

## Attention Sugar and Carb Lovers!



5 Easy Tips to  
Beat Sugar Cravings  
Naturally!

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### Learn sustainable ways to:

- Curb cravings for good
- Get abundant energy
- Shed excess pounds
- Get glowing skin
- Sharpen focus
- Feel healthy & happy!

## You are in the right place if you are:

- Always craving carbs and sugar.
- You dream about pasta, bread, doughnuts, chocolates, deserts and ice-cream.
- Always tired and achy
- Can't stay awake after lunch
- Feel bloated and 6 months pregnant by evening
- Gradually but constantly putting on extra pounds
- Feel guilty and out of control about your eating habits.

**So who am I to tell you what to do?** Fair question.

I'm a Registered Holistic Nutritionist with passion to help people to reduce their sugar cravings, energy crashes, brain fog, aches and pains, diabetes, and improve digestive issues like IBS and bloating to transform their health and well-being.

I also help busy professionals and parents who want to eat nutritiously without spending hours in the kitchen or breaking the bank on expensive health foods.

I've been there, gone through these symptoms and was told I was healthy and it was all in my head. But I felt sick, and decided enough was enough. So I took charge and my quest led me study holistic nutrition and to discover how eating the right foods in the right manner can turn things around.

**Most of us crave sweet or salty carb-rich food when we are feeling stressed. That is normal as your blood sugar is out of whack at such times. But if you said 'Yes' to any of the above symptoms, there is more to it than just being stressed, lack of will-power and the easy availability of carbs. That is just the beginning, not the end of the story!**

## You can blunt your cravings for sugars and carbs by balancing your blood sugar using the following simple tips:

1. Eat at least 3 meals per day: These meals should be enjoyed at fairly regular intervals each day.

- Breakfast within 30 minutes to 1 hour after rising,
- Lunch 3 to 4 hours later, and
- Dinner 3 to 4 hours after that.
- Regularity of meal times keeps you from randomly grazing, binge eating due to low blood sugar from a prolonged fast, and it's less stressful to have a routine!
- For some people with a history of strong cravings, having a snack between each meal also helps.

### 2. Eat all food groups:

- Yes! No one food group is banned!
- That's right – grains are not your nemesis.  
Read on to find out how to enjoy the best grains for your health and weight loss goals.
- Eating a balanced breakfast with protein, fat and carbs as your first meal sets up your metabolism for the rest of the day.

### 3. Choose healthy carbs:

- Fruit, sweet potatoes, large flakes oats, amaranth and quinoa are just a few of the many healthy carbs that release more slowly in your blood stream as compared to carbs with white flour or sugar.
- If you need a carb fix, choose a healthy carb as listed above to indulge in.

#### 4. Eat protein with every meal:

- Whether its eggs or leftover dinner meat, or a protein shake, make protein your first pick when your sit down to eat.
- This will help keep your blood sugar from crashing and calling out for a quick fix.
- So if you feel hungry and tired after a meal- this is where you are falling short- a protein portion!

#### 5.. Water, water, water:

- Do you have a water bottle? If not – GET ONE! And keep it with you at your desk or in the car.
- Like nutrients, the body likes to absorb water in manageable amounts throughout the day – not in huge one huge dump all at once, you are not a camel!
- Sip through the day, especially if you struggle with fatigue that's making you want sugar and carbs.

### BONUS Tip! Oh yeah....

#### Try cinnamon:

- Studies show that this naturally sweet spice can help keep blood sugar stable and this is good news if you crave sugar and carbs.
- Sprinkle some on your breakfast or try it in your cup of coffee.

*Let me know it goes....*

Sometimes however, there are deeper internal issues like hormonal imbalances, yeast overgrowth, liver overload, nutrient deficiencies or emotional issues which need to be addressed with dietary intervention and lifestyle changes.

You are not alone in trying to figure it out....I can help you with those.

**So what's next?** You might want to try my:

1. ["Diet-Free" Diet](#), or
2. [Wellness Jump Starter Program](#)

For more information on these programs or a more personal approach with detailed 'customized evaluation' contact me at [tanuja@saakori.com](mailto:tanuja@saakori.com) or 778.322.5670.

I can help you Eat Right. Feel Better. Look Good.

P.S- don't miss out on any tips, recipes and other nutrition related resources. Connect with us on:

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