

5-DAY SUGAR-FREE CHALLENGE

DAY 2 | What To Do When You Feel the Craving

Even in a short 5-Day sugar detox, your body will probably have some intense cravings for sweets. Cravings usually only last between 10 to 20 minutes, and you can try just to let it pass, it usually will. But when you feel like you need Sugar NOW, you can try these helpful steps:

- 1. Drink some water** | Often when you are thirsty, your body interprets it as hunger. Try drinking a large glass of water, then wait 10 or 15 minutes and see how you feel.
- 2. Assess your hunger** | Are you actually hungry? The sugar craving is usually your first thought when you are hungry as it will provide you with energy the fastest. Take time to prepare some food to address the hunger.
- 3. Go for a walk** | Take your mind off the craving by changing the scenery for 15 minutes; the craving should take care of itself by the time you get back. If you walk briskly, you will increase the release of endorphins, which will squash your craving.
- 4. Take a hot shower** | The heat and steam in a hot shower will help you relax and give you perspective on your craving.
- 5. Eat a piece of fruit or a healthy snack** | Snacks can include nuts, seeds, avocado, vegetable sticks with hummus or natural nut butter, or smoothies made with fruit only (no added sugar).
- 6. Chew some gum** | Make sure it is sweetened with Xylitol. Some good brands are Pür Gum, Glee Gum, and Xyla.
- 7. Assess your mood** | Are you feeling unsupported, tired, angry or overwhelmed? Try to find ways of dealing with these issues before you reach for the sweets. For a quick fix take three deep breaths – it has been clinically shown to reduce stress.
- 8. Eat a bit of what you are craving** | Keep it under 150 calories and combine it with a healthy fat and protein combination like almonds. Don't feel guilty! Savor it. Then go re-read why you want to quit sugar and get back on the horse.