

SUGAR CRAVINGS

Your Guide to Freedom



Hi, I'm Lynne Wadsworth! I work with busy women who are tired of always craving sugars or carbs. I help them ditch the sugar, so they can finally lose weight, have sustainable REAL energy, a clear mind, a happy spirit and love the way they look and feel.

I started at a young age eating sweets and chocolates. It was always the best way to spend my "pocket money." Unfortunately this turned into a habit which eventually took hold of my life. My life revolved around my next "fix," and it became so bad that I would hide my chocolate and then go and hide in my bedroom to cover up the amount of chocolate I was eating. That not only led to weight gain, but eventually it contributed to worsening migraines, brain fog, lack of energy, and disease. I was miserable. I felt so out-of-control with my cravings, and I hadn't even linked all that sugar to my waning health. After graduating from the Institute for Integrative Nutrition, I was finally armed with the tools I needed to turn my life around. And that is just what I did. My life has now been transformed so that I can maintain my weight, have endless energy, and be focused and full of life. But best of all, it wasn't nearly as hard as I thought it would be. I have real-life solutions to the same issues you are facing.

Ready to make your health a priority?

Keep reading for some of my best tips and snack ideas!

Love,

Lynne

P.S. Have questions? Email me at: lwadsworth@verizon.net.

SUGAR CRAVINGS

Sugar is a toxin, which has been linked to obesity, insulin resistance, type 2 diabetes, high blood pressure, high cholesterol, liver disease, mood disorders and even cancer. Not so sweet, huh? Unfortunately, it's something that our body often craves for various reasons. My intention with this guide is to help you understand these cravings and to eliminate them for optimal health.

Why do you get cravings?

Dehydration

Lack of water can send the message that you are thirsty and on the verge of dehydration. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. Excess water can also cause cravings, so be sure that your water intake is well balanced.

Not Eating Balanced Meals

Are you eating too much of one thing? Not eating a proper balance of foods can cause cravings in order to maintain balance. For example, eating a diet too rich in sugar may cause a craving for something salty or savory. Eating too many raw foods may cause cravings for extremely cooked foods. Be sure to incorporate quality protein and healthy fats into your meals to satisfy your hunger. When you have a proper balance of foods, your cravings won't be so strong.

Using Food for Comfort

Often times, cravings come when we're stressed, sad, angry or even bored! When you're reaching for a bag of chips or find yourself drowning in a tub of ice cream, ask yourself these questions: *Am I really hungry? Is something upsetting me? Did someone hurt my feelings? Can I find another way to comfort myself?* Then, find something that doesn't involve food to comfort yourself. This can be a warm bath, snuggling with a pet, watching a funny movie, reading a good book or any activity you love.

Lack of Nutrients

If the body has inadequate nutrients, it will produce odd cravings. For example, inadequate mineral levels produce salt cravings, and overall inadequate nutrition produces cravings for non-nutritional forms of energy, like caffeine and you

guessed it—sugar! Eating plenty of whole foods and cutting back on processed and fast foods will help to boost your nutrient intake.

Hormonal Imbalance

When women experience menstruation, pregnancy, or menopause, fluctuating testosterone and estrogen levels may cause unique cravings. Ever notice how badly you want chocolate or chips during your time of month? If yes, don't be so hard on yourself and have healthier snack options on hand (see below for 20 snacks to satisfy your cravings!).

Not Eating Enough

Busy schedules and a stressful lifestyle often cause us to skip meals or not eat enough. This can result in low blood sugar, mood swings and low energy. We then reach for comfort foods or something quick like a bag of chips because we are starving! Aim to have three meals per day and snacks in between, if necessary.

How to beat those cravings!

Tip 1:

Eat naturally sweet fruits and vegetables, like berries, apples, apricots, sweet potatoes, onions, beets and carrots during your regular meals.

Tip 2:

Swap white sugar for natural sweeteners such as honey, maple syrup, coconut sugar or date sugar when baking and to add to your coffee or tea.

Tip 3:

Incorporate greens into your meals. Fiber in leafy greens keeps you full longer. You can add greens like spinach or kale to smoothies or just sauté them with some olive oil and sea salt for a yummy side dish.

Tip 4:

Increase healthy fats, such as olive oil, nuts, wild-caught salmon, avocados, grass-fed beef, and coconut oil to keep you satisfied and full for hours.

Tip 5:

Drink filtered water throughout the day. Many folks mistake dehydration for sugar

cravings. Add some fresh squeezed lemon juice or chia seeds for an added energy boost and to avoid the afternoon slump!

Tip 6:

Incorporate self-care. Many people reach for sugar when they're upset or stressed out. Treat yourself with non-food items and activities, such as a warm bath, self-massage with lavender oil, a walk in nature or watch a funny movie.

Tip 7:

Change your perception of stress. Not only can chronic stress cause high blood pressure, but it can also cause hormonal imbalances, sleep issues, weight gain and aggravate autoimmune diseases. But if you think differently about your "stressors" and implement stress-reducing activities like meditation and deep breathing, you'll feel more balanced.

Tip 8:

Sleep well. It improves your memory, immune system, cognitive skills, keeps your heart healthy, reduces stress and speeds up your metabolism. Aim for 7-9 hours per night and start by increasing 30 minutes each night, until you figure out what makes you feel your best.

Tip 9:

Stop dieting. When an item is "low-fat" or "fat-free", the fat is usually replaced with sugar or sodium to add flavor. This causes you to get accustomed to sweet foods, resulting in cravings. Don't be afraid of fat!

Tip 10:

Find healthy sweets! A piece of fruit is my go-to when I want something sweet. But there's nothing wrong with indulging now and then with some good quality dark chocolate, chia pudding, or even dairy-free ice cream.

20 snacks to satisfy your cravings!

It's a good idea to have healthy snacks available to help keep your blood sugar balanced. Keep them in your desk drawer, in your purse or in your car, so you're always prepared! Here are some ideas to get you started...

- Apples or bananas with nut butter
- Crunchy raw vegetables and hummus or guacamole
- Celery with almond butter
- DIY trail mix (raw nuts, seeds, unsweetened dried fruit)
- Rice cake with hummus and turkey
- Plain coconut or goat milk yogurt with berries or granola
- Mashed sweet potatoes (sprinkle with cinnamon and a drizzle of honey)
- Almond butter with 1 square of dark chocolate (70% or higher)
- Fresh berries with shredded coconut and walnuts
- Handful of olives
- Pickles and/or pickled vegetables
- Kale or seaweed chips
- Tortilla chips and salsa or guacamole
- Organic edamame with sea salt
- One hard-boiled egg sprinkled with sea salt
- Smoothies (add coconut milk for creaminess)
- Avocado with sea salt and red pepper flakes
- Chia seed pudding
- Frozen banana blended with cacao powder, nut butter and non-dairy milk
- Sprouted grain bread with nut butter and smashed berries

Did you like this guide?

If you need help implementing the tips and want delicious recipes and meal ideas to help you kick the sweet stuff for good, learn about my program, **Sugar SmackDown** or set up a complimentary 20-minute session with me here:

<https://calendly.com/lwadsworth>. We'll learn what getting healthy means to you and what your top goals are. We'll also get to know each other to see if we're a good fit!

Disclaimer

The author ("Author") is a certified holistic health coach who has been trained to specialize in health, wellness, and lifestyle coaching. She provides a non-medical, complimentary approach to the medical healthcare system.

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