THE CRAVING CURE

A 1-Day Fast Track to Kicking Sugar (and Other) Cravings to the Curb

YuriElkaim.com
DEAR HEALTH-CONSCIOUS FRIEND,

If you’ve been held hostage by insatiable cravings, then I feel your pain. I’ve been there myself and here I’ll share what has worked for me and thousands of my personal clients that have been in your shoes.

Whether you’re looking to lose weight, have more energy, or get a better handle on your diet, getting rid of those crippling cravings (especially sugar) is a must.

Thankfully, there is a surefire way to do so and here I’ll lay out a simple 1-day quick start guide that can get you started on the right foot.

Before we jump in there’s one thing you need to know about cravings. First, they’re not your fault (more on that shortly).

Second, you crave what’s in your blood.

This means that your body most often craves what you most often eat. If you’re addicted to bread, that’s because you likely have a little too much bread (or refined carbs) in your diet. Same goes for chocolate, alcohol, sugar, or anything else.

And just in case you’re wondering, food cravings (like chocolate) are not a sign of nutrient “deficiency”. This is one of many myths I’ll debunk for you in the coming days.

In case you don’t know me, my name is Yuri Elkaim. Even though I’m now a New York Times bestselling author and one of the most trusted health experts in the world, things certainly weren’t always this way. In fact, they couldn’t have been more different, especially if you knew me from a young age where I battled crippling sugar cravings for almost 2 decades.

I’ll tell you how I overcame these cravings (and their ensuing health challenges) a bit later but for now just know that you’re in good hands.
For now, just know that a number of unwanted events happen inside your body as a result of constant exposure to the same foods.

For instance, did you know that your gut bacteria can be thrown out of whack such that “bad” bacteria (fungus, yeast, etc…) take over and literally force you to eat sugar and carbs (since that’s they’re “drug” of choice)?

That’s just the tip of the iceberg.

So, what we’re going to do here is purify your body with the right foods (that taste great and are good for you) so that you no longer crave the bad stuff (or at least crave it a LOT less). The focus with the Craving Cure is on adding in more of the good, not depriving yourself.

I’ve taken thousands of clients through this very same approach and I know it will get you on the right track toward conquering those cravings once and for all. As a result, you’ll have more energy, your mood will improve, and you’ll feel in control of your food once again.

Within a few days or short weeks of following this type of “craving cure” plan, unwanted stubborn weight will drop and you’ll feel better than ever.

Naturally, it’s going to take more than one day to see lasting change. That’s why I’ve also prepared a free 3-part “Craving Cure” mini-class for you which will be coming your way over the next few days. So stay tuned to your email.
But, if you want to get started right now you can click on the following link to discover how sugar is destroying your body and what you can do to stop and reverse the damage.

Now, while you're still reading this, here's what a typical “Craving Cure” day could look like. I invite you to give it a shot at least once so you can experience how much better you feel.

**UPON WAKING:** start your day with lemon water. Squeeze the juice of half a lemon into 500 ml (2 cups) of lukewarm water. The lemon stimulates gall bladder contractions to eject toxic bile, while prompting your digestive system into action. It’s how I start each of my days.

**MORNING ACTIVITY:** Whether you like to exercise in the morning or later in the day, do something to get your body moving for at least 5 minutes in the morning. This could be some gentle yoga, a brisk walk, or even a workout. This movement will help stimulate your lymphatic system to drain away built-up toxins.

**BREAKFAST:** When it comes to cravings, it’s important to start your day with quality nutrients, especially protein as it keeps you full longer, stabilizes your blood sugar, and fends mid-morning cravings.

So, instead of cereal out of a box, give this healthy homemade cereal a shot — it’s packed with almost 20 grams of protein! It’s my favorite healthy cereal. I think you’ll enjoy it too.
BLUEBERRY MORNING

SERVES 1

INGREDIENTS

½ cup berries
2 tbsp hemp seeds
2 tbsp chia seeds
1 tbsp almond butter
1 tbsp ground flax seeds
½ handful chopped almonds or walnuts
2 cups almond milk

INSTRUCTIONS

Combine the first 6 ingredients in a bowl. Pour almond milk over the top. Let the bowl sit for 2 to 3 minutes before serving to allow the chia seeds to absorb the liquid and expand.
LUNCH: For lunch, quality nutrition (with lots of fiber and protein), once again, is very important to keep away those cravings. This veggie bowl is simple and nourishing and will do the trick.

**Chick Pea and Kale Bowl**

**SERVES 2**

**INGREDIENTS**
- ½ cup chic peas
- 4–5 stalks kale, stemmed
- 2–3 stalks Swiss chard
- 1 tbsp curry powder
- 1 tbsp sesame seeds
- 2 tbsp chopped almonds
- 1 tbsp olive oil
- Juice of ½ lemon
- Sea salt
- Fresh ground pepper

**INSTRUCTIONS**
1. If using raw chic peas — in a pot, warm chic peas with a little bit of water, a pinch of sea salt, and the curry powder. Allow the chic peas to absorb the curry powder. In so doing, they should take on a yellow tint. If using canned chic peas, then simply heat them lightly in a pot with a little water.
2. At the same time, steam the kale and Swiss chard so they soften.
3. In a bowl, add chic peas and top with the steamed kale and Swiss chard. Sprinkle with sesame seeds and almonds pieces.
4. Drizzle olive oil and fresh squeezed lemon overtop, and season with fresh ground pepper.
DINNER: Dinner is usually where most people go wrong. After a long day, you’re often too tired to think about anything and that often leads to bad food choices and giving into temptations far too easily. Instead, try this quick and healthy no-cook pasta. It will give you just the energy boost you want with less than 10 minutes prep.

**ZUCCHINI PASTA IN MARINARA SAUCE**

**SERVES 2**

**INGREDIENTS**
- 1 zucchini, skin removed
- 2 cloves garlic, diced
- 1 cup sun dried tomato, soaked
- 3 cups chopped tomatoes
- 1 date, pitted and soaked
- ¼ red onion, diced
- 2 tbsp olive oil
- ½ handful parsley, chopped
- ½ handful basil
- ½ cup olives, pitted (optional)
- Pinch of sea salt or kelp/dulse flakes

**INSTRUCTIONS**
1. Using a vegetable peeler or spiralizer, shave zucchini down to paper-thin noodles.
2. In a food processor, pulse all other ingredients until smooth to create marinara sauce.
3. Place zucchini noodles on a plate, top with marinara sauce, and serve.
EVENING NIGHTCAP: Wind down your day with a nice cup of herbal tea. Peppermint is great for your digestion and chamomile is very calming. Choose whatever you like so long as there’s no caffeine or sugar added.
HOW THESE FOODS HELP YOU CURB CRAVINGS

You might be wondering how these foods help to fend off those sugar cravings, help you lose weight, give you more energy, and more. First, remember that you tend to desire more of what you eat most frequently. Thus, eating quality food leads to wanting more good quality food. This naturally thwarts cravings and re-energizes your body.

Second, since you’re not ingesting sugar and other artificial ingredients commonly found in processed foods, your blood sugar is more stable and your body is less inflamed. As a result, your hormones are happier and you feel at home in your body and in control of your food.
HERE’S HOW 4 FOODS FROM THESE MEALS ABOVE HELP YOUR BODY:

**BLUEBERRIES**—Blueberries are terrific for busting cravings because they have a very low glycemic index (ie. good for your blood sugar) and are loaded important antioxidants that assist the liver in detoxification. A healthy liver further helps your body stay squeaky clean and keeps cravings at bay.

**HEMP SEEDS**—These little protein powerhouses contains all 20 amino acids, including the 9 essential amino acids (EAAs) our bodies cannot produce. Thus, they are a great source of protein to keep you going for hours. They also contain the perfect ratio of omega-6 to omega-3 of 3:1, which reduces inflammation in our body.

**KALE**—Kale is loaded with antioxidant nutrients, anti-inflammatory nutrients, and anti-cancer nutrients in the form of glucosinolates. Indole-3-carbinol is one example. And the large number of sulfur compounds in kale have been shown to support aspects of Phase II liver detoxification that require the presence of sulfur. Again, a happy liver leads to fewer cravings. I’ll tell you more about that here...

**GARLIC**—Garlic’s sulfur-containing compounds assist in liver detoxification and the allyl sulfides found in garlic may play a key role in its cancer-prevention by activating an important protein called nuclear erythroid factor (Nrf2) – which triggers anti-inflammation and antioxidant activity in our cells.
Here’s What To Do Next…

I hope this quick 1-day Craving Cure has given you some inspiration to get started. But please don’t delay. Start it today or tomorrow at the latest and ride the momentum that you prompted you to get this guide in the first place.

Now, because I’m committed to helping overcome your cravings and take your body and health to the next level, I’ve prepared a 3-part “Craving Cure” mini-class just for you. You can view it online and it’s 100% free just because you requested this Craving Cure guide.

So, over the next few days, check your inbox for emails from me — Yuri Elkaim — for access to your FREE 3-part “Craving Cure” mini-class. Believe me, you’ll be blown away by what you learn and you won’t want to miss a thing.

If you’re serious about taking your health to the next level so you can fend off disease, lose weight more easily, have more energy, and get rid of those crippling cravings, then this is for you.

Talk to you shortly 😊

Your friend and coach,

Yuri Elkaim

New York Times bestselling author,
The All-Day Energy Diet & The All-Day Fat Burning Diet