

There is hope to calm down the Sugar Cravings!

BITTER HERBS:

Are you growing a bit of rosemary, thyme or sage in your garden? Break it up in a few pieces and keep it in your pocket in a ziploc or on the sink and put it in your mouth when you crave. It will be odd at first and quite disappointing, BUT it will start retraining your taste buds!

Also, you can keep olives on the sink in a cup and suck on them until the craving is gone. If you're worried about calories, spit it out, otherwise, eat it!

If you would like to do some weeding yourself, the roots of dandelions help your cravings! Or at Sunrise Natural Foods you can buy some, or order it on [Amazon](#).

To do it yourself:

To prepare dandelion root tea, simmer one half to one teaspoon of the dry root for eight ounces of water. You can make a pint or two at a time and store it in your fridge; reheat if you want to before drinking. Drink about 4 ounces once or twice a day. You will make a grimace when you first start drinking it, and then the taste will grow on you. And, in order to get the benefit of the root; you must taste that bitter taste on your tongue. You can't get away with taking a tablet. Sorry.

The leaf is bitter also, but has a less profound effect on digestion and liver function. I will talk more about the leaf in another article.

Other bitter foods to consider eating more of: mustard greens, kale, collards, chard, broccoli rabe. Bitter herbs are gentian, yellow dock, and burdock, just to name a few.

I can also order you some Standard PProcess bitter herbs for about 30\$ a month. There are some other supplements that are shown to help with cravings that Katie can also order for you, just ask.

Post-Meal Craving Buster: Essential oils

This tip is for those who get those cravings right after a meal. For me, it was a habit. I always wanted a little something after lunch and dinner. Long after I decided to replace my sugar habit with more loving self-care, my tastebuds were still craving sugar. This tip did the trick – and still does!

1 drop therapeutic grade peppermint oil

Peppermint can clear out your sinuses, clear up your thoughts, and clean your palate. Put one drop on the back of your clean hand and quickly dab the tip of your tongue on the spot. Close your mouth and let the peppermint reset your tastebuds. Make sure you wash any excess peppermint off your hand!

If you don't feel comfortable using the oil internally, you can always put a drop on your hands, cup your hands to your face, and inhale the oil.

Sugar Craving Buster Oil Blend

These oils have been selected to offer support while breaking your emotional and physical sugar cravings.



4 drops Bergamot (supports endocrine system and promotes a sense of calm and wellbeing)

3 drops Ocotea (supports balanced blood sugar levels)

7 drops Dill (sugar craving powerhouse, helps remove addiction to sweets)

You can put these oils into a 10ml roller bottle and fill remaining space with a carrier oil (I use fractionated coconut oil. Rub a little on your wrists a couple times a day while you are shifting your sugar habits. Then, you can use just as a craving hits.

<https://www.harmony-restored.com/blog/2016/6/2/how-to-use-essential-oils-to-beat-sugar-cravings>