

## Involuntary Indulgences: How to Beat Constant Sugar Cravings



- Is your blood sugar all over the map?
- High, then low?
- Do you wish you just had more willpower?
- Do you judge yourself harshly and believe you just need more willpower?
- And when blood sugar is low, do you feel tired, irritable and hungry?

Sometimes we even feel faint and jittery. It can be so hard to concentrate.

And the cravings are the worst! All you want to do is eat something **FAST**. And usually it's high in sugar, highly processed and not very good for you.

Emotional eating and yo-yo dieting can wreak havoc on you. '*Feast and Famine*' is a big stress on the body.

**It messes with your hormones.**  
**It messes with your blood sugar levels.**  
**It messes with your mood.**  
**It messes with your weight.**

You can end up with:



- ✓ severe stomach cramps
- ✓ diarrhea
- ✓ constipation
- ✓ bloating
- ✓ and then more cravings for high sugar and high fat carbs
- ✓ and finally, horrible guilt!

This really messes with you psychologically and adds more stress to your already stressful state of mind, creating the 'perfect storm'.

### **But breaking out of the rollercoaster cycle isn't as daunting as you may think.**

Join us for our webinar on how to manage your ongoing blood sugar rollercoaster issues. We've got some handy hacks to help you stabilize, energize & revitalize your health.

#### **Learn how to:**

- recognize the signs that you are riding the Blood Sugar Rollercoaster
- understand what is actually going on
- apply a Whole Food Approach to maximize nutrients & minimize guilt
- Beat the Bloat! Crush the Cravings!
- Feel Healthier, Stronger & More Pain Free!

#### **Medical Disclaimer**

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