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5 Powerful Ways to stop Sugar cravings and LOSE WEIGHT for Good!

Sugar cravings are a sign from your body, and they are communicating an important message, that something is not balanced within your body. The following report outlines the 5 most effective ways you can begin to address sugar cravings and eliminate them for good.

Sugar cravings are part of a vicious cycle usually resulting from :

- Consuming refined sugar, processed carbohydrates and all food that isn't in it's natural state
- Hormonal imbalances particularly insulin and serotonin (due to monthly cycle, sleep issues)
- Sleep deprivation, or insomnia
- Adrenal fatigue and malfunction due to overwork or too much stress
- Obesity due to overeating processed nutrient dead food

Cravings are not evil. Start looking at them as your body's way of communicating a very important message to you. We crave sugar mostly because we are not receiving a certain nutrient or nutrients in our diet, we are consuming too much of something else, or our sleep cycles are imbalanced. Cravings are the way the body nudges us to address these causes.

How do you know if you have a SUGAR ADDICTION?

- Inability to go more than 24 hours without eating sugar, sweets or junk food
- Sugar and white flour products make more than half your daily calorie intake
- Feel tired after overeating
- More prone to yeast infections
- You eat cakes, pastries, candy, chocolate even when you are not hungry, after big meals
- Feeling either very hyper or extremely fatigued after eating just a small amount of sugar
- Irritability brought on by having either too much sugar or not enough (signifies insulin imbalance)
- Spending over 15% of your grocery bill on sweets, and sugary products
- Hard time losing weight or progressively gaining weight
- Unable to focus mentally, and easily distracted from the task at hand

Diet is the primary factor you need to address. What we eat or don't eat can truly impact every facet of our wellbeing. The standard north american diet or SAD, is full of processed junk foods, alcohol, artificial chemicals and huge amounts of REFINED WHITE SUGAR in the form of glucose, or corn syrup. Simply cutting down on these alone will significantly reduce sugar cravings.

In my personal health and wellness practice I discovered the 5 most powerful ways to eliminate sugar cravings. Here they are:

1) Cut Caffeine out!

Caffeine can wreck havoc on all your bodily processes including your insulin levels. After a mere 5 minutes of ingesting your morning cup of java, your nervous system is already triggered and begins to pump out adrenalin. Adrenalin or your “fight or flight” response hormone, is the way your body handles a perceived danger or threat. Some people are so sensitive to this reaction that they experience the following:

- **heart palpitations**
- **sleeplessness leading to chronic insomnia**
- **jittery, nervous feelings**
- **panic and anxiety attacks**
- **shaking, tremors**
- **inability to relax, sit still, need to fidget**
- **higher resting heart rate**

So when you continually drink coffee you keep pushing the adrenals to pump out more adrenalin and cortisol, which causes first a great elevation and then an eventual depletion in these two hormones. Eventually when the caffeine high wears off, you crash and feel more tired than before.

As clearly stated in “Caffeine Blues”, “Caffeine also stimulates the production of norepinephrine, another stress hormone that acts directly on the brain and nervous system. Epinephrine and norepinephrine are responsible for increased heart rate, increased [blood pressure](#), and that "emergency" feeling. In fact, the emergency is quite real. Caffeine can trigger a classic fight-or-flight stress reaction.” -Caffeine Blues, Stephen Cherniske MS

This is where the sugar cravings come in. Now you feel so tired and you may mistakenly believe you are hungry and need sugar. Sugar is the brain's primary source of fuel. Therefore, when you feel tired and exhausted the body's reaction is to fix this problem. Sugar however will only make matters worse as it too contributes to adrenal stress and fatigue. Sugar also increases insulin levels, affecting the health of your pancreas and liver. You may run into what is called a hypoglycemic states, where following a sugar high there comes a steep crash

and low blood sugar level. And now you feel weak, shaky, mentally foggy or confused and crave more sugar!

It seems like a catch 22 doesn't it? So the one thing that you can do is cut out all caffeinated products like coffee, black tea, cheap chocolate bars, soda drinks, all energy drinks and fat burner pills. These all contain not only caffeine but other artificial chemicals, additives, and are completely unnatural to your body's ability to metabolize and assimilate them.

Adrenal fatigue is one of the greatest health conditions affecting us today. It can lead to adrenal exhaustion and burn out which may lead to chronic fatigue, chronic pain and systemic inflammation. Cutting out caffeine will allow your adrenals to restore themselves, giving you the ability to regain vitality and better energy levels.

2) Sleep!

How many times have we heard that we need to get “enough” sleep. Well its not only the number of hours you sleep, but more importantly the quality of your sleep that determines how you feel each day. Hormones are huge messengers in our bodies and are greatly affected by the quality and quantity of sleep we get each night. Not getting enough quality sleep signals “stress” to body. The body then reacts by sending out cravings for food, and in particular SUGAR.

Sleep deprivation has been found to cause a number of health risks:

- **Pre diabetes**
- **Impaired intellectual and mental function**
- **Fatigue, chronic states of lethargy and low energy levels**
- **Depression**
- **Elevated blood pressure**
- **Adrenal fatigue or exhaustion**
- **Thyroid imbalance**
- **Hormonal imbalances, particularly serotonin and melatonin**

According to a study conducted and published in Annals of Internal Medicine, "Many people today are overweight or obese, and diet-induced weight loss is a widely used strategy to reduce the health risks associated with excess adiposity," says Arlet V. Nedeltcheva, MD, from the University of Chicago, Illinois, and colleagues. "The neuroendocrine changes associated with sleep curtailment in the presence of caloric restriction, however, suggest that lack of sufficient sleep may compromise the efficacy of commonly used dietary interventions in such persons."

The study was performed on 10 overweight, nonsmoking adults (3 women, 7 men) whose mean age was 41 years and whose body mass index ranged from 25 to 32 kg to 14 days of dieting and 8.5 hours of nighttime sleep and then to a similar period of dieting and 5.5 hours of nighttime sleep.

These were the results:

- The study found that reduced sleep decreased the proportion of weight lost as fat by 55%
- Subjects who slept 8.5 hours per night lost a mean of 1.4 kg, and those who slept 5.5 hours per night lost a mean of 0.6 kg
- Increased hunger rates, decreased resting metabolic rate, and higher loss of lean muscle tissue in those that had less sleep.

Senior study author Plamen Penev, MD, PhD, of the University of Chicago concluded "These results highlight the importance of adequate sleep for maintenance of fat-free body mass when dieting to lose weight,".

Not sleeping enough quality hours ultimately causes you to feel tired and weak. Sugar cravings are a result because your body and your brain want a pick me up. Your body feels good when its energized and will always look for the easiest way to get that energy kick. Often times what appears to be a craving for sugar is really a misdemeanour. That sugar craving isn't really because your body needs extra calories or fuel. ***It needs good sleep instead.*** For most people it becomes difficult to understand the body's signals when we feel so tired and exhausted. We can't think clearly when our neurotransmitters are all out of sorts. So the easy thing is to grasp out for the quickest thing that appears most inviting- SUGAR!

Here are some ways to improve your sleep:

- NO TV or computer work 1 hour before bed. It has been proven that light from screens such as these, disrupt our sleep hormones. Also nothing in your bedroom should be work related. You may connect the stress of deadlines or work matters to the bedroom which should only be a place of rest, tranquility and sleep.
- Keep your bedroom cooler than room temperature. A cooler room triggers sleep hormones and ensures a deeper quality of sleep.
- Keep the room dark. Darkness helps to trigger Melatonin, your natural sleep hormone
- Get to bed earlier, no later than 11. Sleeping past this time, will interfere with your natural circadian rhythm, or sleep cycle. We really are made to fall asleep as the sun goes down and rise as the sun does. However realistically, getting to bed no later 11 will encourage the production of healthy melatonin levels.
- Meditate before bed. Or choose any form of relaxation technique you can do for 10 minutes such as prayer or deep breathing before bed. Meditation is proven to induce the relaxation response, calm the mind and restore the adrenals. Meditation also helps us to let go of thoughts, events of the day, and emotional issues that may be interfering with our sleep.

3) Eat the right amount of Protein and Fat!

Food cravings of any sort may signal nutritional deficiencies. When our diets are not balanced, when we embark on calorie restricted diets or fad diets our bodies will encounter deficiencies. Prolonged dieting of this sort really affects the feel good hormones in our body, primarily serotonin. When serotonin is disrupted, you begin to feel depressed, sad and really low. So to compensate the body triggers a signal that something is needed to rectify the problem. This may result in sugar cravings!

Low fat diets can easily affect blood glucose levels enormously. We end up also feeling very hungry soon after a low fat meal. This is because fat takes longer to breakdown and digest. Fat allows us to feel fuller longer, and doesn't induce an

insulin response like carbs do. So having a good source of fat is essential at every meal. Eating good fats will not contribute to weight gain, as we may think. Fat becomes problematic when its the wrong source, too great a quantity and when it is consumed with excess carb calories overall. When we reduce any one of the macro nutrients ie Protein, carb or fat we are going to increase the others. This often means that when we cut fat out, we will need to get our calories from the other two nutrients. So our carb consumption rises and thus creates the perfect stage for insulin disruption to occur. The moment the body senses a restriction it will fight back in order to preserve your survival. This is simplified of course, but assuming you cut down your fat drastically the body will need to adjust and may compensate by triggering strong sugar cravings.

Here are the top healthy fat sources you should consume daily:

- Olive oil , a healthy monounsaturated fat that helps cholesterol levels and been proven to lower the risk of cardiovascular disease
- Nuts and seeds, great sources of brain friendly fat and also healthy protein
- Hemp seeds or oil
- Flax seeds or oil
- Coconut oil, coconut butter, and MCT oil (a concentrated form)
- Fatty fish which contains heart healthy omega fatty acids, and also have been proven to encourage cognitive brain function particularly improved memory
- Avocados

Fats to avoid:

The following are the so called “bad” fats. These fats are detrimental to your health, in particular your heart and liver. They can also contribute to higher toxicity levels which interfere with your immunity, energy and overall state of health.

- Hydrogenated oils, these may be in the form of shortening and margarine. With heavy legal regulations now making this type of fat illegal to be used

in restaurants and packaged foods, you still must be careful. Read all labels and specifically look at the list of ingredients.

- Hydrogenation creates trans fatty acids to be formed which poses great health dangers to your arteries and heart
- Saturated animal fat from commercially raised meat. If you are going to eat meat and animal products make them ORGANIC. Commercially raised meat is full of toxins and a lot more fat saturated fat overall.
- Processed junk foods, watch out for anything that comes in a box, carton or can. There may be added fats of all kinds that act as preservatives and flavour enhancers. Read ALL labels.

Incorporating daily 2 tablespoons of any of the above oils, or one ounce of nuts or seeds, or a quarter avocado, and 2 servings of fatty fish per week you will receive substantial amount of healthy fats in your diet.

Protein

Protein is essential for growth and development. It provides the body with energy, and is needed for the manufacture of hormones, antibodies, enzymes and tissues. It also helps regulate your sugar levels, and controls spikes in insulin. Protein is essential in your quest to not only combat sugar cravings but also helps you manage your weight.

When protein is consumed, the body breaks it down into amino acids, the building blocks of all proteins. Some of the amino acids are designated nonessential. This does not mean that they are unnecessary, but rather that they do not have to come from the diet because they can be synthesized by the body from other amino acids. Other amino acids are considered essential, meaning that the body cannot make them, and therefore must obtain them from the diet.

Just like fat, protein takes much longer to break down, and digest in the body. Thus this slows down digestion, and helps you feel fuller longer. Some great sources of protein are:

- Lean cuts of organic or small farm raised meat (commercial meat is toxic as it contains high amounts of synthetic hormones and antibiotics.)

- Fish, especially salmon, sole, flounder, whiting, cod, tilapia, and trout. Aim for organic as well, and avoid atlantic and farm raised salmon or trout.
- Beans or lentils with brown rice
- Hemp protein
- Pea protein
- Organic Eggs
- Organic, and natural source protein shake powders (there are an array of them on the market)

4) Eliminate ALL ARTIFICIAL Sweeteners and White sugar consumption:

It's time to get all the sugar and fake sugars out of your kitchen. The first 2 weeks of elimination may feel the hardest. The body is trying to adjust and you most likely will experience withdrawal symptoms. Cravings may even intensify because your brain and body will need some time to adapt to the changes. But you need to really hang in there and not consume any sugar or high sugar foods for this to work.

Such as:

- White sugar, watch for processed foods like cereals, cakes and pastries.
- Sodas, fruit juice, commercial fruit or coffee drinks, milk
- Fructose, glucose, or corn syrup
- Candy, white bread, white pasta, white anything more on that later
- Alcohol, especially the high sugar liqueurs

EVIL Artificial sweeteners!

These are little devils in disguise. They seem harmless, and have even been promoted by the weight loss industry for decades. But they are the some of the worst culprits out there to endanger your health and **INCREASE sugar cravings**.

Sweeteners such as Aspartame (NutraSweet, sweet and low, Twin), Sucrose (Splenda), and Saccharin (now legally prohibited in many parts of the world, including Canada) must be completely eliminated from your diet if you want to be rid of sugar cravings and lose weight.

A study as reported by the Globe and Mail was conducted by Purdue University researcher Susan Swithers, Ph.D, and concludes that saccharin does indeed lead to overeating calories, making it difficult to limit calories and take the weight off. Swithers said it is possible that artificial sweeteners confuse the body's natural attempt to keep track of calories based on the sweetness of the food being consumed.

“The Purdue researchers pointed to significant instances that highlight how artificial sweeteners may change the body's response to food and may distort the ability to control calorie consumption.

Rats that consumed food sweetened with saccharin ate more and didn't later compensate by cutting back on the amount they ate at other meals. Although all of the rats had similar weights at the start of the experiment, those that ate food containing the sugar substitute "gained significantly more weight" than those that didn't.” - Globe and Mail.

When you consume artificial sweeteners your body thinks its getting calories! The sweetness of the artificial sugar triggers the digestive system to initiate just as it would if it were a calorie dense food. You salivate, your digestive system gets primed by producing more stomach acid in the anticipation that food is coming and needing to be broken down in the digestive tract.

When it doesn't receive the calories it gets confused. Its wondering why do I sense sweetness and yet not receiving nutrients? Thus, the hunger signal still remains active and it will cause you to go for more food than you would normally would eat.

A word on Fructose...beware of the better *sounding* sugar!

Fructose or sugar that derives from fruit sources is just as bad if not worse than

regular white sugar. Fructose sounds like it would be better for us. You may be thinking well isn't fruit good for me? Yes fruit is not harmful if eaten in its whole state, and in balanced quantities. But when fructose is extracted from it, and in a very concentrated form, it has the same impact on your body as sugar does in regards to increasing appetite and cravings for more sugar.

According to Dr. Elizabeth Parks, associate professor of clinical nutrition and lead author of a study appearing in the July 2008 issue of the Journal of Nutrition, fructose is converted in the body rapidly into fat:

“Our study shows for the first time the surprising speed with which humans make body fat from fructose,” Dr. Parks said. Fructose, glucose and sucrose, which is a mixture of fructose and glucose, are all forms of sugar but are metabolized differently. "All three can be made into triglycerides, a form of body fat; however, once you start the process of fat synthesis from fructose, it's hard to slow it down," she said.

Our livers function much like a traffic cop, directing how sugar will be converted or stored. They decide if glucose will be stored as triglycerides or be burned by the body. However fructose seems to bypass this pathway and goes directly downstream to the metabolic pathway. **In other words, fructose gets very easily converted to body fat and very fast.**

Fructose is used by many manufacturers of processed packaged goods. **READ ALL LABELS.** If it includes the ingredients fructose, or high fructose corn syrup leave it on the shelf. The message here is not to eliminate fruit. Fruit is a whole food and thus provides an abundance of nutritional value. What we must do is cut down and even **ELIMINATE** processed, packaged, and artificial foods as much as possible. The body does not recognize these foods, and thus must then contend with an added burden of having to eliminate more toxicity created in the body. That leaves your body with less energy to perform bodily processes including burning calories and fat for energy.

5) Eliminate the WHITE STUFF:

White sugar is not the only culprit to blame, but also any other “white” processed food. Go into your cupboard right now and begin to investigate what white stuff is living there.

Throw out the following now:

- Cookies, this includes low, no fat, no sugar and low sugar crap too
- Crackers, even the whole wheat variety
- Muffins, cakes, pastries, even the low fat or no fat variety
- Sports bars, cereal bars, protein bars, so called “health bars” most of these contain additives, processed wheat, sugars, and artificial chemicals
- White rice, white rice flour, white rice anything
- White bread and even whole wheat varieties are too processed to be healthy
- Any label that has white flour, unbleached flour listed in the ingredients

The white stuff will chemically act just like pure white sugar in your body! Bread like sugar will induce an insulin response, and stress and deplete the adrenals. You may feel an elevation in your energy but this is short lived and you will eventually crash and feel so tired and crave even more carbohydrates. Again that vicious cycle is triggered and you are left at the mercy of its consequences. Get rid of all of it! After a few weeks you will feel great energy, and your cravings for sugar will cease. You will also gain clarity in your thought process and feel more emotional stability, as hormones come into balance.

Fibre

Fibre can be your best friend when trying to lose weight or maintain it. It is a bulking agent that helps us feel full and also helps keep our digestive system running smoothly. Fibre combines with water in the colon thereby making bowel movements easier and more regular.

Replace your “white stuff” with this stuff:

- Sprouted grain bread (ie sprouted buckwheat) can be found at most health food stores
- Whole spelt, kamut, amaranth, millet or quinoa grains

- Brown rice, wild rice, or red rice
- Whole oat groats or old fashion Irish oatmeal

These carbohydrates are unprocessed and good sources of colon loving fiber. They won't spike sugar levels either. They are also less likely to cause food allergies or intolerances and they provide rich sources of nutrients like Vitamin B, selenium, vitamin E, and many trace minerals.

BONUS: A Sugar Elimination Grocery List

I've created and included a grocery list of all the foods you can stock up on and start your sugar elimination plan. You need to get rid of the sugar in your cupboards first! Then take this list and make your way to grocery and begin a new chapter in your life. One free of cravings, fatigue and weight gain. Wishing you all the very best!

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Whole Grains staples:

Whole spelt flakes
 Steel cut Oats
 Whole sprouted breads or crackers
 Sprouted Kamut
 Sprouted Spelt
 Brown, wild or red rice
 Organic lean chicken
 Organic Lean Beef
 Organic Pacific Salmon
 Organic white fish : sole, tilapia, whiting and Cod
 Organic free range eggs
 Beans: navy, pinto, black eyed peas, butter beans, fava, kidney, black, chickpeas
 Lentils
 Yellow and green pea, also come in protein powder formulations

Dairy:

Only if you have been tested for intolerance, and if you can digest them choose:
 Raw organic milk
 Raw organic cheese
 Raw organic yogurt and keifer

Nuts and seeds:

Almonds
Walnuts
Cashews
Sunflower seeds
pumpkin seeds

Fats:

Virgin Olive oil
Coconut oil
Flax seed oil
Hemp seed oil
Hemp seeds
Avocados

Fruits:

These have the lowest amount of natural sugar:

Raspberries
Strawberries
Blackberries
Cranberries

Vegetables:

All green vegetables including:

Kale
Swiss Chard
Lettuce
Celery
Zucchini
Onions
Peppers
Mushrooms
Leeks
Asparagus
Broccoli, cauliflower, Brussels sprouts, cabbage
Garlic, ginger

NO white potatoes

Condiments:

Organic mustard
Apple cider vinegar
Celtic sea salt
Thyme, rosemary, basil, sage, dill, oregano, turmeric, curry spices
Organic Hummus

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