





Be active. Start with simple activities like walking and yoga 10 minutes a day and gradually increase. Being active helps balance blood sugar levels, boost energy, reduce tension and boost your mood, making it less likely that you will self-medicate with sugary snacks.



Get more sleep, rest, and relaxation. Simple carbohydrates, such as sugar, are the most readily-available source of energy for an exhausted body and mind. If you're in a state of chronic stress and/or sleep deprivation, your body will crave the quickest form of energy available – sugar.



Evaluate the amount of animal products you consume. According to yin-yang principles of eating, eating too much animal food (yang) can lead to cravings for sweets (yin). Imbalances can also occur when you eat too little animal protein. Try to find which foods create balance for you as an individual.



Eliminate fat-free or low-fat packaged snack foods. These foods contain high quantities of sugar to compensate for lack of flavor and fat, which will send you on a roller coaster ride of sugar highs and lows.



Experiment with spices. Coriander, cinnamon, nutmeg, cloves, and cardamom will naturally sweeten your food and reduce cravings.



Slow down and find sweetness in non-food ways! Cravings almost always have a psychological component. By identifying the underlying causes of food cravings and making lifestyle adjustments accordingly, you can find balance and take charge of your health. When life itself becomes sweet, excess sugar isn't needed!