

TIPS TO REDUCE  
SUGAR  
CRAVINGS

WHEN GOING ALCOHOL FREE  
or ANYtime!



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Can't quite get a grip on your new sugar cravings? You're not alone.

It's very common to crave sugar when you put alcohol aside. Alcoholic drinks typically contain sugar, so when you give them up your body will seek that sugar rush elsewhere.

Secondly, sugar and alcohol work similarly in the brain. Both produce high levels of dopamine. When your brain ceases to get the dopamine rush alcohol provides, it seeks it out in other forms. Sugar is an easy and effective substitute.

Additionally, you've most likely used both alcohol and sugar as a reward in the past, so your brain is used to using both of these as a treat.

With alcohol removed, it's no wonder you're having sugar cravings!

PLEASE be gentle with yourself in regards to these cravings, especially at first.

If you've been drinking for a long time, it can take a while for your body (and brain) to adjust. There is nothing inherently wrong with a sweet treat – and for many of us taking a break from, or removing, alcohol from our lives is worthy of a giant celebration! So don't beat yourself up.

Treat yourself if you like.

This download is simply a reference to help you navigate these cravings more effectively.

# 12 Tips to Reduce Sugar Cravings when Going Alcohol Free (or ANYtime)

1. When that sugar craving hits, reach for sauerkraut, kimchi or another fermented food. These options are probiotic rich and help to repopulate the good bacteria in your gut, instead of increasing the bad bacteria in your gut like sugar does. Plus the taste will deter you from consuming sugar.

2. Apple Cider Vinegar! Make sure it's organic, raw and unfiltered. When the sugar craving hits, put two generous tablespoons of the vinegar into a glass, add water and drink it down! Not only does it help curb your craving but it also aids digestion, and can lower inflammation.

3. Don't let yourself get too hungry. Don't skip meals. Eat balanced meals, and have healthy and easy snacks at the ready. Plan ahead. If you wait until your famished, your likelihood of grabbing a quick sugary fix is greatly increased.

4. Stay hydrated! Sometimes we crave sugar when what we really need is water.

5. Exercise! Exercise releases endorphins, those feel-good chemicals that often naturally curb sugar cravings.

6. Get good sleep. Being tired drives us to eat more, and to often choose sugary foods for a quick boost of energy.

7. Look into a multivitamin or other supplements. Certain vitamin & mineral deficiencies can lead to sugar cravings, for example, those of magnesium, zinc, and chromium. The amino acid L-glutamine helps to balance blood sugar, which helps reduce & stop cravings, so supplementing with this can help.

8. Stay as balanced as possible. Go to acupuncture, get a bioenergetic scan, have a lymphatic massage. Make sure your body is running as optimally as it can.

9. Strive to have protein at every meal, and make sure to get healthy fats too. These help to stabilize blood sugar and take longer to digest, which leave you feeling full – longer. Having a variety of food groups in each meal can go a long way toward staving off sugar cravings.

10. Avoid highly salty foods. Although counter-intuitive, highly salty foods can trigger cravings for sweets.

11. Take a HOT shower. Steaming in a hot shower for 5- 10 minutes can leave you feeling detoxified and kill your sugar cravings.

12. When you do indulge, do it mindfully. Experience it with all of your senses. Making a sugary treat absolutely taboo will not help you. Giving in sometimes is ok, just place some intentionality around it.

## **12 Foods to Choose When a Sugar Craving Hits**

- 1.Sauerkraut or other fermented foods (kimchi, kombucha)
- 2.Berries. Other fruits too (plums, kiwi, grapefruit, watermelon)
- 3.Seeds – chia, sesame, pumpkin
- 4.Nuts – pistachios, almonds
- 5.Good fats: coconut oil, olive oil, olives, avocados
- 6.Legumes & pluses: lentils, garbanzo beans
- 7.Unsweetened plain Greek yogurt, kefir
- 8.Eggs, fish & meat
- 9.Grains – quinoa, oats
- 10.Iced or hot tea or sparkling water
- 11.Sugar-free gum, mints or hard candy
- 12.Dark chocolate – mindfully. Make sure it's at least 70%. Dark chocolate has polyphenols and is also an antioxidant and anti-inflammatory.