



#RECLAIMINGWELLNESS

Control Sugar Cravings In An Hour or Less

During day we are exposed to stresses and produce cortisol – cortisol uses your supply to serotonin and happy hormones (if you can't get rid of the cortisol).

When serotonin levels are low, you crave sugars in order to raise serotonin levels – but that is a short term solution, one that leads to weight gain.

At 10pm, your digestion, who is very slowed as your body is using energy to heal and replenish, starts to wake up. If you don't go to bed at 10ish, your digestion may wake up too quickly and will make you hungry.

Eating about 3 hours before bed (at 7ish) will fill you up and give you enough time to digest the food in your stomach.

How to prevent cravings from happening in the first place:

- Physical: clean diet, especially after 3pm. No snacking after 3pm. Primarily a plant-based diet, some healthy oils, some fish.
- Carbs should come from fruits and raw veggies and some raw grains like hemp or quinoa
- No salt in the evening. Salt will make you crave carbs and sugars!
- Emotionally, learn to be present and aware.
- Ask yourself: is this choice will make me happen in 4 mins, 40 mins, 4 hours.
- If you have it, enjoy every single mouthful, bite at least 12 times and be part of the chewing and tasting process
- Distract yourself: read a book, play with kids, find something that makes you feel whole and satisfied
- Add bitter tastes like kale or dandelion with lime tea. Experiment with sensations
- Don't be afraid of healthy fats, avocado, coconut oil
- Roasted seaweed with an avocado with lime and cumin or cayenne pepper.
- Emotionally: make a list of things that make you really happy. Lying with your pet or something that makes you happy (take a bath, relax). You will be relaxed and you are less likely to find that pleasure in food.

If you can't control it and the craving sets in:

- Find something else satisfying, like a cup of tea or a shower.
- Try a piece of fruit instead of processed sugar
- Try warm almond milk with cinnamon or cacao
- Read a page of a inspiring book
- Meditate
- Check out the 3 botanicals mentioned below and incorporate them immediately

These 3 Remedies Can Help You In Less Than One Hour!

The added sugars can make your food or drink taste sweet and tasty, but they also wreak havoc on your body.



Sugar is highly addictive, which means that it is not easy to eliminate it from your diet. **But giving up added sugar can reduce the risk of many serious diseases.**

These three remedies can help kill your sugar cravings so you can beat your addiction once and for all.

REMEDY #1

GYMNEMA SYLVESTRE

In Ayurvedic medicine, *G. sylvestre* is commonly used to control sugar cravings. The herb contains compounds called gymnemic acids, which have a molecular structure similar to glucose

The molecules in the grass fill the receptor sites in your mouth and intestines, reducing the absorption of sugar from food, according to the authors.

HOW TO USE IT

Capsules

400 mg, 15 mins
before each meal

Tea

2, 8-ounce cups
per day in
between meals



REMEDY #2

CURCUMIN

Turmeric blocks the absorption of carbohydrates. Clinical data show that curcumin has a potent blocking effect of alpha-glucosidase an enzyme in the intestine.

The blocking of this enzyme delays the absorption of sugar and helps keep blood sugar stable, thus avoiding sugar cravings.

HOW TO USE IT

Capsules

1500 mg per day

Tea

1Tbsp. in hot
water or a
smoothie

*Always add a pinch of
pepper



REMEDY #3

CINNAMON

Cinnamon bark contains substances that block the digestion of sugar in your intestines, thus avoiding sugar cravings after meals.

It does this by suppressing the pancreatic enzyme amylase and the intestinal enzymes needed to convert carbohydrates into glucose.

HOW TO USE IT

Capsules

400 mg, 15 mins
before each meal

Tea

2, 8-ounce cups in
between meals



SOLANA WELLNESS



ABOUT JOVANKA

Jovanka Ciares is a Registered Herbalist, Executive Wellness Coach & nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021 Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.

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