TEN WAYS TO STOP SUGAR CRAVINGS!

1) Take Chromium picolinate - 200 mcg no more than 2-3 times a day. Chromium stabilizes blood sugar and reduces sugar cravings. One brand is Twinlab GTF (Glucose Tolerance Factor) Chromium (200 mcg. capsules). Natural sources of chromium - Celtic sea salt, kelp, wheat germ, calf liver, brewer's yeast, chicken. Make sure you are getting vanadium in your diet - (vanadyl sulfate) a trace element that lowers blood sugar, increases muscle mass, mimics insulin action and increases glycogen synthesis and storage. Natural sources of vanadium - fish, kelp, Celtic sea salt.

2) Take Glutamic acid (the amino acid L-glutamine) - 500 mg. three times a day. This fuels the brain and helps curb hypoglycemic reactions. Take Alpha Lipoic Acid (ALA) - 300 - 600 mg. per day (3-6 capsules) Take it with meals or you could have heartburn. Alpha Lipoic Acid moderates blood sugar and is a fantastic antioxidant.

3) Put 1 drop of essential oil of peppermint in your water bottle. (It is very potent, so 1 drop really is enough.) The peppermint water is refreshing, satisfies your desire for a sweet taste, and it’s stimulating (studies show that peppermint oil is a better "pick me up" than caffeine). Peppermint oil also freshens your breath and is very settling to your stomach.

4) Eat oils rich in Omega 3 fatty acids - flax oil, hemp oil, fish oil. Omega 3 oils curb insulin resistance. Also, use extra-virgin olive oil on salads and vegetables. Monounsaturated oils help adjust blood sugar.

5) Add cinnamon to your food. "Researchers from the U.S. Dept. of Agriculture have shown that just 1/4 to 1 tsp. of cinnamon with food metabolizes sugar up to twenty times better. Cloves, bay leaf, coriander, cayenne, dry mustard, and ginger lessen your risk of excess insulin by speeding up your metabolism or by lowering glucose levels." (The Fat Flush Plan, p.35) Fenugreek, an herb, also lowers glucose levels.

6) Use stevia ( an Amazonian herb which is super sweet AND helps maintain blood sugar and decrease sugar cravings) in cooking and baking. Do NOT use artificial sweeteners and sugar "substitutes" other than stevia.
7) Drink the juice of 1/2 a lemon in 8 ounces of hot water before breakfast. If you forget to do that, or you don't want hot water, just drink fresh lemon juice in your water with your meals - "Studies have shown that consuming vinegar or lemon juice with meals can lower blood sugar by as much as 30 percent. The acidity in these foods helps slow stomach emptying, which means that food takes longer to reach your small intestine and blood stream. Carbohydrates are digested more slowly, and glucose levels are thus lower." (The Fat Flush Plan, p.35)

8) Snack on nuts, seeds, whole milk yogurt (unsweetened), a protein bar etc. instead of cookies, chips, crackers or candy. Eat something every 2 - 3 hours to keep blood sugar stable. Eliminate refined flours, all sugars and fruit juices from your diet. Eat moderate amounts of fresh fruit and severely reduce dry fruit intake. Eat adequate amounts of quality protein, complex carbohydrates (whole grains, beans and root vegetables), tons of green and leafy vegetables, whole dairy products (no skim or low fat), butter, nuts and seeds.

9) Exercise! Even a 20 minute walk can help lower your insulin levels, elevate your mood and decrease sugar cravings.

10) Give and receive love and affection! Experience "sweet emotions", "sweet experiences", loving touch, and laughter. Find sugar "substitutes" - pet your cat or dog, play with your children, send a friend an e-mail, listen to music you love, work on a creative project, write in your journal, get a massage - whatever you find "sweet"!

**RECOMMENDED READING LIST**

*Sugar Blues* - William F. Duffy
*Lick The Sugar Habit* - Nancy Appleton, Ph.D.
*Get the Sugar Out: 501 Simple Ways to Cut the Sugar Out of Any Diet* - Ann Louise Gittleman
*The Sugar Addict's Total Recovery Program* - Kathleen DesMaisons, Ph.D.
*The Fat Flush Plan* - Ann Louise Gittleman, M.S., C.N.S.