



From
FRAZZLED TO
FREEDOM

WEEK 3



8 STEPS TO **BUST** **YOUR** SUGAR CRAVINGS



1. Snack between your meals.

This will ensure that you stay off the blood sugar rollercoaster. 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. "PFC every three" should be your motto. Eat a protein, fat and carbohydrate, every three to four hours. When you don't eat for long periods of time, your blood sugar levels crash, and that's when you crave sugar. For meal and snack ideas, get 50 Days of PFC Meal Plans. I take the burden of planning off your shoulders and have an option available [for adults](#) and one [for kids](#)!

2. Eat more fat!

For a few reasons: First, fat slows down the absorption of sugar into your bloodstream so that you don't get a huge surge followed by a crash which is when you crave sugar. Second, it keeps you full and sends your brain a hormonal message (cholecystokinin) telling you to stop eating. Last but not least, when fat is removed, sugar (or artificial sweeteners which aren't any better) are added, setting us up for that vicious cycle of more cravings. Enjoy healthy fat like butter, avocado, olives, coconut oil, nuts and seeds and notice how it helps to keep your cravings away.

3. Supplement with Pure GlutaCaps™.

These will be your lifesaver! Both as a preventative measure and when you have an existing sugar craving, supplement with this amino acid. It works in two amazing ways: it helps prevent cravings because it supports the production of your neurotransmitters (brain chemicals) that determine whether or not you have sugar cravings and it helps to reduce inflammation that sugar has caused, which means less cravings in the future and more energy for your body to put towards your metabolism and weight loss! If you experience frequent sugar cravings, I generally recommend two [Pure GlutaCaps™](#) or one teaspoon of [Pure GlutaPowder™](#) mixed into water, 15-30 minutes before meals.

4. Eat More Protein!

Protein helps in an extra special way because it is a precursor for your neurotransmitters—the brain chemicals I mentioned earlier—that you need adequate amounts of to keep sugar cravings at bay. You can support the production of these neurotransmitters by consuming protein throughout the day—not just at meal time but an ounce or two for snacks as well.

BONUS!

Use L-Glutamine on the spot for sugar cravings! Lick your finger, dip it into your [Pure GlutaPowder™](#) and put it on your tongue, or crack open one of your [Pure GlutaCaps™](#) and pour the powder under your tongue for instant relief. Your craving will go away minutes or even seconds after.

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5. 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.

6. Forget about willpower.

Acknowledge that you have control over your biochemistry and make it a priority to implement these tips. I would never expect you to "just stop eating sugar" without first addressing your underlying biochemical imbalance that's causing the cravings to happen in the first place.

7. 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.

8. Manage your stress.

The connection between stress and sugar cravings is powerful for a few key reasons. First, cortisol, (your "stress hormone"), is released in response to stress. It raises blood sugar levels, and when they crash is when you crave. Also, stress can weaken your gut lining, making it more permeable and thus interfering with the production of those important neurotransmitters (brain chemicals) that you need to have enough of so that you don't crave sugar.

Action steps for the week ahead:

Write down at least three healthy habits you will start this week that will help keep your blood sugar in check. (Examples: I'll check how many grams of carbohydrates are in everything with a label before I eat it (remember: 4g carbs = 1 tsp. sugar!), I'll keep track of every sugar craving I have so I can start predicting and preventing them, I'll swap my packets of Splenda or Sweet-N-Low for Stevia or other natural sweetener like honey, etc.) _____
