

Cravings Pattern Interrupt

OREO/COOKIE/SWEET CYCLE:

1. Refined sugar: blood sugar spike/crash leads to cravings, also chemically creates cravings in your body, drains B vitamins which drains energy
2. White flour (though not necessarily gluten): similar action to sugar, drains nutrients in digestion but doesn't add much
3. Sugar-free/Diet: Artificial sweeteners & preservatives: creates response in your body like a stimulant without any nutrients or energy, chemical toxins

CHIPS/SALTY/FATTY CYCLE:

4. Refined oils – particularly hydrogenated, fractionated, and canola oils: 100% calorie dense, no nutrients, fat more calorie dense than carb/protein, toxins (rancidity, bleaching, chemical processing)
5. Table salt: potassium balance, dulls taste buds, creates more cravings – more salt or more sweet

ANY NEGATIVE CYCLE:

6. Stress + worry: not only is it not fun, but actually drain health because they trigger an adrenaline response, which depletes your adrenal glands. If left on a continuous basis, your adrenal glands slowly become exhausted. That affects your metabolism, and also leads to sugar and caffeine cravings – which only keep the cycle going further.

The best way to crowd out cravings is by replacing them with healthier alternatives.

Think of some healthier way to get what you're looking for. It seems simple, but it's SO POWERFUL! Because as soon as you break that cycle once, it has less power over you. You have more control over your choices. You're not being chemically driven to overeat. As you do that more and more, your tastebuds and your energy levels will shift so that those cravings just fall away.

TODAY'S CHALLENGE:

Toss ONE thing that doesn't serve you (literally or figuratively) and replace it with something. Look back at your Declutter Checklist and see if anything on there is ready to be tossed.
