



DIETITIAN CASSIE'S **10 Tips** to **BUST** your Sugar Cravings

Do you feel like sugar has a stronghold on your life? Does the vending machine shout your name? Does it frustrate you that your spouse can stop after "just one," but you can't? Would you call yourself a sugar addict? Being sugar sensitive is a reality for many people, and if you answered YES to any of these questions, you're not alone. Sugar cravings have nothing to do with a lack of willpower and everything to do with balancing your brain chemistry.

1. Snack between your meals.

This will ensure that you stay off the [blood sugar roller coaster](#). You know you've been for a ride when you're constantly fighting sugar cravings. Eat a combination of protein, fat and carbohydrates ([PFC!](#)) every few hours to keep your blood sugar levels stable so that you don't crash and crave more sugar.

2. Never eat a carb alone.

Fat and protein help slow the digestion of carbs in addition to sending our brain a hormonal message (cholecystikinin) telling you to stop eating. Healthy fats like butter, avocado, olives, nuts and seeds ward off cravings and keep you full. Quality protein like meat, fish and eggs support the production of brain chemicals, keeping cravings at bay.

3. Supplement with L-Glutamine.

Both as a preventative measure and when you have an existing sugar craving, you should supplement with this amino acid. [L-Glutamine](#) helps prevent cravings because it supports the production of neurotransmitters (brain chemicals) that determine whether or not you have sugar cravings. For those who experience frequent sugar cravings, we generally recommend 1000-1500mg of L-Glutamine 15 minutes before meals.

4. Take probiotics.

Probiotics support your gut, which is where your brain chemicals are made. The gut-brain connection is proven and essential for eliminating sugar cravings, so this step CANNOT be overlooked. When you fail to address these biochemical factors, you're setting yourself up for cravings. Generally, for those who are sugar sensitive, we recommend three to six capsules of a high quality [probiotic](#) daily.



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5. Manage Your Stress.

The connection between stress and sugar cravings is powerful for a few key reasons. First, cortisol, known as your “stress hormone,” is released in response to stress. It raises blood sugar levels, and when they crash, you crave. Second, stress can weaken the gut lining, making it more permeable and thus interfering with production of helpful neurotransmitters (brain chemicals).

7. Forget about willpower.

Acknowledge that you have control over your biochemistry and make it a priority to implement these tips. You can do it!

9. Balance Your Hormones.

Many women experience sugar cravings in relation to menopause, due to hormonal imbalance. [SynerVive™](#) helps your body metabolize excess estrogen, as well as support hormone regulation. Work with a nutrition coach for an individualized approach to balancing your hormones so that they don't control you.

6. Make sleep a priority.

When it comes to keeping cravings away, sleep matters. The hormone, ghrelin, stimulates appetite and plays a big role in your body's signals of hunger and cravings. When you deprive yourself of sleep, ghrelin, drives hunger and cravings up.

8. Focus on real, whole foods.

The less packaged, processed and refined, the better. Quality protein from meat, fish and eggs; healthy fat from nuts, seeds, avocados and butter; nutritious carbohydrates from vegetables and fruits—they all help regulate your blood sugar. Avoid the massive spikes in blood sugar levels which lead to sugar cravings, by eating REAL foods.

10. Get Support.

Last and certainly not least, overcoming sugar cravings is liberating, rewarding, and challenging. For some, it's like overcoming a drug addiction. You're not alone! Our team can provide [individualized support](#) through gaining freedom from sugar and control over your biochemistry.

Take the first step!

[Contact us](#) and we'll help you escape sugar addiction just as we have with hundreds of others.



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