

5 WAYS TO *BANISH* SUGAR CRAVINGS

Essential Oil Guide



DR. MARIZA
Snyder

5 WAYS TO BANISH SUGAR CRAVINGS

In a world where sugar lurks under the guise of cryptic names, you must be one step ahead in understanding its dangers. Because it is a refined carbohydrate, our body uses it as energy or, alternatively, stores it as fat. Let me just say this first - SUGAR ISN'T BAD! But, just like everything else we have been talking about, EXCESS sugar or chronic usage is bad.

Sugar triggers our brain just like drugs do, causing it to release feel-good chemicals that give us a high. Unfortunately, sugar also drops us down hard leaving us craving more. Symptoms of this unrelenting sugar rollercoaster are brain fog, depression, increased appetite, insomnia, mental chatter...and that's just the beginning.

The World Health Organization recommends sugar be only 5% of your dietary energy intake, meaning the food industry has become increasingly stealthy at sneaking it into the food that you eat. It is your job to be a label looker and learn the signs of hidden sugar.

Here are some tips that I use every day to keep the sugar beast at bay:

#1 - FOOD JOURNAL

Writing it down keeps you accountable and lets you physically see what you are putting into your body. You can also establish and track personal eating habit goals so that you can see the progress over time. Read them each morning to remind yourself that you are worth the care and effort! And don't beat yourself up if you cheat or give in to a craving! Just start again the next day!

#2 - FUEL YOURSELF PROPERLY

Don't forget that food is fuel for your body. When you focus on a balanced diet of whole foods, your body gets its energy the way it was designed to - from a plant-based and clean protein-rich diet with healthy fats. Snack with protein rather than sugar to keep your belly full longer - nuts, eggs, and lean meats are all great options. And don't forget that sugar is a carb - just because you aren't craving candy doesn't mean you don't have a sugar problem. Bread, french fries, rice? Carbs, carbs, and carbs - they all get processed into sugar! Go for high-fiber and healthy fats like avocados! Even some fruits are full of sugar, so opt for berries whenever possible.

#3 - ESSENTIAL OIL BLENDS

Nothing distracts a craving like nature's blessings of essential oils! Science has proven that your brain can be affected by aromatherapy, especially that of Peppermint oil which effectively curbs cravings while awakening the senses. While it may seem crazy that simply smelling something can keep you from binge-satisfying that sugar craving, it may be the only thing that you haven't tried!

Why not try my favorite rollerball blend to combat those cravings?

CRAVE CONTROL BLEND

20 drops Grapefruit essential oil
10 drops Peppermint essential oil
5 drops Cinnamon essential oil
5 drops Lemon essential oil
Carrier Oil of your choice
(Fractionated Coconut Oil or
Sweet Almond Oil)
10 mL glass rollerball bottle

Directions: *Simply add the oils to a 10 mL glass rollerball bottle and fill it to the top with the carrier oil. Then roll it on your wrists and inhale deeply, practicing your deep breathing techniques. The Peppermint and Grapefruit will quickly curb those cravings, while Lemon and Cinnamon promote digestive health and support your metabolism.*

#4 - DISTRACT YOURSELF

There is something to be said for the old adage, “Out of sight, out of mind.” Fighting against those mid-cravings won’t be easy. Mid-morning, mid-day, and mid-evening may be currently punctuated with sugary goodness in your world, but it’s time to replace them with something else. So, how do you distract yourself? Drink a glass of water. Roll on your EOs. Move that body. Text a friend. Do some yoga. Meditate. Breathe deeply. And give yourself some credit. Hopefully, the water will fill your belly, the EOs will redirect your brain, and your exercise and deep breathing will tell your body you aren’t at war and stress is gone.

#5 - KNOW YOUR TRIGGERS

If you’re like me, sugar is a treat...and has been since I was a girl. Our bodies and our brains associate sugar with rewards, so we are conditioned to think we earn a sweet treat whenever success finds us. Time to rewire that connection! Or how about your social life? Do you wine and dine, and indulge in dessert with friends? Tell them that you are working against sugar so they can support your choices to abstain.

The last big trigger for me are emotional moments - grief, stress, mother nature’s monthly visitor... I want to binge on ice cream and stuff my face with peppermint patties and sugary coffees. Reach for your journal and give those emotions validation! Sometimes I even like to write out my anger or my grief to release it from my body, and then burn that paper so I can extract it from my life. Your Food Journal can help you to pinpoint those triggers and correlate them with difficult times of your life so you can be prepared to distract yourself the next time or process those emotions. Essential oils can also be your best friend to balance and support emotional health. Try Cedarwood, Frankincense, and Patchouli to ground unruly emotions; Lavender and Ylang Ylang can provide a natural calm for stressful moments; and Clary Sage is the go-to for a girl’s time of the month.

THE BOTTOM LINE

Only you can change your normal by practicing self-care routines that will boost your healthcare quotient. Break up with that sugar beast and replace it with positive lifestyle changes to fuel your body, mind, and soul.