

## The TOP 10 to Beat Cravings

- 1. Don't Wait Too Long To Eat**  
When you skip a meal you'll have more cravings. It's easier to give in when you are super hungry. Eat 1 hour after waking and then every 4-6 hours for lunch and dinner. Stop eating by 7pm.
- 2. Eat a balanced meal - this is vital**  
Balance each meal to include a healthy protein, fat, and plenty of vegetables - when your body is nourished you won't crave sweets and junk food.
- 3. Move**  
Move your body every day. When your body is active, you become more insulin sensitive, improving your metabolism and decreasing cravings.
- 4. Win at the store**  
Eat BEFORE you go! Then shop the perimeter of the grocery store. Beat cravings by not bringing the junk food home. No one has strong enough willpower to NOT eat it once it's home.
- 5. Craving chocolate?**  
If you are craving chocolate you may need to increase your magnesium intake.
- 6. Sleep**  
Sleep is essential to stop cravings in their tracks. Being tired = cravings! Sleep also improves insulin sensitivity so you'll feel so much better, with plenty of serotonin for happy brain chemistry.
- 7. Eat fat**  
Eating healthy fat will help with satiety by slowing digestion, making food taste delicious, and helping you feel fuller. Ex: olives (oil), coconut (oil), avocados, flax seeds, eggs, ghee, 100% pasture butter, nuts and seeds.
- 8. Journal**  
Write it down! Print off a month's worth of Food Journals and keep track. What do you notice?
- 9. Give yourself grace**  
Creating new, lasting habits takes time. Love yourself anyway and enjoy the journey. It's sort of like a woman's orgasm - it's all over the place :)
- 10. Take your nutrients**  
Nutrients are truly magic for supporting all the different functions of your body. Be consistent, and double up if you miss a dose.



# Natural Hormone Solution