

Feature Topic: How can I control my sugar cravings?

During the holidays we tend to get off track with our diets and may indulge in too many sweets – and then it seems that the more sweets we eat, the more we want! There is a reason for this. A high carbohydrate diet, especially refined carbohydrates, skipping or postponing meals, staying up too late, excessive stress, overuse of stimulants such as colas and coffee, a deficiency of B complex vitamins or certain minerals, and even thyroid dysfunction may all contribute to blood sugar problems and sugar cravings. It is helpful to pinpoint the exact source of the sugar cravings, especially if there is a need for specific organ support - for example, adrenal or thyroid.

There are also some general guidelines that may be followed by anyone to help balance blood sugar and control sugar cravings.

1. Eat on a regular schedule. If you have sugar handling problems it is often helpful to eat more frequently. Five mini meals each day will help your blood sugar levels to stay stable. Each of these mini meals should contain some protein and some fat. In fact, any time you crave sugar make a point of eating some protein and fat first. You may then find that you no longer have to have that cookie.
2. Avoid refined carbohydrates. Eating starches (even white potatoes) will lead to sugar cravings. It is important to eat carbohydrates each day, but they need to be the right kind and in the right proportion. We recommend a low carb Mediterranean type diet including olive oil and other fats. Feel free to ask us for a copy of the diet.
3. Get more sleep. Do you find that you tend to turn to sugar on those days when you did not get enough sleep? Sugar is a stimulant, so naturally it is appealing when you are tired.
4. Avoid or manage stress. Take time to do things that you enjoy. Enroll in a yoga class or take time for meditation and deep breathing. Set aside a “worry time” each day and then don’t allow yourself to worry at any other time. Make a list of things that need attention and then begin to take care of them.
5. Reduce intake of caffeine and other stimulants. Try cutting out one cup of coffee or one cola each day and then gradually decrease even more.

There are a number of specific nutritional and herbal products that can also help to stabilize blood sugar and reduce cravings. Here are just a few:

- **Gymnema** (1-2 tablets 3X/day will help to cut down sugar cravings while also rebuilding the pancreas.
- **Cataplex B** (2 tablets 3X/day), an all natural B complex, restores vitamins that have been “burned up” by too much sugar consumption.
- **Trace Minerals B12** (2 tablets 2 to 3X/day) contains zinc, copper, manganese and trace minerals to help in production, function and transport of insulin and in boosting mitochondrial activity.
- **Inositol** (2 tablets 3 or more X/day) is a naturally sweet tasting B vitamin that aids in sugar and fat metabolism. The sweet flavor makes inositol a good and safe candy substitute.
- **Cinnamon** (1/4 teaspoon or more/day) helps sensitize insulin receptors. Cinnamon lends a sweet flavor to smoothies and other foods. Add it liberally to applesauce, cottage cheese or whole grain pancakes.
- Some other products that may also be helpful are: **Pancreatrophin PMG**, **Cataplex GTF**, **Magnesium Lactate** or **Magnesium Citrate**, **Diaplex**, **Organically Bound Minerals**, **FenGre** and **Prolamine Iodine**.

As you take care to give your body the nutrients it really needs, you will find that the cravings for sweets will go away.