

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.



I hate to admit this but I think I'm a sugar addict. How can I break this habit?



As humans, we are hypersensitive to sugar. We can easily become over-stimulated by sugar-rich diets, which can override our mechanisms for self-control. You can't get it off your mind, and you keep coming back for more! If sugar is prominent in your diet then you probably have developed a biological craving for sugar. If you stop sugar cold turkey, then you can lose the biological cravings in a matter of weeks, but you'll still have an emotional craving for sugar. This can be hard to distinguish from the biological cravings and a lot harder to deal with. We attach sugary products to "treats" and special occasions, which only reinforces that emotional craving. Since we are naturally sensitive to sugar and it seems to be in a lot of the foods we eat, don't fight it, work with it.

Here are four easy steps you can follow to help break your sugar habit:

1. **Eat enough low-sugar whole-foods daily** like quinoa, wild fish, grass-fed meats, vegetables & greens, along with good fats like avocados & coconut. Your cravings will dramatically reduce!

Healthy Tip: Have a green shake with protein during the day to curb sugary food cravings.

2. **Hydrate!** Often sugar cravings arise because of dehydration. If you get a craving reach for a glass of water first.

Healthy Tip: Start your day with a glass of water & natural almond butter (no sugar added).

3. **When you desire something sweet, reach for fruit.** You'll get some of the sugar you crave & you will be more satisfied. Your body will thank you for the extra vitamins & fiber!

4. **Take a daily probiotic** to keep your gut health in check. When gut bacteria are out of balance we crave sugar. Probiotics help replenish good bacteria & restore balance.

<http://www.mindbodygreen.com/0-4763/Breaking-the-Sugar-Habit-4-Simple-Strategies.html>

PROJECT: PFC