

## 10 TIPS FOR DEALING WITH SUGAR ADDICTION



Reduce or eliminate caffeine. The ups and downs of caffeine include dehydration and blood sugar swings, and may cause sugar cravings.



Drink plenty of water. Sweet cravings can be a sign of dehydration. Before you go for the sugar, have a glass of water and wait a few minutes. Try adding natural flavors to your water to keep you interested in drinking. Grapefruit essential oil is known for helping curb sugar cravings and taste great added to water.



Eat naturally-sweet vegetables such as sweet potatoes, winter squash and beets to crowd out your sugar cravings. Include fruits in your diet in smaller quantities, especially those with higher glycemic value such as bananas, watermelon and carrots.



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



Be active. Start with simple activities like walking and yoga 10 minutes a day and gradually increase. Being active helps balance blood sugar levels, boost energy, reduce tension and boost your mood, making it less likely that you will self medicate with sugary snacks.



Get more sleep, rest, and relaxation. Simple carbohydrates, such as sugar, are the most readily-available source of energy for an exhausted body and mind. If you're in a state of chronic stress and/or sleep deprivation, your body will crave the quickest form of energy available – sugar.



Evaluate the amount of animal products you consume. According to yin-yang principles of eating, eating too much animal food (yang) can lead to cravings for sweets (yin). Imbalances can also occur when you eat too little animal protein. Try to find which foods create balance for you as an individual.



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 a roller coaster ride of sugar highs and lows.



Experiment with spices. Coriander, cinnamon, nutmeg, cloves, and cardamom will naturally sweeten your food and reduce cravings.



Slow down and find sweetness in non-food ways! Cravings almost always have a psychological component. By identifying the underlying causes of food cravings and making lifestyle adjustments accordingly, you can find balance and take charge of your health. When life itself becomes sweet, excess sugar isn't needed!