

Column 194 Reducing Sugar Cravings Part 1

Here is something I get asked weekly, “how do I eliminate these sugar cravings?” Well, hardly ever can this be a simple answer. As a pre-disposition, in Natural Health and especially in my practice, we lead with BIO-Individuality. This means we are operating under the premise that no one person’s health is exactly like anyone else’s. When asked this particular question, we look to why this person may be experiencing sugar cravings and to what degree? It’s just more complicated than a fast answer of stop eating sugar.

As I write this, I feel a bit hesitant to name just three or four things that “might” help. I think it is smarter to provide a game plan or a strategy if you will, in hopes of creating methods of REDUCING sugar cravings. I believe we have ten “strategies” to assist with this goal. Each will require a bit of an explanation. Thus, I will describe five strategies this week and five next week.

So, here we go. To Help Reduce Sugar Cravings:

1. **REDUCE SALT CONSUMPTION** – Your body definitely NEEDS salt. It is necessary for movement (think ocean water here) and not all salts are created equal. If you need help sorting this out, please go to our website and read our article on Sea Salts. It will explain the differences in the salts now readily available. The key to salt consumption is to balance your diet as to how much is actually needed in the body. In today’s world, especially if you consume miso, pickles, ketchup, soy sauce, etc., it is quite easy to create a state of excessive body salt. So, simply, you may need to reduce salt before you can reduce sugar. Here are the signs to look for. If you are LACKING in body salt, your body will feel stiff and inflexible. While indicators of excess dietary salt include: Thirst, irritability and a craving for sweet foods. If you can reduce salt, it is a lot easier to reduce sugar.
2. **REDUCE ANIMAL PROTEIN** – If you have a sugar habit that is out of control, one thing to re-think is the amount of animal protein in your diet. If you are eating animal protein daily and have a nasty sugar habit, reduce animal protein to three to four servings a week and increase plant protein. In my opinion, it is a particular feat if one can actually get too much plant protein. I just don’t believe in our area, it is possible to do so. It would be like having too much fun or too much money. Probably not going to happen.
3. **REDUCE OVERALL FOOD VOLUME**- This should seem like a no brainer. I am constantly amazed at how far over the limit we are as Americans regarding portion control. We think nothing of super sizing everything and even for us “salad” eaters; the amount of dressing that is applied to otherwise good vegetables borders on the outrageous. A good rule of thumb regarding portions is to eat a protein about the circumference of your fist, a similar carb and about twice that size in vegetables. Even these amounts are a bit over the normal charts of the 1990’s but we have to get real and not starve ourselves in the meantime. After all, we are looking to reduce sugar cravings FIRST and then go for weight loss. Doing it in the reverse rarely works and often leads

to a yo-yo effect where the weight goes down initially and then flies right back up, often times adding more than the original weight.

4. EAT MORE FREQUENTLY THROUGHOUT THE DAY-Starvation or merely going for long periods during the day and not eating is the most COMMON reason for sugar cravings. By skipping meals or waiting for long periods, you deprive your body of glucose and in layman's terms – glucose is a "muscle fuel". Blood sugar decreases and hunger increases. When the food finally hits the body, many people in this situation are beyond their threshold and craving something terribly sweet. Chances are on top of that, you will end up overeating and many times the craving will turn to something very fatty on top of the sugar. This starts a vicious circle. My suggestion is to eat many small meals throughout the day and don't go over four hours without a bite or two of something nutritious.
5. AVOID EATING PRIOR TO BED – Eating too close to bedtime put the body in a position of having to work for digestion while the body should be at rest. Normally if this becomes a habit, you will wake up feeling tired; you will have more difficulty falling into a restorative sleep and many times wake up with a morning craving for sugar and/or caffeine.

Next week, will we do a quick recap and provide the remainder five strategies to reduce sugar cravings.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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