

# CUT/ THE/ CRAV/ INGS.

*an ebook*



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# THE BASICS.

## ARE SUGAR CRAVINGS YOUR GIFT AND YOUR CURSE?

### The GIFT:

Sugar cravings are a stimulus that helps you enjoy that bite of sweetness so much more. Appreciating food, especially in good company, can: decrease stress, bring mindfulness in your day, and strengthen the bonds between our peers. Evolutionarily, a sugar craving meant you needed more energy in the form of carbohydrates to fuel your busy bod on the go!

### The CURSE:

You are reading this eBook because you know one thing for sure: Sugar cravings can get *out. of. control.* Contemporary options for fuel sources in food do not involve foraging for an appetizing root or berry. Our hunter-gatherer skills have been put to use hunting for deals and gathering foods that give us a quick fix in the form of an energy boost.

WHAT DOES IT TAKE TO  
GET IT UNDER CONTROL?



# THE BASICS.

## CUTTING THE CRAVINGS

This eBook does not demonize sugar. It's here to help you take control of your eating habits and empower you in health.

**NO MORE SECRET STASHES OF SWEETS.**

**NO MORE STRESS-EATING.**

**NO MORE GUILT-TRIPS.**

A few simple, short steps - if followed through - will cut the sugar cravings and keep them at bay for as long as you want them to.

Cravings are just a messenger for your body's nutritional needs. Learning exactly how to fulfill those needs and enjoy a satisfying and balanced diet are not mutually exclusive.

Making well-informed decisions about your health and nutrition are keys to conquering the MIND OVER MATTER component that is crucial to successfully cutting those sugar cravings.

**READY TO MAKE THOSE  
CRAVINGS A MEMORY OF  
THE PAST?**





# THE 5 STEP.

## 1. CUPBOARD HYGIENE

Let's make "*Out of sight, out of mind*" work for our new craving-free life.

Cupboard hygiene is making sure **only** guilt-free foods and snacks are in your cupboards and fridges. Give away those cookies, crackers, cupcakes, and two-bite brownies you have in your cupboards, desk drawers, and purses. Only whole foods allowed!



## 2. PROTEIN POWER

Sugar cravings happen when blood sugar levels spike and drop drastically with foods full of simple carbohydrates (sugars). Foods that are high in protein keep sugar levels balanced throughout the day and won't give you the afternoon grumbles. Choose protein-packed foods such as nuts, mushrooms, eggs, and lean meats to include in each meal.





# THE 5 STEP. *continued*

## 3. BEING THE CHAMPION OF BREAKFASTS

Start your day off right with a well-balanced plate of protein rich foods, fats, and **colourful** fruits and vegetables. Studies show that a balanced (read "low in carbs") "big" breakfast has been shown to even out blood sugar spikes throughout the day. Big breakfast = no cravings!



## 4. THE OL' SWITCHEROO

Our habit of craving has a pattern. We get up, we grab a snack or soda, and we go along our day. We start craving every time

we get up or pass by our snack stashes. Making a simple switch to nuts and seeds for grazing or a refreshing glass of lemon water for sipping can satisfy the movement component of the habit while providing a healthy fuel that can keep you full until the next proper meal.





# THE 5 STEP.

## *continued*

### 5. CREATURES OF [STRESS] HABITS

Physiologically, sugar cravings can come from the body's release of the stress hormone cortisol, calling for more fuel to act on the "fight or flight" response. Psychologically, stressful situations require our brains to form coping mechanisms to soothe and comfort ourselves to get on with our next task.



Emotional eating patterns often develop if there isn't a routine of stress-relieving habits to dampen the daily stresses of life.



Journal writing, picking up a hobby, enjoying a sport, connecting with nature, and connecting with loved ones can be highly effective for bringing the body back to its calmed and controlled state of non-craving. Fight the habit with [a better, more fulfilling] habit!





# THE LONG GAME.

Simple, right? At this point you have all the tools you need to kick the cravings. No pill, no app, no device: Just you, your beautiful brain, and the power to create the health habits you want.



## EASIER SAID THAN DONE.

Any lifestyle change is easier said than done. How do we keep from convincing ourselves again to take the easy road? A successful change takes many attempts, failures, revisions, doubling back, and more importantly, honesty with oneself.

Evaluate your motivation levels. How much do you want this change to happen? What will happen if you do? What is at stake if you don't? Is the time now? Do you want to be proactive or reactive? Do I need help to manage this goal?

## SEEK A TRUSTED AUTHORITY



Seek support from a trusted authority such as a naturopathic doctor. Experts in nutrition and health will guide you in specific food choices to meet your health goals.



# GET TO IT!

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## DISCLAIMER

This publication is intended for educational purposes only. Any medical advice should be discussed in a clinical setting with a registered and licensed professional. Talk to your MD or ND if you have any preexisting conditions that can be affected by any drastic changes to your diet or lifestyle.

## ABOUT THE AUTHOR



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After earning her undergraduate degree in physiology from McMaster University, Dr. Ling pursued her passion in healthcare as a naturopathic doctor.

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