

Top 10 Sugar Detox Tips

- 1. Be prepared.** Having the right foods handy is key for helping you get through the day. To avoid cravings, keep a good mix of non-perishable snacks on hand like mixed nuts, jerky, seed based crackers, sugar-free almond butter, etc.
- 2. Drink lots of water.** Sugar cravings can actually be a symptom of dehydration (AND it's believed that 80% of us are dehydrated). Next time you find yourself wanting some sugar, reach for a glass of water first and see if that helps to cut your craving.
- 3. Get moving.** Exercise is one of the best and most effective tools we have for balancing blood sugar levels naturally. Try throwing on a pair of tennis shoes and head outside for a 15-20 minute walk to stave off those cravings.
- 4. Sprinkle on the Cinnamon.** Cinnamon is an excellent spice that can help keep sugar cravings at bay. Only half a teaspoon of cinnamon per day has been shown to help normalize blood sugar levels and reduce food cravings (particularly for sugar!).
- 5. Get your Zzzzz's.** When we're tired we crave energy - but did you know we crave it most in the form of sugar? Try drinking 4oz of tart cherry juice next time you get a craving. Tart cherries contain natural sugars, which will help cut the craving, and they also help you sleep.
- 6. Learn to love herbal tea.** Having a cup of tea can feel like a treat for many people. Plus, it's a great way to get medicinal properties into your diet. Try licorice root tea next time you get a craving, which has a natural sweetness to it and can help the body better cope with stress.
- 7. Invest in a tongue scraper.** It may sound silly, but as we age our taste buds gradually become desensitized. You can reverse this process by removing old residue from your tongue, which will help you to taste more of the subtle sweetness in your real foods.
- 8. Follow the ingredient list NOT the nutrition label.** When it comes to removing sugar from the diet, keep your focus on the "added" sugars, which will be listed in the ingredient section of the food label. OR better yet, eat foods that don't need a label.
- 9. Cook once eat twice.** Prepare extra when you make a meal and stash leftovers in a container for the following day and remember, don't skip meals. By eating smaller meals throughout the day, you'll help balance blood sugar levels as well as cut down on those pesky sugar cravings!
- 10. Find sweetness in your life.** The body does not actually need sugar to survive, but it does need quality connection with others and fulfilling experiences in life. When your days become sweet enough on their own, no additives are necessary.