



*3 Keys to Stop*  
**SUGAR CRAVINGS**  
**IMMEDIATELY**

# 3 Keys to Stop Sugar Cravings Immediately

These are tips and strategies I have used personally and worked with thousands of clients to help them kick sugar cravings and stay in fat burning mode. These are great strategies to follow in order to stop you from consuming sugar and also if you are going to have some sugar, in order to reduce a major inflammatory blood sugar spike.



- 1 Drink Water with Salts:** One of the major reasons we crave sugar is due to dehydration. Drinking 8oz of clean water with a pinch (1/8 -1/4 tsp) of sea salt is a fantastic remedy. This way you get the hydration and key electrolytes to produce energy effectively.

**Expert Info:** Using pink salt (Himalayan sea salt) is the best because it has the most bioactive minerals but you can also use sea salt if that is all that is available.

**Bonus Tip:** Adding in some fresh squeezed lemon, lemon or peppermint essential (1-2 drops) or apple cider vinegar (1-2 tbsps) can add more anti-oxidants and enzymes that will enhance energy and have an even stronger anti-craving effect.



- 2 Do Air Squats:** Inactivity can cause blood sugar imbalances. Stimulating your system with an intense exercise like squats helps to burn up stored sugar and stimulate anti-aging hormones that make you feel good. Next time you are craving sugar, do 20-50 air squats before doing anything else. If you are fit, you can do jump squats to really burn up the stored sugar in your system.

**Expert Info:** This is also a good idea before consuming anything with carbs. Squats are one of the best exercises for using up stored sugar your muscles (glycogen) and helping the body to buffer any increase in sugar or carbohydrate intake for the next 2 hours.

**Bonus Tip:** Try to get deep with your squats, but if you have hip or knee issues than you could try doing a half squat with an overhead press (grab some cans or light dumbbells).



- 3 Have Some Good Fat:** Consuming some high quality fats can help stop sugar cravings and provide an alternative fuel source in ketones for the body to run on. If you are outside of meal times than I recommend using a tsp of coconut oil or MCT oil. This will provide immediate fuel (ketones) for the brain and restore energy and mental clarity and BUST THRU the sugar cravings. If you are having a sugary dessert than adding in some coconut oil or MCT oil will help you reduce the inflammatory blood sugar spike and help you feel better a few hours later.

**Expert Info:** If you are genuinely hungry, than it is also a good idea to have some high quality protein. You may have a protein shake with a good protein powder, coconut fats or an avocado in there. You may have chicken sautéed in coconut oil or a chicken salad with olives and/or olive oil.

**Bonus Tip:** If you are between meals, I would recommend trying the hydration tip first. It usually works, but if not, or if you didn't have enough fat in your last meal, than follow this strategy.