Your Guided Health Journey

#1: Check Your Bevvies!
Sounds crazy, but sometimes sweet cravings are a sign of dehydration.
So pound a glass of water, wait 5 minutes and then see if you still have the craving.

#2: Satisfy Your Sweet Tooth with Sweet Veggies, Fruit & Spices.
Your tongue has sweet taste budsthat demand to be satisfied! Add naturally sweet foods & spices to your diet.

#3: Sleep!
For many of us, this is easier said than done. But if you're constantly tired, your body is going to look for energy, usually in the form or sugar or caffeine.

#4: Check Your Protein.
Eating too little animal protein can lead to massive sweet cravings. Eating too much animal protein can lead to sweet cravings.

#5: Sniff Out Low-Fat and Fat Free Foods.
When food manufacturers take the fat out of foods, what do they put in? Yep, sugar.

#6: Move Yo'self.
Movement is another kind of food for your body. IWhen you don't get exercise, the body starts to look for other ways to blow off steam, like binging on Snickers

#7: Create New Post-Meal Rituals.
If you're a "dessert after your meal" person, one of things you might love about that is the ritual. What are other possibilities for post-meal rituals?

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