

9 Sneaky Ways to Quit Sugar, Stop Cravings & Prevent Withdrawal



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By Dr. Vera Tarman

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9 Sneaky Ways to Quit Sugar, Stop Cravings and Prevent Withdrawal

1. Quit gradually or cold turkey.

- Start by quitting candy and sugary beverages like soda and juices. Do this for two weeks. Then eliminate condiments that have sugar such as ketchup, salad dressing and sauces. This may be enough to keep your sugar cravings at bay.
- If you want to try quitting all at once, it's more difficult, but your cravings will disappear within three weeks.

2. Choose healthy food that's naturally sweet.

- Eat roasted vegetables such as beets, yams and squash. Eat fruit like berries, cherries and bananas. Don't eat more than two pieces of fruit a day.
- Do NOT drink juice or smoothies. They include as much sugar as soda or candy.

3. Use sugar substitutes sparingly.

- Try this if you want to quite gradually. You may still have sugar cravings but not as many.
- The best sweetener is Stevia. The worst are Sweet 'N Low and NutraSweet. Don't use honey, agave or syrups which are sugars.
- Try to limit sugar substitutes to two or three a day to avoid bloating, cramps and flatulence.

4. Experiment with healthy snacks that taste good.

- Try popcorn (air popped or in oil) sprinkled with nutritional or brewer's yeast.
- Nuts and seeds keep you feeling full for hours and may be worth the extra calories.
- Eat crunchy vegetables like carrots, spiralized beets and corn on the cob.
- High-fiber foods, fats and proteins will keep you full.

5. Drink from 4 to 8 10-ounce glasses of water a day.

- Water and herbal tea fill your stomach.
- Thirst can feel like fatigue and hunger!
- Avoid coffee, a diuretic.

6. Know the difference between HUNGER and HANGAR (hungry + angry).

- When you're hungry, you need food for energy.
- When you're hangary, you want comfort food like sugar and fat to lift your bad mood.
- Avoid impulsive emotional eating which makes stress, fatigue and depression worse in the long run.

7. Clean your refrigerator and lock your cupboards.

- Throw away or hide trigger foods like ice cream, leftovers and office treats you bring home. When you see tempting food, you crave it.
- Use towels, napkins, even tablecloths to cover tempting food you can't throw away.

8. Change habits that encourage you to eat more.

- If you eat in front of the TV, don't eat when you're watching TV for at least a month.
- If you read at the kitchen table while you eat, find somewhere else to read. Don't read and eat.

9. Rely on vitamins to curb cravings.

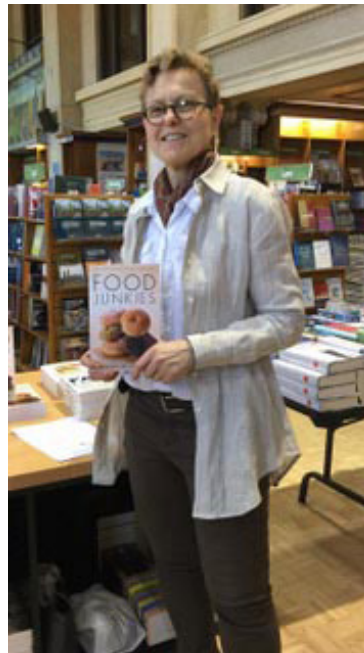
- Add Vitamin B complex that helps you digest carbohydrates.
- Try chromium, an essential trace mineral, to help regulate the blood sugar spikes and dips which lead to sugar cravings and withdrawal.
- L-Glutamine, an amino acid, can reduce sugar cravings.
- It's fine to use all three vitamins at the same time.

Bonus Tip:

Join the "Sugar-Free for Life Support Group: I'm Sweet Enough" on Facebook where you'll get lots of support from more than 450 members. If I can do it, you can do it! And I'll be there to help you.



Here I am at 240 pounds, Size 26 in 2004



Here I am at 137 pounds, Size 12 in 2019

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