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## 50 Ways to Leave Your Cravings

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By Julie Daniluk, RHN

Have you heard of the hit song by *Simon & Garfunkel*, “50 ways to leave your lover”? Just slip out the back Jack, make a new plan Stan, no need to be coy Roy, just listen to me!

Food is our lover, our friend, our sustainer but when our cravings are out of balance, it can feel like the enemy! Today is the day to come up with the “Plan Stan” and set yourself free. Free of the guilt, the mood swings and the food prison that many of us are locked in.

By being conscious of these simple changes, you can empower yourself to take control of your cravings and turn them into intuition! Once you can tell the difference between real hunger and cravings, you will be well on your way to a healthy goal of relaxed, connected, energetic and free.

1. **Drink More Water.** Our hunger and thirst signals feel very similar. Try drinking 2 cups of water and wait 15 minutes, most of the time the craving will subside. Also, drinking 2 cups of water before a meal has shown to reduce the amount of calories consumed for that meal. The reasoning is simple. There’s less room in your stomach for food. *National Meeting of the American Chemical Society (ACS) Brenda Davy, Ph.D.*

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Visit [www.juliedaniluk.com](http://www.juliedaniluk.com) for more health tips and delicious recipes, or get your copy of my book [\*Meals That Heal Inflammation\*](#) available at fine book sellers and health stores.

2. **Boost your fibre.** Ensuring that we consume at least 35g of fibre per day will slow the rate at which the stomach empty's causing us to stay satiated for longer. *Haas, Elson. "Staying Healthy With Nutrition"*
3. **Eat protein with every meal.** Protein has the ability to release satiety hormone faster than fat or carbohydrates and cause you to feel fuller while eating less. A study published in *Nutrition Metabolism* indicates increasing your protein intake by 30% can reduce total caloric intake by up to 450 calories. [http://www.msnbc.msn.com/id/39851476/ns/health-diet\\_and\\_nutrition/](http://www.msnbc.msn.com/id/39851476/ns/health-diet_and_nutrition/)
4. **Eliminate refined sugar.** Refined sugars reach the blood stream very quickly causing blood glucose levels to spike then suddenly fall. The falling triggers another craving. This is the principle that the Glycemic Index is based on. Studies show that choosing low glycemic foods make you feel fuller for longer and ultimately consume less calories. <http://www.drbriffa.com/2007/09/03/study-links-blood-sugar-imbalance-with-increased-appetite/>
5. **Have healthy snacks premade.** Let's face it, the biggest reason people give into cravings so easily is that the foods they crave foods that are convenient and cheap. Start stocking your fridge with handy snack foods like apples, hummus and celery sticks to grab in a pinch.
6. **Write it out.** If you're serious about kicking the habit of bad snacks, make a list. Write 3 pros and 3 cons about the food you are craving. You'll usually notice that the only pro is that it tastes good, while the cons are extensive. Also, by the time you've finished writing your list the craving will have subsided.

7. **Change your routine.** Our environment often triggers specific cravings that we become accustomed to out of routine (*Doreen Virtue, Ph.D. "Constant Craving" 1995*). If you always reach for a chocolate bar during *The Biggest Loser*, maybe you should rethink your show choice to something that is not connected to that habit.
8. **Make simple switches.** You can keep some rituals the same but cut out the calories involved. If you crave a hot chocolate before bed, try switching it for an herbal tea instead. This will hydrate you as well as stop your body from going into a glucose rollercoaster overnight.
9. **Pay special attention after 8:00pm.** Our bodies are built to store everything we consume as energy for the future, and guess what we store it as... fat. When late night cravings take hold they are usually in the form of high fat, high sugar foods. Recent studies show that American adults consume up to 64% of their total calories at night! Try satisfying those cravings with low sodium vegetable soups which fill the stomach and induce satiety.  
<http://www.medicinenet.com/script/main/art.asp?articlekey=56681>
10. **Cheat!** 100% restriction is a recipe for disaster. The rules alone are enough to make you want to give up also, cheating once per week allows your body's leptin levels to raise to normal. When we diet our leptin levels plummet and our appetite goes through the roof. Cheating will actually keep your cravings in check the rest of the time. (*Joel Marion – Cheat your way thin*)
11. **Eliminate sabotage.** The unfortunate reality is that some people are out to make your diet plans fail so they feel better about themselves. Cut off the people in your life who encourage constant indulgence because they don't want to be alone. Maybe they'll even learn from you.

12. **Get a solid support system.** Addicts have sponsors, and there's a reason for that. Having a supportive friend that you can call when you're in diet trouble will work wonders. Social support has been shown to bring awareness to the nutritional content of food.

<http://www.mayoclinicproceedings.com/content/82/1/93.full>

13. **Practice the Huna.** We usually crave simple sugars when we are low on energy to give us a quick boost. Huna breathing is an ancient Hawaiian technique to energize your system. Also, try energizing yoga breathing such as pranayama.

14. **Try Mulberry leaf extract.** These extracts have been shown in clinical studies to prevent the absorption of sugars into the bloodstreams of humans. This prevents further cravings by stabilizing blood sugar.

<http://www.webmd.com/vitamins-supplements/ingredientmono-1250-WHITE%20MULBERRY.aspx?activeIngredientId=1250&activeIngredientName=WHITE%20MULBERRY>

15. **Increase your glutamine.** Glutamine is an amino acid that has been shown to curb cravings of sugar and alcohol. Glutamine also helps to rebuild the stomach lining for proper absorption of other nutrients.

<http://www.orthomolecular.org/resources/omns/v01n06.shtml>

16. **Boost your serotonin.** When we eat tryptophan (amino acid found in poultry) our body transforms it into serotonin which has been shown to reduce food cravings by allowing us to feel more satiated after eating. Studies show that non-dieting individuals lose an average of 2% of total body weight when supplemented with 5-HTP, compared to a 0% difference with controls. 5-HTP is an intermediate of this process and is available in supplement form.

<http://www.umm.edu/altmed/articles/5-hydroxytryptophan-000283.htm>

17. **Drink a glass of vegetable juice before meals.** Filling up your stomach with nutrient dense, low calorie food will initiate feelings of fullness and give your body the nutrients it needs. Vegetables are full of heart healthy antioxidants but make sure it's low sodium.
18. **Choose complex carbohydrates.** Whole grains take a longer time to break down and convert to glucose in our blood. This makes us feel fuller for longer and keeps blood sugar levels from spiking and plummeting, causing subsequent sugar cravings. Choosing the whole grain also allows you to get more intact nutrients which allows the body to be more satisfied.
19. **Eat Breakfast!** Combining protein and complex carbohydrates for breakfast will decrease cravings for the rest of the day, especially for sugar! Remember: a big fatty breakfast will not necessarily decrease your cravings for the rest of the day so make it a healthy breakfast!  
<http://www.womenshealthmag.com/nutrition/breakfast-foods-and-weight-loss>
20. **Eat less sodium.** As stated earlier, our thirst and hunger signals are very similar and the sodium in processed foods as well as added salt will increase your thirst, which may be mistaken for hunger.
21. **Drink some green tea!** Green tea not only contains special catechins that help burn fat, but it also contains naturally occurring caffeine which is a natural appetite suppressant. Use caffeine sparingly and not after 3:00pm. Green Tea stimulates metabolism by activating thermogenesis and fat burning in cells (*Shixian et al., 2006; Boschmann & Thielecke, 2007*). Over the long-term, if you drink green tea daily, it will help prevent storage of excess fats, improve your body's fat burning ability, and because it also affects your appetite-regulating hormones, it can change how your body metabolizes food and handles cravings.

- i. EGCG is a type of catechin that increases the hormones such as CCK (cholecystokinin) that provides a feeling of satiety (Chen *et al.*, 2006)
- ii. in the short-term, this may help you feel satiated for 2—4 hours, depending on what kind of meal you ate over the long-term, if you drink green tea daily, it will help prevent storage of excess fats, improve your body's fat burning ability, and because it also affects your appetite-regulating hormones, it can change how your body metabolizes food and handles cravings.
- iii. Note: Green tea contains fluoride that can suppress thyroid function if consumed in large amounts. If you have hyperthyroid, consider another type of tea.

22. **Try Vanilla herbal tea.** The vanilla scent has the ability to alter our brain chemistry and increase the synthesis of serotonin. Current studies are being conducted in Europe that use a vanilla scented patch as a weight loss aid to reduce sugar and chocolate cravings. Vanilla herbal tea made with real vanilla will satisfy cravings and hydrate the body.

<http://news.bbc.co.uk/2/hi/health/848621.stm>

23. **Exercise!** Exercise is a natural appetite suppressant. This stems from evolution and the recruitment of our sympathetic nervous system during exercise which shuts off the production of gastric juices. Exercise also has the ability to decrease the amount of ghrelin (appetite stimulating hormone) that is released when we become hungry.

<http://www.ncbi.nlm.nih.gov/pubmed/20604869>

24. **Get at least 8 hours of sleep.** When we are fully rested we are less likely to give into cravings. When we are sleep deprived, the body is constantly craving energy sources to stay awake, mostly simple sugars. Getting adequate

sleep also allows our cortisol levels to return to normal, which decreases sugar cravings and supports healthy adrenal function. *Wilson, James. Adrenal Fatigue*

25. **Avoid artificial sweeteners.** Studies have shown that even though we are not consuming sugar, our pancreas will still release insulin as a result of the sweet signals sent to the brain especially when acesulfame potassium is used. When we secrete insulin, our blood sugar drops and we crave more sugar. <http://www.ncbi.nlm.nih.gov/pubmed/2887503>
26. **Spice up your life.** We are hard wired to want flavour, because in nature, different plant flavours mean we are getting a broad range of nutrients. Trick your senses into satisfaction by using spicy foods instead of salt and sugar. This also gives you many of the medicinal benefits of the herbs such as boosting your metabolism and decreasing inflammation.
27. **Increase your omegas!** If you're craving fatty foods, try taking a tablespoon of flax oil, or fish oil and wait 15 minutes. It will satisfy your cravings for fat while supporting a healthy metabolism and regulating hormones which will control your cravings in the long run especially cravings related to PMS symptoms.
28. **Wait it out.** Many cravings are mental and will subside within about 10 to 15 minutes. If you wait it out and you're still craving, try another tip from the list.
29. **An apple a day keeps the cravings away!** The pectin fibre found in apples absorbs water and creates bulk in the stomach. This slows the release of glucose into the bloodstream and keeps you satiated for an extra 1-2 hours. by helping to prevent spikes in blood sugar, it will help you avoid a blood sugar "crash" that leaves you craving for more sugar or food. *Chawla & Patil, 2010*

30. **Eat some bran with breakfast.** Bran absorbs water and moisture in the stomach so it physically expands the food in the stomach & makes you feel full, so you will eat less.  
Wheat bran also slows the releases of sugar into your blood stream, which keeps spikes and rebound cravings under control. *Chawla & Patil, 2010*
31. **Boost your Vinegar intake.** Vinegar has a 3-fold way of cutting out cravings. Remember to choose raw unpasteurized apple cider vinegar or organic red wine vinegar to gain the appetite suppressing benefits of the nutrients contained.
- i. Vinegar helps keep food in the stomach for a longer period of time so the hunger hormone ghrelin is reduced. It improves digestion, & helps you feel full faster & for a longer period of time (*Hlebowicz et al., 2007*)
  - ii. Vinegar helps prevent spikes in blood sugar following a meal as well as lowers the glycemic index of a food. (*Östman et al., 2005; Hlebowicz et al., 2007*)
  - iii. Vinegar has been shown to increase the metabolism of fat by the liver (*Östman et al., 2005*), this effect can last up to 3 hours post-meal.
32. **Snack on some pine nuts.** Pine nuts contain pinolenic acid, an omega-6 fatty acid. The fats found in pine nuts release of satiety hormones, so they promote weight loss and reduced food intake (*Pasman et al., 2008; Hughes et al., 2008*). The fat in pine nuts release a hormone called CCK (cholecystokinin) which induces the feeling of satiety in overweight post-menopausal women (*Pasman et al., 2008*). This feeling of fullness can last up to 2 hours (*Hughes et al., 2008*).
33. **Recruit the help of herbs.** The herb Garcinia Cambogia contains Hydroxycitric acid which, when taken before a meal can actually make you feel fuller faster by emulating the effects of the leptin (a hormone that induces satiety) in the system as well as increases our body's ability to



metabolize glucose effectively.

[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6VSC-4894KW1-1&\\_user=10&\\_coverDate=04%2F30%2F2003&\\_rdoc=1&\\_fmt=high&\\_orig=gateway&\\_origin=gateway&\\_sort=d&\\_docanchor=&\\_view=c&\\_searchStrId=1727636412&\\_rerunOrigin=scholar.google&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=12845cc6a94dd8d756abb66483727f3a&search\\_type=a](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VSC-4894KW1-1&_user=10&_coverDate=04%2F30%2F2003&_rdoc=1&_fmt=high&_orig=gateway&_origin=gateway&_sort=d&_docanchor=&_view=c&_searchStrId=1727636412&_rerunOrigin=scholar.google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=12845cc6a94dd8d756abb66483727f3a&search_type=a)

34. **Eat every three hours.** This keeps your blood sugar levels on an even keel so that you don't experience excess releases of insulin that cause the rollercoaster of cravings. Keeping blood levels consistent throughout the day will keep energy levels up as well as stop sugar and fat cravings.  
<http://articles.mercola.com/sites/articles/archive/2002/01/30/meals.aspx>
35. **Destroy Temptation.** If you have danger foods in your house, destroy them! Don't just get rid of that box of cookies but break them or run them under water. Essentially, render them inedible. This gives a feeling of power and accomplishment over food. *Caroline Apovian, MD, director, Nutrition and Weight Management Center at Boston Medical Center.*
36. **Take a power nap.** Cravings usually sneak up and get the better of us when we are tired. It's the body's way of trying to increase our energy levels, so give your body what it truly needs, and rest.
37. **Brush your teeth!** When you have a residual taste left in your mouth, it can trigger the cravings for more foods. Leaving a minty clean, fresh breath taste in your mouth will discourage you from consuming danger foods. Rinsing your mouth with water can be just as effective. *Molly Gee, RD, of Baylor College of Medicine in Houston.*
38. **Plan, Plan, Plan!** If your normal route home from work directs you past the local pizzeria that always gets the better of you, change your route! The same rule applies to tempting television commercials. Instead of drooling all over the remote, change the channel! After all, out of sight, out of mind.

39. **Let it go.** Stress is usually our number one trigger for giving in to our cravings. Practising meditation and stress relieving techniques has been shown to decrease your cravings for sugary foods and lower your cortisol levels. Cortisol is a hormone created by our adrenal glands that is triggered by stress. When we were cavemen, we needed quick energy in the face of stress to escape from potential harm. This is why many of us crave sugar when we are stressed, even when we are not being chased by a bear.  
<http://www.unm.edu/~lkravitz/Article%20folder/stresscortisol.html>
40. **Go nuts!** Drinking 2 glasses of water and eating 1oz of nuts (equivalent to 6 walnuts or 12 almonds) can extinguish cravings and dampen your appetite by changing your body chemistry and controlling hunger hormones. *Michael F. Roizen, MD*
41. **Choose Dark Chocolate.** Milk chocolate contains a lot of fillers and preservatives. Choosing chocolate that contains at least 60% cocoa will satisfy your craving for chocolate at much smaller portions. Studies have shown that even snacking on some dark chocolate before a meal can cause you to eat up to 15% less food during that meal as well as eliminate other cravings for salt, sugar and fat.  
<http://www.sciencedaily.com/releases/2008/12/081210091039.htm>
42. **Overhaul your diet.** When we are not exposed to certain foods over time, our desire for that food will dissipate. It usually takes about 5 days for these cravings to change and the first 2-3 days are the hardest so hang in there, it'll be worth the transformation. *Marcia Pelchat, PhD, of the Monell Centre Philadelphia*
43. **Acupuncture to reduce cravings?** Studies out of the *Griffith University School of Medicine* have shown that four 2 hour acupuncture sessions can discourage food cravings for up to 6 months.  
[http://articles.timesofindia.indiatimes.com/2010-04-24/health/28144210\\_1\\_food-cravings-emotional-freedom-technique-weight-loss](http://articles.timesofindia.indiatimes.com/2010-04-24/health/28144210_1_food-cravings-emotional-freedom-technique-weight-loss)

44. **Avoid MSG.** MSG (monosodium glutamate) is a flavour enhancing additive that is found in many processed foods and especially used in the creation of Chinese food dishes. The foundation of MSG is glutamate which is excitatory to our neurons (brain cells). When MSG is consumed, it suppresses our ability to make leptin, a hormone that induces satiety as well as triggers the release of insulin. High levels of insulin in the blood will increase our susceptibility to cravings. *Dr. Russell Blaylock "Never Be Fat Again"*  
[http://books.google.ca/books?id=VH8NHj3deZOC&pg=PA144&lpg=PA144&dq=msg+food+cravings+Dr.+Russell+Blaylock&source=bl&ots=tnsMPQVGM0&sig=TVsB8Y73ID4WvlqWlcpRNkxM3s0&hl=en&ei=MDmWTzvDOlugtwfbrcnxCw&sa=X&oi=book\\_result&ct=result&resnum=10&ved=0CFkQ6AEwCQ#v=onepage&q=msg%20food%20cravings%20Dr.%20Russell%20Blaylock&f=false](http://books.google.ca/books?id=VH8NHj3deZOC&pg=PA144&lpg=PA144&dq=msg+food+cravings+Dr.+Russell+Blaylock&source=bl&ots=tnsMPQVGM0&sig=TVsB8Y73ID4WvlqWlcpRNkxM3s0&hl=en&ei=MDmWTzvDOlugtwfbrcnxCw&sa=X&oi=book_result&ct=result&resnum=10&ved=0CFkQ6AEwCQ#v=onepage&q=msg%20food%20cravings%20Dr.%20Russell%20Blaylock&f=false)
45. **Try Chickweed herb extract or tea.** This is one of the more prominent herbs that are used as an appetite suppressant and a blood cleanser by eliminating fatty substances from the body and aiding in weight loss. *Dr. Paul Barney "Doctors Guide to Natural Medicine"*  
[http://books.google.ca/books?id=6GEYC22sfOAC&pg=PA306&lpg=PA306&dq=chickweed+to+suppress+the+appetite&source=bl&ots=4jmn2D\\_mQ\\_&sig=jybccUd-xXqQuoxSnmOBwA6WaGA&hl=en&ei=rTywTczRCYT10qGxrmpAQ&sa=X&oi=book\\_result&ct=result&resnum=8&ved=0CEoQ6AEwBw#v=onepage&q=chickweed%20to%20suppress%20the%20appetite&f=false](http://books.google.ca/books?id=6GEYC22sfOAC&pg=PA306&lpg=PA306&dq=chickweed+to+suppress+the+appetite&source=bl&ots=4jmn2D_mQ_&sig=jybccUd-xXqQuoxSnmOBwA6WaGA&hl=en&ei=rTywTczRCYT10qGxrmpAQ&sa=X&oi=book_result&ct=result&resnum=8&ved=0CEoQ6AEwBw#v=onepage&q=chickweed%20to%20suppress%20the%20appetite&f=false)
46. **Avoid alcohol consumption.** When alcohol is consumed, it immediately affects the part of our brain that is responsible for inhibition. When we lose our inhibition, our ability to resist food cravings plummets and we can't help but give in. Not to mention, the extra calories that we are consuming hidden in the alcohol.
47. **Boost your magnesium.** Intense cravings for chocolate are often a sign of magnesium deficiency and possible adrenal fatigue. Increasing your magnesium levels will help you fight off stress better as well as discourage intense cravings. Magnesium can be found in all the green leafy veggies.  
<http://www.healthy.net/scr/article.aspx?Id=541&xcntr=2>

*Doreen Virtue, Ph.D. "Constant Craving" 1995*

48. **Eat your heart out, not your cupboards.** You can suppress chocolate cravings by being in love! Chocolate causes the chemical release of phenylethylamine or PEA. This is the same chemical that is released in the brain when we are in love. PEA is such a powerful mood altering chemical that it used to be available under prescription only. So spice up your love life to reduce chocolate cravings. *Doreen Virtue, Ph.D. "Constant Craving"1995*
49. **Eat with strangers.** This sounds strange but a study out of the *University of Toronto* showed that food intake was greatly decreased when we are around people we don't know. Eating with friends makes us very comfortable and gives us the false sense of security that it's okay to overindulge in food, if your peers are doing it too. <http://www.ncbi.nlm.nih.gov/pubmed/19501755>
50. **Increase your B Vitamins.** This is particularly important for vitamin B6 but all the B vitamins have a synergistic effect. Check out 3 ways B6 can reduce cravings. B vitamins are found mostly in green veggies and fruit like avocado and banana.
- i. Vitamin B6 is a precursor to serotonin in our brain which has a direct relationship to emotional food cravings. When our serotonin is low, we crave more food. Choose foods that are high in B6 such as avocados, chicken, walnuts and green peas or, try supplemental B6 totalling 100mg/day for beneficial effects on cravings. *Doreen Virtue, Ph.D. "Constant Craving"1995*
  - ii. B Vitamins including B6 are also responsible for converting carbohydrates into energy and the metabolism of proteins and fats (*The University of Maryland Medical Center*).
  - iii. Vitamin B6 also assists in relieving PMS symptoms by aiding in the metabolism of estrogens in the liver to reduce PMS cravings, and can minimize water retention through its diuretic action.

#51. **A Bonus Tip!** Read my blog post on emotional eating for more support. I used to live my life from one craving to the next until I found some powerful ways to connect. Hyperlink: <http://www.juliedaniluk.com/recipes/having-your-cake-and-eating-it-too.html>

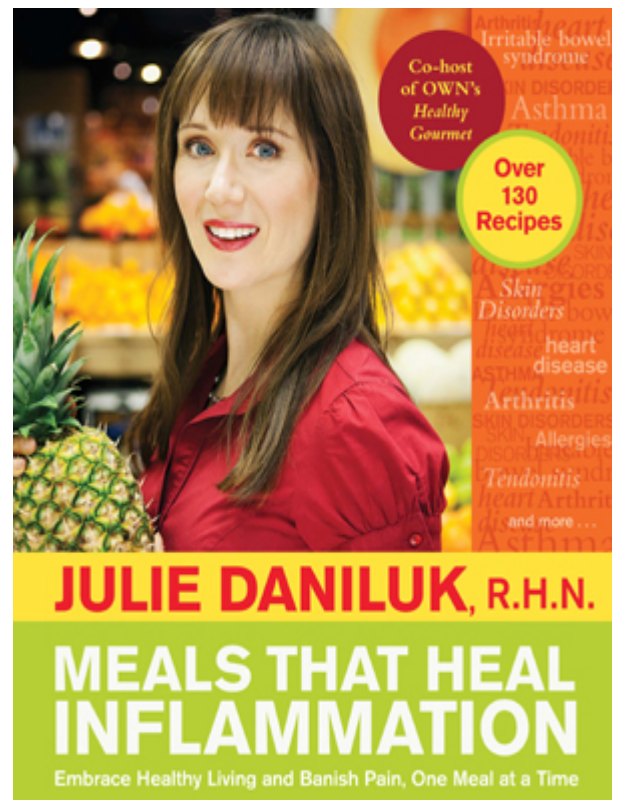
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### Meals That Heal Inflammation.

*Meals that Heal Inflammation* was developed to help people who suffer from arthritis, asthma, heart disease, irritable bowel syndrome (IBS), skin conditions and other inflammation related disorders by showing them how to prepare delicious allergen-free meals that can assist the body's healing process.

*Meals That Heal Inflammation* is a comprehensive guide that:

- explains the root causes of why we have pain from inflammation
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### Testimonials

“ Meals that Heal Inflammation is an extraordinary book that I have been thrilled to read. Julie presents easy-to-prepare, outrageously delicious balanced meals from wholesome foods. This book can take your health to an elevated new level and the best news – it is just a single meal away.”

- Sam Graci, internationally renowned lecturer, researcher and bestselling author

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Visit [www.juliedaniluk.com](http://www.juliedaniluk.com) for more health tips and delicious recipes, or get your copy of my book [Meals That Heal Inflammation](#) available at fine book sellers and health stores.

"Julie has done an excellent job of helping people understand that food can be used as medicine to control pain and inflammation. I highly recommend this book."

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- jae steele, RHN and author of *Get It Ripe: A Fresh Take on Vegan Cooking & Living*

"Like a good friend holding your hand, Julie guides you step-by-step through the entire health-creating process. Drawing on personal experience and the latest research, she clearly explains what causes inflammation and - more importantly - how to permanently eliminate it. Julie provides several whole food, plant-based recipe options that I agree are excellent for pain-free, high-quality living."

- Brendan Brazier, Professional Ironman triathlete and the bestselling author of *The Thrive Diet*

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- Gillian Deacon, TV Host and Author of *Green For Life* and *There's Lead in Your Lipstick*.