Here's Why Your Body Keeps Demanding Sugar Transcript

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Sugar Cravings Are a Metabolism Problem

If you find yourself standing in front of the fridge at 3 p.m., knowing you shouldn't reach for something sweet, but you do it anyway, even though you promised yourself this morning that today is going to be different, this message is for you.

Because I'm here to tell you those sugar cravings, they're not a willpower problem. They're a metabolism problem, and let me guess, you probably started your day with the best intentions, had a healthy breakfast, drank your water, thought and told yourself today's going to be different.

But by mid afternoon, the cravings come in, that energy crashes, The brain fog comes in and suddenly you're reaching for the cookies or the chocolate or coffee, anything to feel normal again.

And then comes the shame spiral and the guilt, and frustration of wondering why you just can't get it together. You've tried everything. You cut out sugar completely.

Tried meal prepping, tried all the willpower tricks. But here's the thing. Your cravings aren't happening because you lack discipline. They're happening, because your cells are starving for energy.

Why Cravings Happen and Why Willpower Fails

When your cellular metabolism isn't working properly, and when your mitochondria can't efficiently convert food into energy, your body goes into panic mode.

It desperately searches for the quickest energy source it can find. And the fastest fuel is sugar. Sugar starts being digested in the mouth. It's the easiest to absorb.

And so when we're in times of stress or when were in time of resources are low, the body craves sugar, so those cravings are actually your body's SOS signal.

Its literally screaming, I need energy and I needed now. This is why willpower never works in long term because you're fighting against your bodies survival mechanism.

And this is exactly why so many smart people like you feel like they're losing a battle that they should be able to win. So what if instead of fighting your body, you could actually heal what's broken at the cellular level?

And then this why I like to look inside and see what actually happening in your metabolism, your hormones and your gut and the circular energy production because you can't fix what you see.

My name is Dr. Emily Wolbers. And over the past 10 years, I've been specializing in just this, helping recovering perfectionist free from the cycle of the sugar craving, the energy crashing, and the gut health discomfort.

This is not through another restrictive diet, but instead by addressing what's actually happening in your cells.

Dr. Emily Wolbersu2019 Functional Approach

When we work together, we don't guess, We test. So through comprehensive lab work, we look at your cellular energy production, how efficiently your mitochondria are working, and we bring in five pillars.

Gut health, where 70% of your energy is made. Hormones, because thyroid, cortisol, reproductive hormones, all directly impact your metabolism. We also look a nutrition metabolism, including your insulin sensitivity, your blood

sugar regulation, and stress reduction.

So if we were to just look at the physical pieces and ignore the mental emotional pieces, we would be doing a disservice to a huge part of what makes you human.

The fifth part is mentoring, because I don't want you to have to do this by yourself. So this isn't about finding the one magic bullet. I don't think you're missing like one supplement that you need to take.

This is about seeing a complete picture of what's driving your symptoms. Because when you understand what is happening at the cellular level, everything changes.

There's no more guessing. There are no restrictive protocols. No more whack-a-mole or like, let's throw the spaghetti noodle and see if it sticks. And there's not more blaming yourself for something that was never your fault in the first place.

Imagine waking up with steady energy.

The Five Pillars of Cellular Health

Steady energy that lasts throughout the whole day. imagine walking past the break room, seeing the cookies and not even thinking about them. Not because you're white-knuckling it, but because your body simply doesn't need them anymore.

And imagine finally understanding your Body, what it needs, why it reacts the way it does, and how to support it properly. No more guilt, no more shame around food, because when you finally understand your cravings, you realize they were never about willpower.

I'm currently accepting new clients for initial consultations, and I am so excited to offer this because I've included lab packages in this consultation.

So during the consultation, we'll review your whole health history, all of your symptoms, go over your lab results together, you'll leave with a clearer picture of you cellular metabolism, together we will map out a clear path forward based on real data, not guesswork.

So this is for you if you're tired of surface level solutions, you are ready to invest in actually understanding what your body needs. This is if for if your done with restriction, done binge, binge shame cycle and you ready for a different approach.

And this for for your if willing to look deeper. If you willing look at the cellular level and finally get lasting results and answers.

What Results Look Like

Your cravings are not a character flaw, they are a cellular signal. And when we listen to what your cells are actually telling us through the comprehensive lab work, we can finally give your body what it's been asking for all along.

So if this is you, click the link below. You'll book your initial consultation. You book it a couple of weeks from now, two to three weeks, so that you can go and get your lab work done first.

It will be through LabCorp. I get an amazing deal on these labs. Some of these, labs with previous patients years ago, it was denied by insurance and it cost them hundreds, some people thousands of dollars.

Consultation Offer and Lab Package Details

No, I'm getting all of this for $197. and this will include our talk together afterwards, our one hour consultation to go over them. But I don't want there to be any barriers to you getting the answers that you want.

So if you wanna take advantage of this, please click the link below. Spots are limited, so only work with a few amount of people each month to make sure that each person gets my undivided attention.

Just snatch that link. It's time to stop finding your body and it's to start working with it. I'm excited to see you at the consultation.