

5 Tips For Eliminating Sugar Cravings In 10 Seconds Without Changing Your Diet!

Sugar cravings are one of the biggest complaints for those who struggle to lose weight. If you research how to eliminate sugar cravings, the same advice is given out repeatedly. To save you time, here is a quick review of what's currently out there.

- 1. Increase Protein in Your Diet.** Your body uses protein (lean meat, eggs, tofu) to build muscle and sustain energy. When your body feels tired, it sends out a quick message for "energy!" Hence the stimulant (sugar) craving.
- 2. Get rid of "diet foods."** Diet foods and sodas contain artificial sweeteners that spike sugar cravings. The more sugar you eat, the more you'll want it.
- 3. Remove temptation, eat before you shop, and become a label reader.** Feeling full before you go to the grocery store keeps you from sugary impulse buys. Reading labels will also give you a rude awakening. Many foods that are supposed to be healthy for you are loaded with sugar. Mom's beware, "No sugar added" doesn't mean there isn't already a ton of sugar in it!

With that said, let's get to the strategies you haven't been given that will help you in an emergency! Can it really be possible to instantly stop a sugar craving when you're already tired, hungry, and staring at the chocolate cake? The answer is yes!

Your Mind Is More Powerful Than A Craving!

The best way for these strategies to work is to actually go through the steps as you read them. Instead of making a judgment about whether this will work for you, do the exercises and find out!

Quick Tip #1:

Imagine taking a bite out of your favorite sugary snack. Let's say a brownie. Now chew up that bite, but don't swallow. Next, spit (or imagine spitting) the chewed up brownie back onto your plate, then try to eat that pre-chewed bite once more. If this makes you pause, grimace, or say "I don't think so," you have done it correctly!

Quick Tip #2:

Think of the food that tempts your "sweet tooth." Perhaps chocolate. Now imagine that someone with the Swine Flu just sneezed on your candy bar and hands it back.
Enjoy!

Quick Tip #3:

The next time you have a taste for something sweet, bite into a juicy, yellow lemon

wedge. This changes the chemistry in your mouth and ends the sugar craving. A pickle also works.

Quick Tip #4:

Sugar cravings are not normal. To crave anything means your body is depleted or run down in some way. Rather than pushing through and going faster, you need to take a short “sanity break” by stopping all activities and going within. Literally stop whatever you are doing, close your eyes for two minutes, and slowly breathe in and out through your nose. As you breathe in, imagine pulling warm sunshine down through the top of your head and allow the light to brighten you up from the inside out. As you slowly exhale, imagine sending any tension (or cravings) out of your body through the bottoms of your feet.

Quick Tip #5

Speak to the craving. Ask the craving what it really wants. If it says, “Those cookies!” ask again. Typically you’ll discover what you really want is more excitement, comfort, connection, or variety. When you are bored or overwhelmed, sugar cravings appear.

Quick Tip #6:

Give the craving a shape, color, and location. For example, the craving feels like a big red circle sitting on the tip of your tongue. Now mentally shrink the size of your craving and change the color to clear. Imagine the big red circle transforming into a tiny clear dot that falls off your tongue onto the floor beneath you! You will notice that the circle is now gone and so is the craving!

These simple tricks don't end cravings permanently, yet they do momentarily give you back control. Often a physical craving is your body's way of asking you to comfort or relax yourself. Taking a walk, a hot shower, or calling a friend that makes you laugh will feel better than eating foods that put on weight.

Over the years I've met many who claimed they were addicted to sugar. If you recently broke into your parent's house in the middle of the night and stole money to buy doughnuts, you may very well be addicted. For most, however, what you've become “addicted to” is the *feeling* you get from self-medicating with sugar. The ability to quickly escape from emotional discomfort through food has become such a strong habit, you feel compelled to “treat yourself.” Yet, instead of trying to avoid pain by engaging in activities that create more of it (sugar binging), you'll want to discover new ways of comforting and relaxing yourself that have nothing to do with chewing.

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