

HOW TO STOP A SUGAR ADDICTION%0A

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[Are You Addicted to Sugar? Here's How to Break the Cycle](#)

It's 3 p.m., and the sugar cravings are relentless. I've tried satisfying them with a handful of fresh blueberries and some chocolate-covered espresso beans that I found in the back of my desk drawer.

[Curb Sugar & Carb Cravings: 13 Tips to Control Your Sweet ...](#)

[How to Stop Sugar Cravings: 5 Tips for the Long Term](#). One of the best ways to manage sugar cravings is to stop them before they start. To help you do that: Skip artificial sweeteners. Artificial

[Sugar Addiction: How to Quit Sugar and Stop Cravings ...](#)

When your sweet tooth goes from a mere craving to an obsession, you might be hooked on sugar, says Dr. Tarman. The signs look similar to a drug addiction, she says: thinking about food more than

[A Simple 3-Step Plan to Stop Sugar Cravings - Healthline](#)

Sugar cravings are one of the main reasons people have a hard time losing weight and eating healthy. Here is a simple 3-step plan to stop these cravings. Here is a simple 3-step plan to stop these

[16 Foods That Stop Sugar Cravings | Eat This Not That](#)

Try combining fruits and a square of dark chocolate (over 75%) to stop sugar cravings. Combine a small square of chocolate from GoRaw that's sugar free with a banana, a cup of strawberries or a peach. You can even melt the chocolate and drizzle it over the fruit if that helps! But do not grab just any chocolate bar, says

[The Daniel Plan - Stopping Sugar Addiction](#)

Eliminate sugar and artificial sweeteners and your cravings will go away: Go cold turkey. If you are addicted to narcotics or alcohol you can't simply just cut down. You have to stop for you brain to reset. Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet. These are all drugs that will fuel cravings.

[How to Stop Eating Sugar and Break Sugar Addiction Once ...](#)

Here is a simple step-by-step plan to stop sugar addiction using coaching techniques. If you want to succeed, you have to combine all the tools and use them simultaneously. But, you can take the time to learn them one after the other and enjoy the improvement along the way.