

**5 EASY STEPS TO**

**OVERCOMING YOUR**

**Sugar Cravings**

**FOR GOOD!**

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# Sugar



I'm going to tell you how to overcome your sugar cravings FOR GOOD. The best part is, I broke it down into 5 easy to comprehend (and implement) steps. Let's get started right away!

## **SUGAR = HEROINE**

It's something like crack. White, powdery, and oh so hard to get off of. The scary thing about sugar is that it's highly addictive—just like drugs, alcohol, and caffeine.

Why?

Because eating a small amount creates a desire for more, and suddenly quitting sugar causes withdrawal symptoms like headaches, mood swings, cravings and fatigue. The long-term effects of sugar on the body include diseases and conditions like hypoglycemia, yeast infections, weakened immune system, ADHD, diabetes, mental, and emotional disorders and weight gain.

Let's get into detail about that.

Most people know that eating too much sugar isn't good for you. But, few people know just HOW BAD it actually is—especially when it becomes a full blown addiction.

Here is why it is some important to kick the habit as soon as possible. Yeah, that's right, put that sugary coffee drink down!

### → **Anti-nutrients**

Anti-nutrients are substances that block, destroy, or otherwise prevent nutrients from being used by the body. Sugar does exactly that. It blocks the absorption and assimilation of critical nutrients—kinda like putting up a wall. Aside from the fact that sugar stops nutrient uptake, foods that are high in sugar are typically devoid of nutrients themselves. And because it takes nutrients energy, and enzymes to digest these foods anyway, the body is left in a state of having less nutrients than it had before you ate. That is the exact opposite of what food is supposed to do for our bodies.



Because the simple sugars that are being consumed are so easy for the body to break down, **the sudden influx of this energy source overwhelms the body** and is almost immediately stored as body fat. The erratic supply of energy to the body wreaks havoc on the hormonal mechanisms that respond to blood sugar levels which manifests itself as the "sugar high" followed by the "crash."



As a result, you end up hungry again very shortly after, the eating and energy storing process repeats, and **more weight gain occurs.** This vicious cycle is what makes sugar consumption such a large contributor to fast weight gain.

When we eliminate sugary foods and opt instead for nutrient dense, slow release energy sources, such as complex carbohydrates, we stop this vicious cycle. If all of our other dietary choices are also positive - there is no excess energy for us to store and it is natural for our body to begin **releasing stored fat.**

### **SNEAKY SUGAR**

You unknowingly eat sugar everyday: sugar is lurking everywhere!

**Manufacturers are very aware of the highly addictive nature of sugar.**

Knowing this, they lace their food with sugar and sugar-like substances so we'll buy more of their products. Everything from peanut butter to bread, yogurt, and crackers contain sugar. Next time you're at the store, do yourself a favor and read the labels on the packaged food you buy.



Here's what to look for; no more than five ingredients - ingredients you recognize with names you can pronounce. **Any ingredient that ends in "ose" is sugar in disguise and should be avoided.**

Here are a few tell-tale signs that you're addicted to sugar.

#### **→ After lunch, at 3 o'clock, you succumb to "food coma"**

If you work in an office, **chances are you feel groggy and tired at 3 p.m** and set off in search of a pick me up. Maybe you stroll past the receptionist's candy bowl and grab a few sweets, visit your nearest vending machine for a candy bar or some cookies, or find yourself preparing a hot cup of coffee - with plenty of sugary creamer. Before you do any of this, ask yourself what you REALLY need.



## NATURAL SWEETENERS

ORGANIC STEVIA  
NON-GMO HONEY  
NON-GMO COCOA POWDER  
DATE SUGAR  
ORGANIC MAPLE SYRUP

# Recipes

Now that you know what the 5 easy steps to overcoming your sugar cravings are, here are 5 easy and delicious blood sugar stabilizing desserts that will put you on the fast track to freeing yourself from your sugar addiction.

Recipes start on the following page.

# GOOD-FOR-YOU BLUEBERRY MUFFINS



**BAKE TIME** 25 minutes

**MAKES** 12 muffins

## **INGREDIENTS**

2 cups organic almond flour  
1 scoop grass-fed protein powder  
2 tbsp organic coconut oil  
2 organic free-range eggs  
3 organic free-range egg whites  
1/4 cup organic maple syrup  
1 tbsp apple cider vinegar  
1/2 tsp baking soda  
1/4 tsp Himalayan sea salt  
1 tsp organic vanilla extract  
1 cup organic blueberries

## **DIRECTIONS**

Pre-heat oven to 350 F. Place all ingredients excluding blueberries into your food processor and blend until smooth. Once completely mixed gently fold in blueberries. Lightly grease muffin tin with coconut oil. Evenly scoop batter into muffin tin. Bake for 25 minutes. Remove from oven and place on cooling rack.

Enjoy.