

The Simple Secret You Need For Effortless Automatic Control Over Your Cravings

Cravings can be a powerful force that often seem impossible to resist. Whether it's that late-night chocolate bar or that greasy burger drive-thru temptation, cravings can derail even the most disciplined individuals. But what if there was a simple secret that could grant you effortless, automatic control over your cravings? Well, look no further – we have the solution for you.

The Science Behind Cravings

Before diving into the secret, it's essential to understand why we experience cravings in the first place. Our cravings are deeply rooted in our brain's reward system. When we consume certain foods or engage in pleasurable activities, our brains release dopamine, a neurotransmitter associated with feelings of pleasure and reward. Over time, our brains associate those pleasurable experiences with specific foods or activities, leading to cravings.

Additionally, cravings can also come from emotional triggers. Stress, boredom, and other emotions can lead us to seek comfort in our favorite treats or indulgences. The problem arises when we become unable to control these cravings, leading to overeating and impacting our health and well-being.

Cure White Sugar
and Chocolate
Cravings
in One Hour



Rebecca Marina Messenger

Cure White Sugar and Chocolate Cravings in One Hour: The Simple Secret You Need for Effortless Automatic Control over Your Cravings

by Wendy Ann Greenhalgh (Kindle Edition)

★★★★☆ 4.7 out of 5

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The Power of Mindfulness

Now, let's uncover the simple secret to achieving effortless automatic control over your cravings – mindfulness. Mindfulness is the practice of being fully present and aware of our thoughts, feelings, and bodily sensations in the present moment. By practicing mindfulness, we can develop a heightened sense of self-control, allowing us to manage our cravings more effectively.

When it comes to cravings, mindfulness helps us recognize and acknowledge them without immediately giving in to our desires. Rather than acting on impulse, we learn to observe our cravings and explore the underlying emotions or triggers that may be fueling them. Through this process, we can gain a better understanding of our cravings and develop healthier coping mechanisms.

The Mindful Eating Technique

One practical way to implement mindfulness in controlling your cravings is by practicing mindful eating. Mindful eating involves paying full attention to the sensory experience of eating, including the taste, texture, and smell of the food.

Here's how you can practice mindful eating:

1. Sit down at a table with no distractions, such as phones or television.

2. Take a few deep breaths to center yourself and bring your focus to the present moment.
3. Observe your food, paying attention to its colors, shapes, and textures.
4. Slowly take your first bite, savoring the flavors and allowing yourself to fully experience the taste of the food.
5. Chew slowly and mindfully, focusing on the sensations in your mouth.
6. Pause between each bite, taking note of how you feel and whether your cravings are diminishing.

By practicing mindful eating, you create a space between your craving and your response. This allows you to make conscious choices about whether you truly want to indulge in a particular food or if the craving is merely a result of habit or emotions. Over time, this practice can help break the cycle of impulsive overeating.

Embracing Distraction

Another powerful technique to effortlessly control your cravings is to embrace distraction. When a craving hits, engage your mind in a different activity to redirect your attention away from the craving.

For instance, if you find yourself craving a sugary snack, try engaging in a hobby you enjoy, such as painting, playing an instrument, or going for a walk. By diverting your attention to something positive and engaging, you will find that the craving subsides and becomes more manageable.

Creating a Supportive Environment

Lastly, creating a supportive environment can significantly contribute to your success in controlling your cravings. Surround yourself with healthy food options

and remove any temptations that trigger your cravings.

Additionally, seek support from friends, family, or even online communities focused on wellness and healthy living. Sharing your struggles and achievements with others who understand can provide motivation and encouragement on your journey to effortless automatic control over your cravings.

Cravings can be a formidable challenge, but with the power of mindfulness and a few simple techniques, you can regain control and have effortless automatic control over your cravings. By practicing mindfulness, embracing distraction, and creating a supportive environment, you can break the cycle of impulsive eating and pave the way for a healthier relationship with food.

Remember, it's essential to approach this journey with patience and self-compassion. Progress takes time, and setbacks may occur along the way, but with perseverance, you'll be well on your way to achieving effortless automatic control over your cravings.

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Yes! We KNOW white sugar and most chocolates are bad for us...but what can we do? Let's face it...we are ADDICTED!

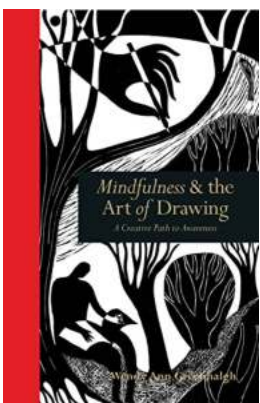
Just the thought of giving up white sugar and treats...has our inner child crying and throwing a raw dawg fit!

What if there was an easy, pain-free way to get rid of the cravings that would normally cause you to binge? What if YOU had CONTROL of how badly you wanted to eat it, instead of compulsive eating being in charge? What if YOU could choose when and how much instead of giving in to stress eating?

It's NOT Will power you need...it's power over the opiate receptors in your brain...the very culprits that make you crave!

This special method uses the power of "Meridian Tapping" to send a New Message to those receptors – so that YOU are back in control. So that your body's intelligence can guide you in intuitive eating, to want what your body knows is right for you.

Simple tapping is not enough...you MUST know the language the brain understands.



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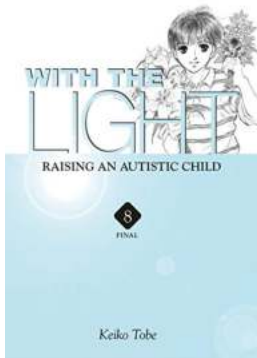
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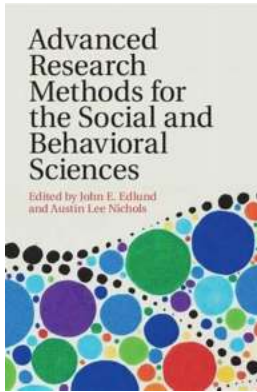
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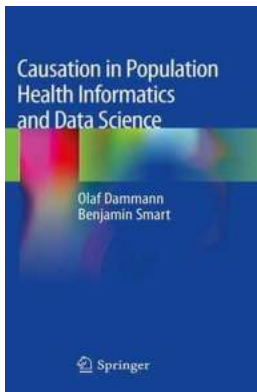
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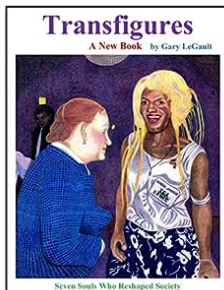
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