

QUESTION OF THE WEEK

Q: How do I decrease my sugar cravings?



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Substitute apples, cherries and berries because these sweet fruits do not cause the spike in blood sugar that is associated with refined sugar. Try eating bitter foods such as green olives, curly endive or cooked greens to balance your craving for sweets.

An Indian herb — gurma — has been shown to slow both the rate of ab-

sorption of sugar into the bloodstream and the conversion of sugar into fat. It may also curb the hunger for sweets.

At the first hint of a craving, substitute a different behavior. Try deep breathing exercises, taking a shower or drinking a glass of water.

Do not substitute artificial sweeteners since these may actually exacer-

bate the frequency and intensity of your cravings.

Keep in mind it takes about two weeks to overcome a sugar addiction, so plan accordingly, and don't expect quicker results.

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