

# 19 Ways To Stop Those Cravings!



1. Keep busy! This is the greatest tool you have. When you're busy doing something you enjoy you don't think about food.
2. Drink lots of water. It stops stomach cramps and hunger pangs and your body needs it!
3. Eat ice. Fill a cup and munch on it while watching TV.
4. Eat flavored ice. I squirt some Stur Water Enhancer on ice or in water. Its fairly natural and sweetened with Stevia. (BEWARE of anything sweetened with Aspartame as it's a proven carcinogen.)
5. Use pressure points for appetite suppression. (You can google how to do these)
6. Use Dill Oil on your wrists to curb sugar cravings. It works!
7. When you're really craving something substantial, have a bowl of vegetable broth. Warm things satiate hunger better than cold.
8. Freeze some raw fruit juice into popsicle using molds for a great healthy low calorie snack.
9. Froth to the rescue! Make a small batch of fresh orange & apple juice using a juicer. Eat the froth part slowly with a spoon before drinking. It's like whipped topping! Add crushed ice if desired.
10. If you're dieting or doing a fast for a specific amount of time remind yourself that the next few weeks or months are going to pass before you know it. You might as well be healthier and slimmer at the end of that time.
11. Watch inspiring videos, or read inspiring books on eating healthy. This can be of tremendous help with your mindset and keep you incredibly motivated.
12. Chew gum. Xylitol gum is actually healthy for you!
13. Cravings tend to last about 20 minutes. Always keep that in the back of your mind and something to distract yourself to let that time pass.
14. Brushing your teeth does indeed work great. You just don't feel like eating after you've brushed your teeth.
15. Another oldie but goodie: Get rid of all the food that you know you shouldn't be eating. Out of sight out of mind as they say. I have absolutely no problem not eating things that are not in the house.
16. Eat an apple. The soluble fiber in apples is called apple pectin. It reduces blood sugar crashes and can keep you full for 1-2 hours.
17. Drink one large glass of water with either 1 to 2 TB Wheat Bran OR Rice Bran added. This will stop hunger for an hour or more and the bran is awesome for your colon!
18. Drink Green Tea between meals. It contains a phytonutrient called EGCG that increases the hormone that makes you feel satiated.
19. Place a small dab of pepper on your tongue. This triggers you're food sensors telling them you're eating something tasty. Hot sauce might also work for you.

