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Beat Sugar Cravings for a Happier, Healthier Life

1 message

CCS Medical <myccsmed@ccsmed.com>

Tue, Sep 25, 2018 at 11:00 AM

Reply-To: myccsmed@ccsmed.com

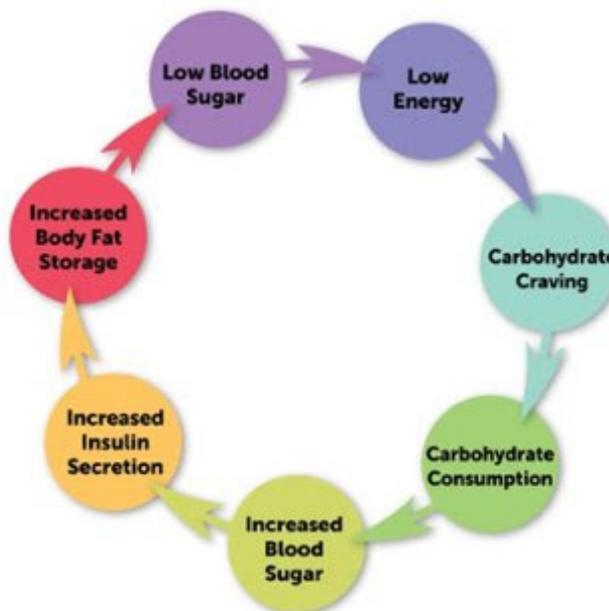
To: donpaulwrites@gmail.com



Hi Don,

Sugar cravings are a serious health problem for many of us that lead to overeating, weight gain, high blood pressure, and [diabetes](#).

Research suggests that sugar can be powerfully addictive, perhaps more addictive than cocaine. [1]



There are several "life hacks" you can try to overcome the sugar cravings while achieving personal healthy living goals (including weight loss).

1. **Eat foods that are high in magnesium, chromium, and zinc.** One explanation

for sugar cravings may very well be a deficiency in these critical nutrients^[ii] Magnesium-rich foods include leafy green vegetables, nuts, and seeds, while chromium is in broccoli, green beans, bananas, and apples.

2. **Eat healthy snacks when you are NOT hungry.** Sugar cravings have more to do with your brain demanding a reward (or in scientific terms, a release of dopamine), but when you are hungry, the desires are even harder to resist.^[iii] Stock your countertops with healthy snacks and have pre-made meals ready with protein-rich foods like meat, fish, and eggs to curb your hunger and keep sugar cravings at bay.
3. **Take a brisk walk or do a favorite exercise.** Going for a walk (or a jog if you like to run) or working out releases endorphins that give you a "natural high" that makes you feel better than the temporary buzz and subsequent withdrawals that added sugars create. *Exercise is also an effective remedy for stress, anxiety, and depression, which are all triggers for sugar cravings.*
4. **Give fruits a chance.** Fruits can satisfy sugar cravings for many people, but for all of us, fresh fruits give us natural energy and a host of other health benefits. If you consume at least two cups per day, over time you will enjoy the naturally sweet reward much more than the artificial high that added sugars give you.

Other useful tips for preventing sugar cravings are **drinking more water** and **improve your sleep health**, as dehydration and lack of rest may also be triggers for added sugar addiction.

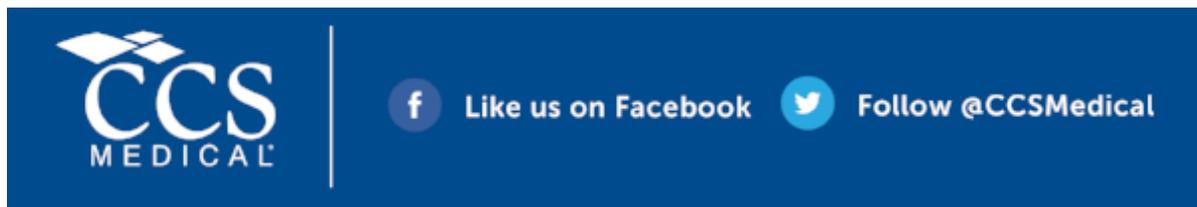
Saying "NO" to Added Sugars

CCS Medical Clinical Team

^[i] <https://www.theguardian.com/society/2017/aug/25/is-sugar-really-as-addictive-as-cocaine-scientists-row-over-effect-on-body-and-brain>

^[ii] https://www.huffingtonpost.com.au/2017/07/20/how-to-beat-sugar-cravings_a_23038502/

^[iii] <https://www.healthline.com/nutrition/3-step-plan-to-stop-sugar-cravings#section1>



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