How To Stop Sugar Cravings In 3 Steps Transcript

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Mindset Shift to Resist Sugar Cravings

If you're looking to come off as sugar, then these 3 key tips are going to be absolutely critical to get results and to end the sugar cravings. And so the first big tip is just a mindset shift to where you're saying I am worth it.

For many individuals and this may or may not resonate with you, that's okay. Many of us really, we have these self-sabotaging thoughts and behaviors, and oftentimes we're tired and we get this idea, hey, we feel really, really good right now to have this sugar, to have the ice cream, to have whatever it is that you're craving.

And you got to remind yourself, I am worth more than that, that I am worth getting results, and I am worth ending these cravings. And I will not be enslaved to a craving, a flesh desire, in this case.

And so, you know, it's great to be able to enjoy good food. And the cool thing is, when you're following a low carb, high healthy fat diet, when you're following a healthy diet, there's many great foods, great flavors, a chance to enjoy, but you are worth so much more than falling victim and being enslaved to cravings for sugar, processed foods, and junk.

So you want to shift it, and you want to say, I am worth it, and you also want to link pain to those foods. Literally. Like if you if you crave, I don't know, Ben and Jerry's ice cream or, you know, some sort of, you know, I don't necessarily want to want to say anything bad about their brand, but some sort of processed food.

Hydrate and Move to Break a Craving

Just whenever you think of that food, link it to pain that you may experience in your body, whether it's, you know, a mental, emotional thing, like a relational problem, like your anger, like your anxiety, it could be a pain in your knees or in your back or, it might be the rashes.

It might be rashes that you have on your skin or digestive problems. Link it to that problem, experience and feel the pain of living in that problem, and link it in your mind to that food.

And then you'll feel, hey, you know what? I don't want to go down that that trail. I don't want to go down that track. And you'll make better choices.

So that is number one. Number two is when you have a craving coming. Hydrate your body and move. Okay. So when you start to feel the craving coming, make sure that you drink some water, okay.

And I also recommend a little bit of salts. Right. So just take a little pinch, put them on your tongue, drink eight ounces of water and get up and move.

Whether it's walking around your house, whether it is going out for a walk. Ideally, you know, if it's day time, go out in nature, go outside, take a quick walk, do something along those lines.

For many people, they're getting the craving at night. So just get up and move around. Go to the bathroom, do something. Get your body moving. It will help to break your state and help break the craving.

And number three, and this is absolutely critical, is Prioritize Good Sleep. When you don't sleep well, you develop something called leptin desensitization.

And leptin is this hormone that your fat cells release. It interacts with a part of your brain called your hypothalamus and tells you I'm satiated. I'm good.

Prioritize Sleep to Reduce Hunger and Cravings

Like I don't need any more food. And when you have leptin desensitization or our leptin resistance in your brain, you're going to tend to be hungrier and have more cravings.

So sleeping well is one of the best ways to improve your leptin sensitivity. So go to bed early. Get get to bed by, you know, 10:00, 10:30 at night. Wind down. Don't do anything.

I always tell people, if you have goals that you're trying to accomplish after 9 p.m. and your mind's like, hey, I got our accomplish these goals, you were not going to sleep well that night, okay?

You're not going to get good quality sleep after nine. You should be like doing something really light. Turn off all the lights around you. Maybe, you know, watch a show or something like that, or read a little book, or just talk with your spouse or significant other.

do something very light and enjoyable. Nothing stressful if you're having a conversation. Not a, stressful conversation. Really try to prioritize getting to bed around that 10 p.m.

marker and try to get 7 or 8 good quality sleep hours every single night. If you do that, you're going to have less cravings. It's going to be so much easier to get rid of the sugar and improve your life and your health.

So that's three key tips. Put those in action. I know you'll see results and you'll break through the enslavement to sugar cravings. I know you want to break through that.

You'll do it if you put these in action, and I'll see you in a future video. Be blessed.