DISCOVER THE 10 STEPS TO ELIMINATING CRAVINGS SO YOU'RE NEVER HUNGRY AGAIN!

Combating the cravings – tips and tricks that will help you control your cravings and STOP you reaching for the biscuit tin, a chocolate bar, packet of crisps or a glass of wine.

By Laila Jacobi

HI!

If you are reading this report there is a good chance you want to make a major change in your life by combating your cravings!

Cravings are the number one enemy to any weight loss programme, whether it is exercise regimes or calorie controlled diets. By getting your cravings under control you will have a far better chance of long-term weight loss success!

The good news is that curbing your cravings is 100% possible, and the better news is that it is not as tough as it sounds. Like most things, it is the first steps which are definitely the hardest and it is those steps I want to help you with.

This report includes some of my top tools for killing those cravings once and for all, as well as letting you in on some of the secrets that lie behind our cravings!

By reading this guide you will discover:

1. HOW TO GET CONTROL OF YOUR CRAVINGS
2. A BETTER UNDERSTANDING OF WHAT DRIVES YOUR CRAVINGS
3. SUPER SWAPS FOR OVERCOMING CRAVINGS
4. 10 TOP TRICKS TO KEEP YOUR CRAVINGS AT BAY

Acceptance is the first step in controlling cravings. Acceptance that we all have them and that you are not alone; whether it is chocolate, fizzy drinks, salty snacks or a glass of wine, cravings hit us all. Unfortunately they also seem to know when we are trying to lose weight too, and tend to hit hardest when we want to diet.

So what is the answer?

For most people it is giving in, succumbing to the cravings and allowing the can of Coke, packet of crisps or favourite chocolate bar to win… however this doesn't have to be the case!

Combating cravings is possible, but to do this we need to first understand why we have cravings and what they are telling us. Secondly, we need to have a toolbox of tricks that will aid us when the cravings hit and help get them under control.

So what are our cravings trying to tell us?

Most cravings can be linked to a nutrient deficiency. They are our body's way of telling us it needs something. However, we often mistake what we really **need** with want we would really **like**. As with many things what we like is often not what we need.

Below are some of the most common cravings and the nutrient deficiency they are linked to:

Chocolate or Acidic Foods are often a symptom of a MAGNESIUM deficiency

Bread cravings are linked to an absence of NITROGEN in the diet

Soda or Oily Snacks are symptoms of a CALCIUM shortage

Salty Foods are (unsurprisingly) a symptom of a need for more SODIUM

By understanding what the cravings are telling us, we can take steps to manage them by giving our body what it needs. So next time a craving strikes try these simple food swaps:

Nuts, Seeds and Fruit

Lean Meat, Fish or Almonds

Mustard Seeds, Kale and Legumes

Lemon or Sea Salt

By combating your cravings you'll start to see fitness results and body changes VERY quickly.

Enjoy this report and if you have any questions simply reach out to me on Facebook via the links below.

Laila

Laila Jacobi

girlsallowedgym

My Top Ten Tips
These are the tricks we suggest adding to your 'Controlling Cravings Tool Box', which will help you go head-to-head with even the most powerful cravings and win!

TIP #1
DRINK MORE WHAT...?

It's a fundamental human right, it covers the majority of our planet and it is the number one trick for keeping cravings at bay.

Water is the best way of drowning your cravings, especially those telling you that you need 'salty snacks'. Dehydration is a major craving contributor, so by ensuring you are taking on enough water, you are sure to cut the cravings. Even if you are well hydrated, we can still misinterpret the need for water with a need for food (in particular the foods we shouldn't be having!)

So our trick is to – MARK YOUR WATER BOTTLE WITH YOUR NAME and take it EVERYWHERE!

Then every time you experience a craving reach for the bottle and gulp down. That should be enough to keep those cravings at bay!

SIDE NOTE: Our requirements for water intake will vary widely depending on our activity levels, environment (heat), size and gender. A good baseline equation is to calculate this sum:

YOUR BODY WEIGHT IN KG × **0.033** = **LITRES OF WATER TO BE CONSUMED THROUGHOUT THE DAY**

EG: IF YOU WEIGHED **80KG** » YOU WOULD REQUIRE **2.5** **LITRES PER DAY**

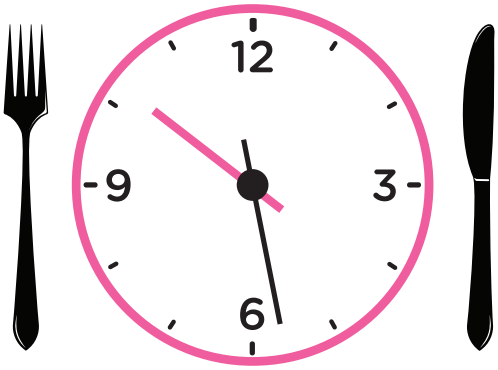
TIP #2
EAT MORE!

Sounds simply amazing but counterintuitive to weight loss, right? **WRONG!** You can snack more and lose weight. The secret is getting your snacks and the timings of these right!

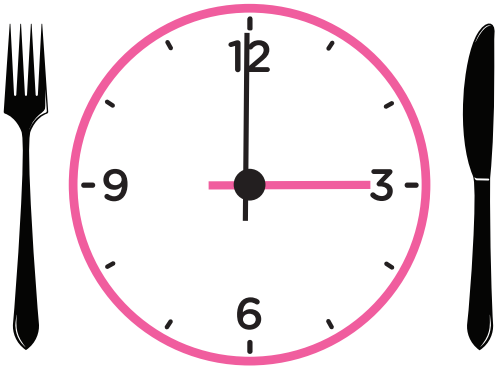
Avocados and nuts are high in healthy fats and make the perfect mid-morning snack. Grapefruit is renowned for its craving curbing powers and makes a great mid-afternoon replacement for that packet of crisps or trip to the vending machine.

By providing your body with healthy, nutritious snacks before the cravings hit you are proactively keeping them at bay. What's more, you are actively providing your body with some of the key nutrients it needs to function at its best.

So get into the habit of healthy mid-morning and mid-afternoon snacking!



MID-MORNING
SNACK



MID-AFTERNOON
SNACK

TIP #3
WATCH THAT CLOCK!

When it comes to curbing cravings there is a magic time limit that should never be exceeded – **5 HOURS!**

Go beyond this and your blood sugar level drops and the cravings begin; keep topping up with healthy snacks every 3-4 hours and you keep those cravings behind bars.

So what to choose?

The golden rule is to try and keep snacks to 50 calories:

- 2 cups of plain popcorn
- 15 grapes
- Small satsuma
- Fruit strips
- One wedge of Laughing Cow Cheese

THE GOLDEN RULE

TRY AND KEEP SNACKS TO

50 CALORIES

This is just a few of the 50 calorie possibilities. There are countless websites with lists of many more, including this great website:

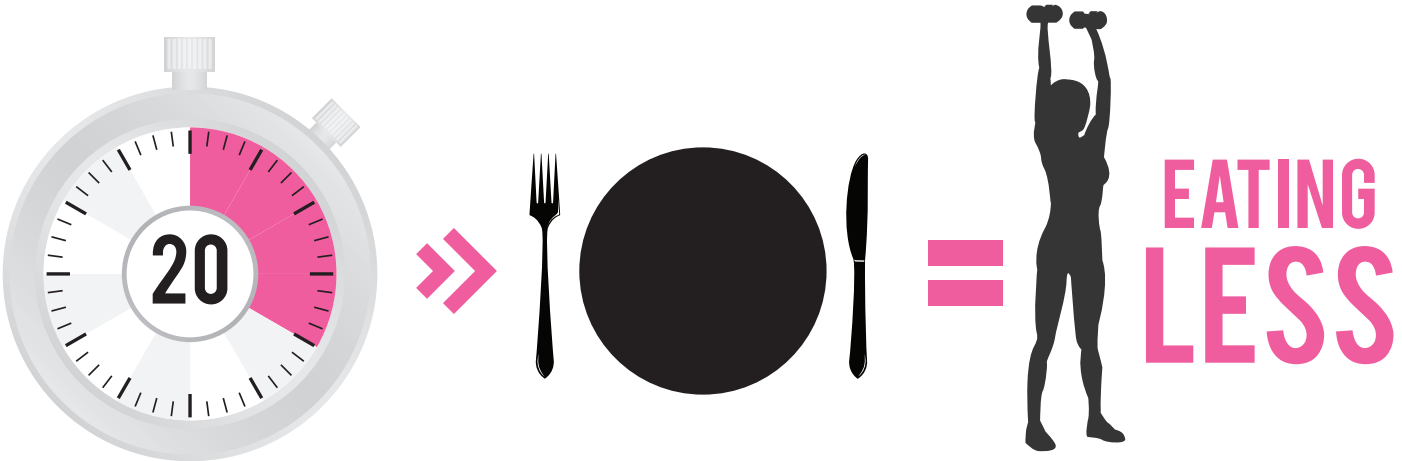
http://www.eatthis.com/best-snacks-with-50-calories-or-less

TIP #4
KILLER CARDIO

Ignore the people who say exercise makes them more hungry; studies have shown one of the best appetite busters is a cardio workout.

It's true exercise does cause a ghrelin spike, (the hormone responsible for increased appetite), but this spike then causes a cascade of other hormones which cause your appetite to be reduced.

Countless studies have proved that by doing just 20 minutes of exercise before a meal results in women eating less than they would if they did nothing.



TIP #5
CONFRONT THE CAUSES

Sadly hunger is not what drives most of us to eat, it's other factors like:

BOREDOM
ANXIETY
NEED FOR COMFORT
LACK OF MOTIVATION

Food often becomes a substitute for other areas of our lives where we feel we are not fulfilled. Whether it is being cooped up indoors for too long, feeling unmotivated at work, being in an unfulfilling relationship, or simply the lack of exercise - all can result in strong cravings, especially for sweet foods.

By confronting the causes you can help kill the cravings, but it will require you being honest with yourself and looking objectively at the reasons really driving the cravings. Once you have identified the cause then you can start confronting it.

TIP #6
PROTEIN PUNCH

A protein-packed diet has many advantages:

- Uses more energy to digest so keeps our metabolism running, our energy levels up, and aids with digestion
- Keeps blood sugar levels stable
- Keeps hunger at bay by ensuring we remain feeling fuller for longer and thus prevent weight gain
- Builds muscle mass and is good for your bones
- Proteins are broken down into the main building blocks of the body's tissues and organs
- Hormone balancing and thus keeping our mood upbeat

Protein-packed diets stimulate the production of CKK, a natural appetite suppressant. So ensuring your diet is high in protein is key for both suppressing the cravings and aiding weight loss.

One thing to remember is not all protein sources are equal, so what should we be eating?

- Grass-fed beef, steaks (just stay clear of the excessively fatty cuts), lean- mince or even dried beef jerky
- Unprocessed dairy products, for example natural yogurt rather than flavoured
- Pork chops and pork loin
- Eggs
- All fish are great sources of protein
- Chicken breasts are a great source of lean proteins

TIP #7 BRUSHING THE CRAVINGS AWAY

As simple as it might sound, brushing your teeth is one of the most simple and effective ways of keeping cravings at bay.

WHY?

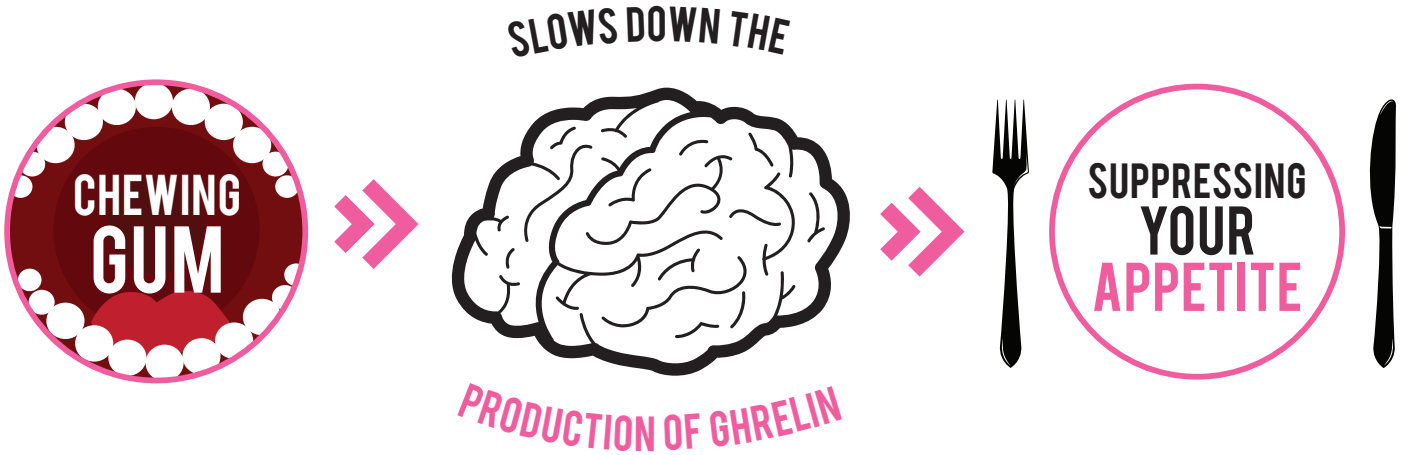
Because everything tastes bad after cleaning your teeth… and more importantly, after you have spent five minutes brushing, flossing and then using mouthwash the last thing you will want is to dirty your mouth by snacking on a chocolate bar or fizzy drink.

So keep a toothbrush and mini-tube of toothpaste close at hand and when you feel those cravings coming fight back with a really good clean of your teeth!

TIP #8
CHEW CHEW CHEW!

It's worth remembering that, 'one hour a day keeps the cravings away', or so the studies show!

The secret behind chewing gum is that it fools the brain into thinking you're eating. Your brain then slows down the production of ghrelin, suppressing your appetite.



THIS MAKES CHEWING GUM A GREAT SUBSTITUTE FOR ANY CRAVING, AS LONG AS IT IS SUGAR FREE!

TIP #9
GET MOTIVATED

Motivation is one of the best ways of combating cravings head on and there are several ways to do this.

Swapping your craving for a no calorie substitute is a great option, whether it's a long soak in the bath at the end of the day to reward you for going a day without fizzy drinks, a new nail varnish at the end of the month paid for by your vending machine change, or simply swapping your packet of crisps for a magazine - no calorie swaps are a great way of keeping motivated.

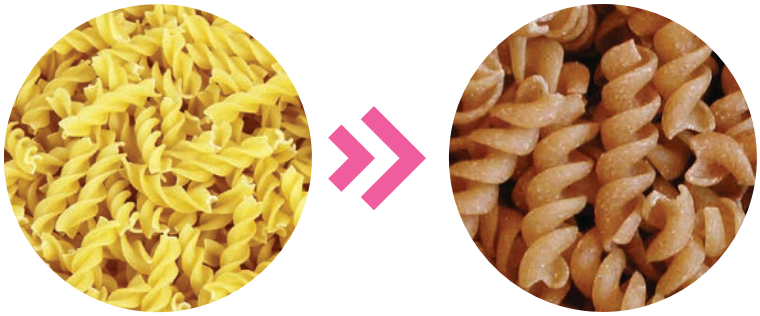
Another motivation trick is to make a vision board, filled with pictures that represent where you want to be, so you can instantly see what you are aiming for. Vision boards can be placed on your phone, fridge or even in a desk drawer so they are on hand when the cravings hit.

VISION BOARD

TIP #10
SAY GOODBYE TO REFINED FOODS

White bread, pasta and sugar have become household essentials, but these refined foods are also some of the worst offenders when it comes to cravings.

One of the best ways to aid any diet is to say GOODBYE to refined food, but going cold turkey is often hard – just imagine a life without pasta... One of the best ways to break the cycle is to SWAP the refined versions for their wholegrain alternatives.



WHEN IT COMES TO CRAVINGS, SWAP THE BREAD, SUGARY SNACKS AND COMFORT STARCHES FOR NUTS, BEANS, FRUIT AND VEG.

I hope you've enjoyed this EBook. If you're ready to transform your body and your life then I encourage you to head to our website:

WWW.GIRLSALLOWED-GYMS.CO.UK

enter your details and we'll be in contact very soon!

In the meantime take a look at the results from people like you who train at **Girls Allowed Gyms**