

Emergency Cravings Toolkit

When reducing sugar, you may find cravings intensify for the first few days. Climbing the walls? Use the following tools to help you work through the craving.

TOOL #1: Distract yourself: Did you know that a craving typically lasts no more than 10-20 minutes? Take a walk, preferably in nature if you can. Or find a quiet, comfortable spot to relax. Focus on your breath. Ride out the wave, knowing that it should subside within a reasonable amount of time.

TOOL #2: Drink a large glass of lemon water: Thirst can mimic hunger, and lemon can help kill a craving (see step 5).

TOOL #3: Go for glutamine: This powerful but safe amino acid is known for helping with blood sugar control and cravings. Take 1-2 grams of glutamine powder dissolved in water every few hours or as needed (when cravings strikes).

TOOL #4: Check out Spring Dragon Tea, a broad spectrum adaptogen. This tea contains the herb Gynostemma, known as a “magical grass” in Asia. Adaptogenic herbs help improve the efficiency of the metabolic, neurological, immunologic, respiratory and endocrine (think blood sugar) systems in normal healthy people. You'll find it invigorating without excess stimulation and calming without any sedative effects. (If on medication, check with your doctor first).

TOOL #5: Get sour. Sour foods help to naturally reduce sugar cravings, so bring on the lemon and lime juice (add to salad dressings, smoothies and even water). Alternatively, try sipping on a cultured drinks such as kombucha or [Kevita](#) which have the added benefit of healthy probiotics to support your whole body.

TOOL #6: Be bitter. In Traditional Chinese Medicine, sugar cravings are a sign of an imbalance in the body; what helps to rebalance is to eat bitter foods such as arugula, endive, kale, and mustard greens. So munch on some arugula leaves!

TOOL #7: Have a Guru “almond joy!” If your craving is not subsiding, try having 2 teaspoons of almond butter mixed with 2 tsp coconut oil or coconut manna (coconut butter). This combo of healthy fat and protein often can stop a craving in its tracks.

FYI: Did you know that of the five different taste buds in our mouth, we have more “sweet” buds than any of the others? The problem lies in how you choose to satisfy those sweet cravings. Relying on artificial or processed substances will only throw your body more out of balance. Stay strong!!