

Sugar Busters

Top tips to help you kick your sugar cravings to the curb!



Welcome!

You've taken a great first step toward improving your health by opening this guide and we are thrilled you did!! One of the biggest things we hear from our readers and clients is, "I didn't realize how bad I felt until I knew what it was like to feel good!"

What we eat affects everything in our body....and wow do we eat a lot of sugar!

Do you feel you are "addicted" to sugar or have a really big sweet tooth? Think about your favorite sweets or what you crave most often.

Many of us aren't even aware of how much sugar we eat each day, and what it is doing to our health, wellness and weight.

This guide will we walk you through 13 Ways to Kick YOUR Sugar Cravings to the curb! These strategies work because they take into account not just what you're eating, but also why

Disclaimer: we are not doctors or nutritionists. We provide information to help educate and empower you to become your own health advocate!

Your life will start to shift in so many positive ways when you are eating well and you understand more about the food you eat. Because what we eat changes everything

You've probably seen these articles about the harmful affects of sugar, particularly in light of the health concerns in our country.

Here are some stats:

- According to the CDC, 12.5 million children are considered medically obese;
- 16 percent of children are considered overweight.
- 1 out of 3 children born in 2000 will develop type two diabetes in adulthood
- By 2030 75% of the US population will be overweight or obese.
- Sugar creates inflammation in the body and runs down our immune system. Inflammation is the cause of chronic disease.
- Diabetes is now the 7th leading cause of death. Health professionals have even coined a new phrase: "Diabesity."

And yet, the average American **consumes 150 pounds of sugar per year**. That's just under 1/2 pound of sugar a day! We may be living longer, but we are not living healthier.

“I want.”

“I’ll just
have one.”

“I’m in
control.”



“I really
shouldn’t.”

“I can’t
control
this.”

“I’ll stop
tomorrow.”

Do you ever hear these little voices in your head?

Why do we crave sugar and sweets?

Let’s talk about chocolate for example.

We CRAVE it! Don’t we?

And when we eat it, we feel HAPPY, we feel a burst of energy, and truth be told, we’re kind of in LOVE with it, right?

Why do we crave chocolate, or sugar?

The brain releases “good mood” chemicals.

Serotonin

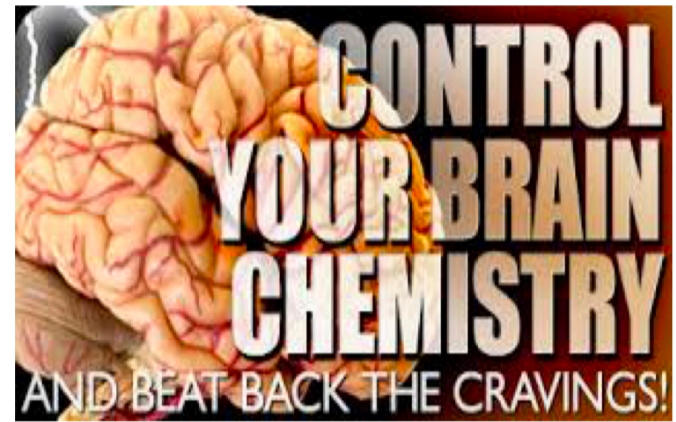
- Calming, relaxing, sense of well-being

Dopamine, Norepinephrine

- Energy, alertness

Endorphins - phenylethylamine

- Natural tranquilizers – same as hugs, being in love



Well, it actually IS a little like love! The release of chemicals in our brain is similar to what happens when we're falling in love.

Sugar releases “good mood” brain chemicals neurotransmitters such as:

Serotonin

-calms, relaxes, gives us a sense of well-being

Dopamine, Norepinephrine

-Gives us more energy, alertness

Endorphins - phenylethylamine

-Are the brain's natural tranquilizers – same chemicals are released when we hug and when we're in love.

High-energy, joyful “rush”...>>>

The 3pm slump!



- *Fatigue*
- *Headache*
- *Mood swings*
- *Impatience*
- *Low energy*
- *Hungry*



You experience the high-energy, joyful “rush” ... Then you CRASH!

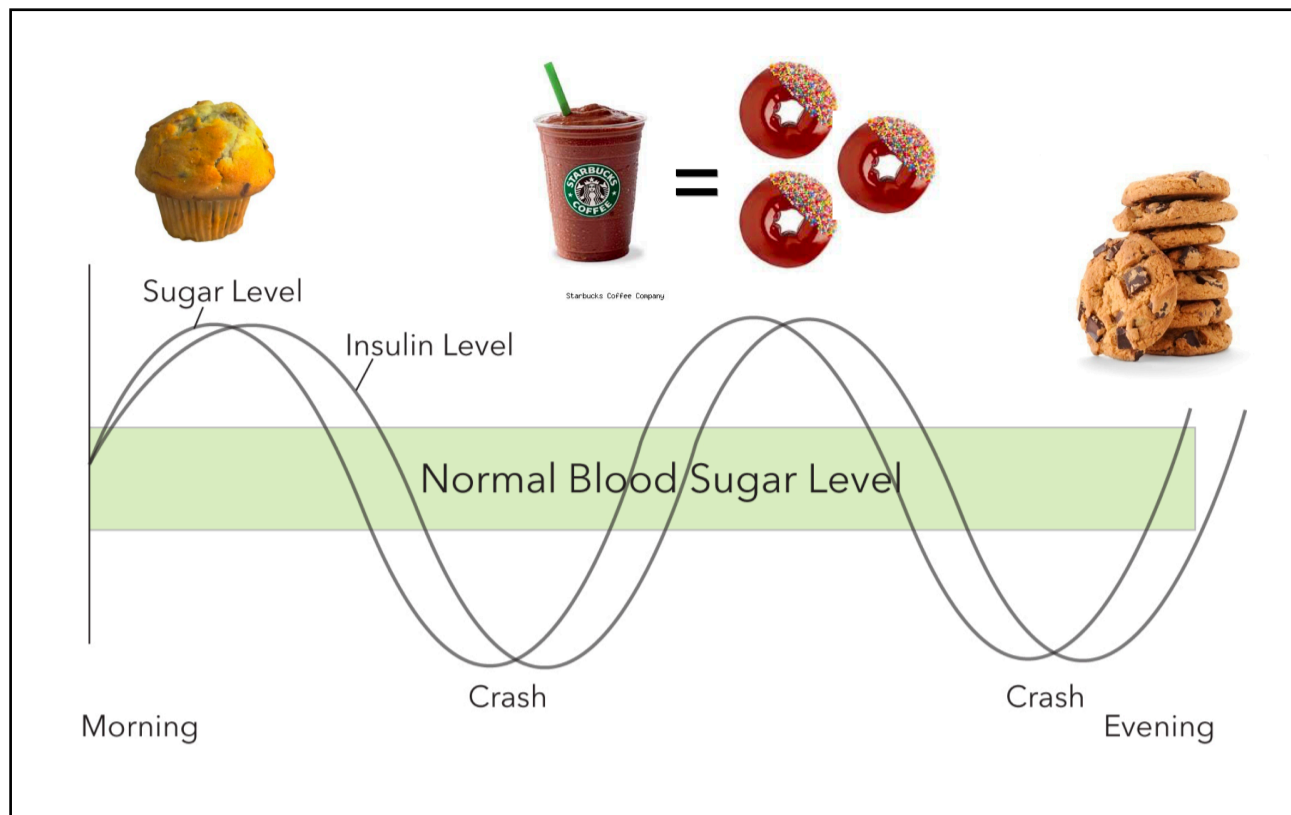
Then how do you feel? Tired, headache, moody, impatient, anxious, hungry...

Does that ever happen to you? It happened to us, too! We have been on a roller coaster with sugar!

When people break their sugar cravings, they are able to:

- Avoid the afternoon slump
- Reduce mood swings – no more irritability or impatience!
- Sleep better at night!
- Feel slimmer and healthier overall!
- And so much more!

Here's what's going on in the body.



The middle bar is our "normal" blood sugar level. When we eat or drink something sweet, and sugar enters our bloodstream, it wreaks havoc on our blood sugar level by causing a rapid rise in the glucose levels -- that is literally the sugar rush!

We eat it, we crash, we crave it, and we eat it again!

The body sees the high level of sugar as an emergency state. It works hard to burn it up as quickly as possible, triggering the pancreas to secrete insulin to bring the body back into balance.

And guess what? Our daily Sugar Rollercoaster may begin with what we choose to eat for breakfast! We eat a muffin, bowl of cereal, sugary yogurt or drink coffee with cream and sugar, we crash, we crave more, and we eat it again!

It's an endless ride -- we can't get off! And not surprisingly, the process exhausts our bodies!

No wonder we feel the "afternoon slump." When we do, we jump back on the coaster!

By the way, did you know that some sugary coffee drinks have as much sugar as THREE donuts -- and that's without the whip cream and caramel on top! I know we have a sweet tooth, but how often would we eat three donuts in 20 minutes? Or let our children do that?

But, alas, we keep riding the rollercoaster until that last little chocolate chip cookie or scoop of ice cream before bed. That little voice in your head is saying, "I just feel like having something sweet. Maybe just one little cookie." Right?



The consumption of sugar fires up the same region of the brain - and triggers similarly addictive reactions - as cocaine.
RADIUS/TWC

You need to understand that sugar IS an ADDICTIVE, destructive substance!

Just like any potentially-addictive substance, when we eat even a small amount, it creates a desire for more.

Suddenly quitting causes withdrawal symptoms such as headaches, mood swings, more cravings and fatigue. Those are exactly the same symptoms that addicts experience.

Is sugar like a drug? Check this out:

- Sugar stimulates brain's reward center exactly like other addictive drugs
- PET scans show that high sugar foods work just like heroin, opium and morphine.
- You develop a tolerance and crave more
- Initial enjoyment wears off, need more to get same response
- In fact, sugar is as addictive (if not more) than cocaine and heroin ([read more](#)).

Wow! Scary stuff, right?

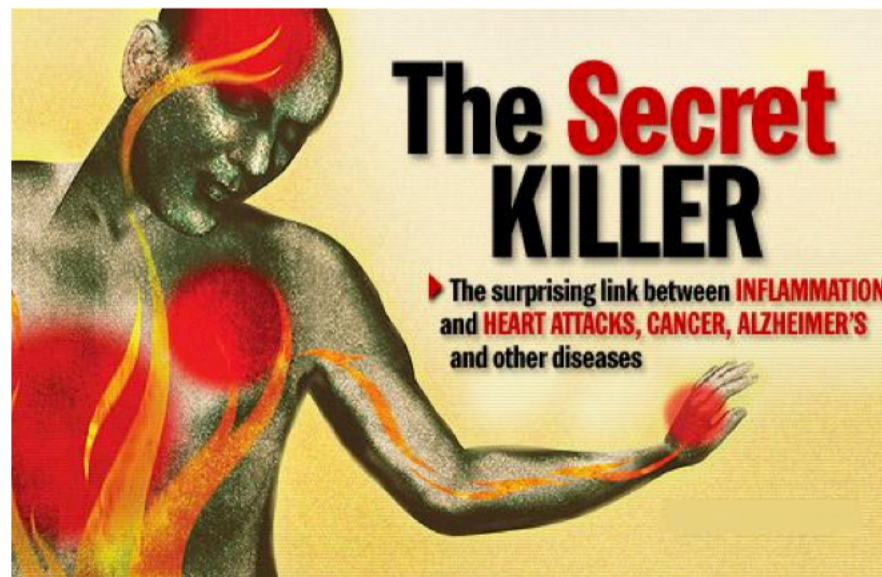
The American Heart Association recommends that men eat no more than 9 tsp of added sugar daily and women no more than 6 tsp of added sugar.

The World Health Organization has an even stricter recommendation of 6 tsp of added sugar for the average adult.

And yet the average American eats almost 150 pounds of sugar per year (which is equal to 6 cups per week!!!!)! [Read more here.](#)



The average American consumes about 150 lbs. of sugar per year.



Sugar creates inflammation in the body and runs down the immune system. "Diabesity."

Dangers of Eating Too Much Sugar

- Causes inflammation
- High inflammation can lead to elevated cholesterol levels
- Suppresses the immune system.
- Can interfere with absorption of vitamins and minerals such as calcium and magnesium.
- Can cause Candida (yeast infections).
- Can cause hypoglycemia.
- Can cause weight gain & obesity.
- Can contribute to diabetes (7th leading cause of death)
- Can cause heart disease
- Can lead to cancer
- Can age skin as it changes structure of collagen
- Can cause headaches & migraines
- Can cause depression & anxiety
- Can contribute to Alzheimer's disease
- Could be the cause of your insomnia or poor sleep!

And so much more!!

Now are YOU ready to ditch sugar and kick your cravings to the curb?

Read more in these two great New York Times Articles:

[What Not To Eat: The Case Against Sugar](#)

[Is Sugar Toxic?](#)

So now what?



Is that a **TREAT?**

Is it **NOURISHING?**

Everything we put in our body either promotes **health or disease.**

Tip 1 - Turn off the TV

What? What does the TV have to do with sugar?

How many of you watch tv? How many of you see commercials promoting processed, junky food? How often does your mouth water at seeing some of these ads?

It's okay...advertising works!! It influences your behavior whether you want it to or not!!

So step one would simply be to 'turn off the tv'...and in this day and age of DVRs, Netflix, etc... it has become a lot easier to avoid commercials!!

Also watching less TV may keep you off of the couch and more active!! Win win!



"Don't buy any food you've seen advertised!" -- Michael Pollan

Tip 2 - Don't Have it in the House

Do you ever find yourself looking through the fridge or the pantry in the evening? Usually just out of boredom?

What are you doing in there? What are you looking for?

I used to hide my chocolate chip cookies in the cabinet above the stove so I had to stand on a chair to reach them.

Have you ever done that?
Who are you hiding them from? Does that work?

Guess what...if the sugary food isn't there, you can't eat it!

This tip ALONE has helped our clients reduce aimless snacking and cravings!



**Are you really hungry?
What are you looking for?**

Tip 3 - Get Some Sleep

How many hours of sleep do you get each night? Do you think it is enough? What does sleep have to do with healthy eating and sugar cravings?

Did you ever notice that you are hungrier when you are TIRED? Research shows that our appetites increase 25 PERCENT when we are TIRED.

What do you CRAVE when you're tired? Sugar, caffeine, carbs? Why do you think that is? Could it be that you are looking to food to give you quick energy because you are dragging from not enough rest?

Dealing with sleep issues can be complicated as trouble with sleep can be linked to stress, hormones, not having a routine...so many things. It is important to address the root cause of your sleep issue.

We like to diffuse pure essential oils at night to help us sleep. Lavender and Northern Lights Black Spruce are a favorite combo!!!

Get back to good sleep habits and you may find your sugar cravings diminish!

Get a good night's sleep!



**Appetite increases 25%
when you're TIRED!**

Why?

Tip 4 - Read Ingredient Labels to Limit Sugar

Turn your food over and look at the label. Choose a better option...

- If sugar is the #1 ingredient
- If sugar is listed many times (by different names)
- If the product has a long list of ingredients we can't pronounce (sign of overly processed food)

There are many names for sugar...so keep a close eye on those labels: Brown sugar, raw sugar, cane sugar, beet sugar, turbinado, HFCS (high fructose corn syrup), Corn Sugar, crystallization fructose, sucrose, dextrose, glucose, lactose, maltose, Sorbitol, mannitol, malitol and xylitol, agave syrup.



Raisin Bran
Sugar : 18 grams = 4 1/2 teaspoons
in ONE cup!

INGREDIENTS: WHOLE WHEAT, RAISINS, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, MALT FLAVORING...



½ cup has 10 grams sugar.
 10 grams = over 3 tsp

Most people would eat at least
 1 cup of sauce...over 6 tsp!!!



Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories 170	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Sugars 26g	
Protein 5g	10%
Vitamin A 15% • Calcium 20%	
Vitamin D 20% • Phosphorus 15%	
Not a significant source of dietary fiber, vitamin C and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Cherries, Modified Corn Starch, Nonfat Milk, Kosher Gelatin, Tricalcium Phosphate, Citric Acid, Colored with Beet Juice Concentrate, Pectin, Natural Flavor, Vitamin A Acetate, Vitamin D₃.

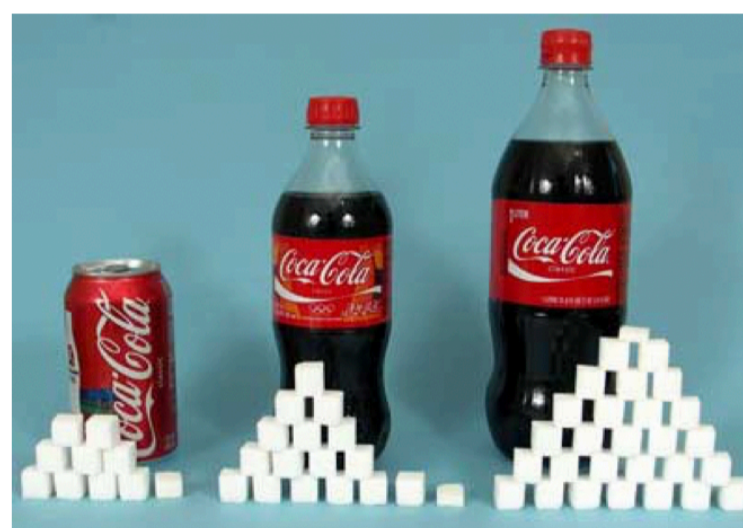
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** Meets National Yogurt Association Criteria for Live and Active Culture Yogurt

26 grams = over 6 tsp



20 oz. = 15 teaspoons sugar 65g / (240 calories)

Tip 5 - Crowd It Out with Real Food

Here is an interesting approach to kicking their sugar habit that we call: "Crowd it out."

Crowd it out means replace the sweets you eat with "real" food -- banana, nuts, berries, carrots, even a giant glass of water!

Don't tell yourself you CAN'T have sugar – that sets you up for failure. Rather, say, "I could have it, but first I'm going to eat "real" food and see what happens!"

You may find that you don't want or need that cookie or ice cream afterwards – you've crowded out the craving. Eat carbs that appear naturally: whole grains: brown rice, quinoa, vegetables, etc.

...With real food!



Don't tell yourself you "CAN'T" have it!
Instead say: "I can, but first..."
Try it and see what happens!



Eat foods that love you back!

Carbohydrates that appear in nature! Whole foods like fruit, vegetables and whole grains sustain you.



Tip 6 - Drink More Water



Often we have food cravings when we are dehydrated. Be sure to drink enough filtered water during the day and see how you feel.

A good rule of thumb is half your body weight in ounces.

Add fresh lemon or lime or even a drop of essential oils labeled for ingestion to make the water even tastier!

Tip 7 - Nourish Yourself with Primary Food

We all have cravings that aren't categorized as food cravings. What do you crave that's NOT FOOD?

For example, do you crave balance in your life? Love? Family?

We call this our "Primary Food." Primary Food is nourishment that doesn't come on a plate.

When we are missing our primary food, we often try to make up for it with secondary food (eating food that isn't optimal for us).

Get in touch with what you are Craving that's NOT FOOD and learn other ways to NOURISH YOURSELF – ways that don't include food.

Create a NON-FOOD NOURISHING MENU for yourself! Maybe it includes:

- A nice warm bath
- Manicure
- Massage
- Taking a hike or walk
- Shopping
- Reading
- Playing with your kids
- What do YOU LOVE TO DO?

Create Your Own Nourishing MENU



Get in touch with what you are craving that's NOT FOOD and learn other ways to NOURISH YOURSELF!

Tip 8 - Eat Healthy Fats

Fat free is no longer the fashion. The fat free diet has contributed to a society where people are overweight and sick.

Eating more fat will give you more satiated. Feel fuller longer. Have a real carb...with a healthy fat!

I love recommending the [Sugar Buster recipe](#) from our friend, Craig Fear. You take equal parts coconut oil and nut butter, add a little raw honey/syrup, cinnamon in a jar. When you feel a sugar craving coming on, eat a spoonful. Soon you will have reduced your sugar cravings while increasing your fat intake!!

Healthy Fat can help stop sugar cravings.

Avocados
Grass fed butter
Ghee
Pastured lard
Coconut oil
Sugar Buster!



Tip 9 - Add Fermented Foods to Your Diet

Adding fermented foods such as plain yogurt, sauerkraut, dilly carrots, etc to your diet can help combat sugar cravings.

Why? Two reasons!

1 - We are surrounded by overly sweetened foods and our tastebuds have lost the ability to appreciate sour/bitter foods. By eating fermented foods on a regular basis, you will be introducing these flavors into your diet. This will ultimately change your taste buds. Over time, you may find that super sweet foods will be TOO sweet for you!

2 - Fermented foods contain probiotic bacteria. Eating fermented foods (as well as taking probiotic supplements) can help balance the gut bacteria and decrease the amount of yeast/candida. Yeast feeds on sugar. By balancing the microbiome of the gut, you may find yourself craving less sugar.

Curious about fermented foods? Oh Lardy has so many recipes and tutorials for you!

Check out our Quick Start Guide - <https://ohlardy.com/how-to-ferment-vegetables-quick-guide/>

Read more about the benefits of fermented foods here - <https://ohlardy.com/benefits-of-fermented-foods/>

Easy Recipe - <https://ohlardy.com/dilly-carrots/>



Tip 10 - Make Foods Sweet

What? This seems a bit odd! But what we mean is add spices and seasonings to foods that your mind feels are sweet. Spices like cinnamon, nutmeg, clove, coriander, nutmeg. These can help 'fool' your brain that you are eating sweet foods. Also eating naturally sweet foods with a healthy fat...think sweet potato with grass fed butter, butternut squash soup with nutmeg, etc.!

Tip 11 - Use Essential Oils to Help You

Essential oils can help support your body and mind in many ways. Inhaling oils can and applying topically are great ways to use them. If your essential oil is labelled for dietary use, adding a drop to water, tea, etc can be a great way to experience the benefits as well.

We recommend making a simple roller bottle (to a 10 ml roller bottle) add 10-15 drops of essential oils and fill with a carrier oil like grapeseed) or add a few drops to a nasal blank and inhale throughout the day.

Some recommended essential oils for sugar cravings:

- Ocotea and Cinnamon - helpful to support healthy blood sugar levels and can help with appetite suppression.
- Peppermint – inhale to help suppress appetite. Also helps with focus and can be a nice pick me up in the afternoon.
- Grapefruit – can help suppress appetite, support healthy blood sugar levels and curb cravings. Citrus oils also help lift your mood which is great when you are feeling a bit cranky due to craving sugar.
- Dill - helpful with sugar cravings

If you are not yet familiar with essential oils, we are here to help you! You can learn more at www.MyYL.com/OhLardy

Tip 12 - Elimination Diet

An excellent way to truly rid yourself of sugar cravings is to do an official elimination diet. Eliminate sugar from your diet for 10 - 30 days and see how you feel.

There are many programs available online but we really recommend the Whole 30. It isn't just for sugar but allows you to rid yourself of a variety of foods that may be causing problems with your body. Try it and see how you feel!

You CAN make LASTING CHANGE. There's so much to learn and so little time! We believe you are reading this for a reason and you are capable of making the changes necessary to live your healthiest life yet!! Let us know which tips you tried and your successes!!!