – what kinds of sugar are on the label – and start to find healthier options.

### **Get physically active**

Start with simple activities like walking or yoga. Start with 10 minutes a day and gradually increase. Being active helps balance blood sugar levels, boosts energy, and reduces tension which will eliminate the need to self-medicate with sugar!

### **Get more sleep, rest and relaxation**

Simple carbohydrates, such as sugar, are the most readily usable forms of energy for an exhausted body and mind. If you are in a chronic state of stress and/or sleep deprivation, your body will crave the quickest form of energy there is: sugar.

### **Experiment with spices**

Coriander, cinnamon, nutmeg, cloves and cardamom will naturally sweeten your foods and reduce cravings.

### **Ask for help and support**

You do not have to take this journey alone. There are health practitioners and tons of online resources for helping you kick your sugar habits!

### **Slow down and find sweetness in non-food ways!**

Every craving is not a signal that your body biologically requires sugar. Cravings often have a psychological component. By identifying the psychological causes of food cravings and substituting lifestyle and relationship adjustments accordingly, you can begin to find balance and take charge of your health. When life becomes sweet enough itself, no additives are needed!

## **FIND YOUR NATURAL SWEETNESS!**

It makes sense that we have the desire to eat sweet foods. Almost all humans have some degree of a sweet preference. In fact, we are actually born with an automatic positive response to anything sweet. That's because we have more sweet taste buds in our mouth than any of the others. So don't deprive yourself! Just make sure you are consuming the right kinds of sweets foods and you'll be good to go!

### **All Natural Sugar Fixes:**

Make a fruit sorbet with your favorite frozen fruit - berries, peaches etc.

Frozen berries and cherries are great snacks

Dates stuffed with almond butter or other nut butter

Roasted root vegetables with coconut oil and cinnamon. Think sweet potatoes, squashes and carrots.

Organic dark chocolate chips or carob chips

Fruit salad sprinkled with ground flax seed, chia seeds or shredded coconut

Apple or pear slices with almond butter or another nut butter

Coconut butter on anything! Divine!

Dried fruits and nuts or homemade granola with your choice of ingredients

Celery with peanut butter and raisins

Goji berries and coconut flakes in coconut milk yogurt - add raw honey

Sweet herbal teas with coconut milk and your favorite natural sweetener

Fresh or dried figs stuffed with coconut butter or some other nut butter

Important: Cinnamon is very powerful for regulating blood sugar – put it on everything you can!

## **STEP-BY-STEP “SUGAR-BUSTING” PLAN**

### **1. Understand How to Balance Blood-Sugar**

Always make an effort to include in each meal and snack:

- High quality Protein
- Complex Carbohydrates
- Good sources of Fat
- Fiber – aim for a total of 35 grams a day

### **2. Pay attention to how you feel before & after you eat**

- Start your day with a whole foods breakfast that will fuel you through the morning
- Pay attention to mid-morning and mid-afternoon slumps and what foods may have caused them

### **3. Start to remove all instances of processed sugar from your diet**

Consider choosing from the healthier alternatives provided by Mother Nature. Remind yourself that processed sugar is incredibly harmful to your body and you.

### **4. If you are having cravings, follow these steps immediately:**

- Drink a big glass of lemon water. Or flavor it with raspberries, blueberries or strawberries.
- Do the rubber band trick – put a rubber band on your wrist. When cravings come up for sugar or anything else, just snap the rubber band to interrupt your thought process. The sharp sting is usually highly effective at distracting attention away from cravings!
- Eat a spoonful of coconut butter. My favorite brand is Artisana. Heaven!
- Take Glutamine, an amino acid. 500-1000mg - empty the capsule on your tongue

### **5. Deconstruct your cravings.**

Use the handout provided to start understanding the root causes of your cravings. There are physical and emotional cravings and being able to differentiate between them is very important to your long-term health.

### **6. Be gentle and forgiving of yourself**

Don't beat yourself up if you have a slice of pizza or a piece of cake. In the grand scheme of things it's nothing to sweat about. Just keep coming back to your vision for your best health.