



#RECLAIMINGWELLNESS

# 1 HOUR REMEDY

TO BEAT SUGAR CRAVINGS

by Jovanka Ciales





# *WELCOME, LOVE!*

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Struggling with sugar cravings? You're not alone. The good news? Cravings aren't about willpower—your body is simply asking for balance. Did you know you can restore that balance naturally?

Yes, you can. With the right foods, mindful habits, and a few powerful botanicals, you can break free from sugar cravings and feel more energized, focused, and in control.

# WHY DO WE CRAVE SUGAR?



## Stress & Cortisol

Ever feel like you NEED something sweet after a stressful day? That's because stress depletes serotonin (your happy hormone).

Sugar gives you a quick fix, but it's short-lived—leading to more cravings and energy crashes.

## Late-Night Hunger

Your body follows a rhythm, and digestion slows at night to focus on healing and replenishing. But if you stay up too late, your digestion "wakes up" and signals hunger.

Eating by 7 PM helps prevent those sneaky late-night cravings.

In the next few pages, I'll show you simple, natural ways to beat sugar cravings, nourish your body, and feel amazing without feeling deprived. Let's dive in!



# BUILDING HABITS TO REDUCE CRAVINGS

Let's break this into 3 habits that you can start today. Tick the boxes as you accomplish these habits.



## 1. Nourish Your Body

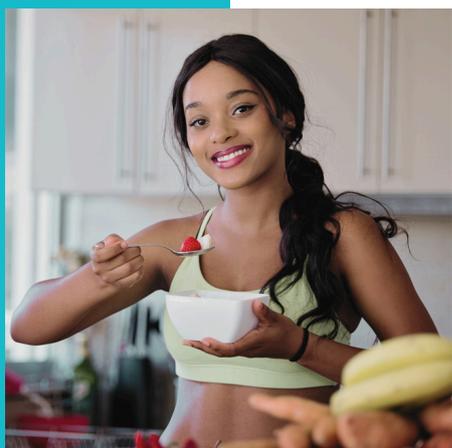
Eat whole, nourishing foods. Focus on plants, healthy fats, and whole grains like quinoa and hemp.

- Embrace healthy fats. Avocados, coconut oil, and roasted seaweed with lime help keep you full.
- Try bitter flavor. Kale, dandelion, and lime tea naturally balance digestion and reduce sugar cravings.
- Limit processed carbs & salt. Too much salt can trigger cravings for sugar and carbs.



## 2. Balance Your Eating Routine

- No snacking after 3 PM. This keeps blood sugar steady and prevents late-night hunger.
- Eat mindfully. Before reaching for sugar, ask: Will this make me happy in 4 minutes, 40 minutes, or 4 hours?
- Slow down & savor. If you indulge, enjoy every bite and be present with your food.



## 3. Find Joy Beyond Food

- Replace cravings with soul-nourishing activities. Take a bath, read, play with your pet, or dance!

# QUICK FIXES FOR WHEN CRAVINGS HIT

Okay, I know it's not easy. So if a craving creeps up, pause. Instead of reaching for sugar, try these. Which of these works for you? Tick the boxes that resonates which is more effective for you.

- A warm cup of almond milk with cinnamon or cacao
- A piece of fruit to satisfy your sweet tooth naturally
- A soothing herbal tea
- Reading an inspiring book or meditating for a few minutes

And if cravings are still lingering, these 3 herbal remedies can help:

01

## GYMNEMA SYLVESTRE - THE SUGAR BLOCKER

In Ayurvedic medicine, this herb is known as the "sugar destroyer" because it literally blocks the taste of sweetness on your tongue. It also helps reduce sugar absorption in the gut.

Ways to consume it:

- Capsules: 400 mg, 15 min before meals
- Tea: 2 cups daily between meals



02

## CURCUMIN (TURMERIC) - THE BLOOD SUGAR STABILIZER

Turmeric does more than fight inflammation—it also slows carb absorption, keeping blood sugar steady and cravings at bay.

Ways to consume it:

- Capsules: 1500 mg per day
- Tea: 1 tbsp in hot water or a smoothie (always add a pinch of black pepper to boost absorption!)



03

## CINNAMON – THE CRAVING CRUSHER

Cinnamon supports healthy blood sugar levels by blocking the enzymes that turn carbs into sugar. Plus, it adds a delicious natural sweetness to foods!

Ways to consume it:

- Capsules: 400 mg, 15 min before meals
- Tea: 2 cups daily between meals



## FINAL THOUGHTS

Your body isn't working against you—it's simply looking for balance.

By nourishing yourself with the right foods, listening to your body, and adding these herbal allies, you'll find that sugar cravings naturally fade away.

Start with 1 or 2 small habits today, and trust that every step you take is leading you toward more energy, balance, and joy.

**YOU'VE GOT THIS!**

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