

5 Best Cravings Crushers



RICKI HELLER

rickiheller.com

creator of the

Candida Kick-Start program

One of the most challenging parts of starting an anti-candida diet is the cravings that rear their ugly heads when you first cut out all the processed, high sugar-fat-salt foods, or highly refined foods.

This is totally normal, and it does pass, but while it's happening, it can make sticking to the program feel tough.

In the **Candida Kick-Start**, we go over more than a dozen ways to deal with these cravings. I've chosen my Top Five here to give you a **secret weapon** that can carry you through that first week or 10 days.

#1

REMEMBER THAT "NO" IS
EASIER THAN "MAYBE"

This is by far my very favorite way to deal with cravings—by actually preventing them from happening in the first place. For each of us, there are behaviors that we consider “non-negotiable.”

For instance, most of us would never think to smoke crack cocaine, or rob a bank, or jump out of airborne airplanes; it’s just outside our realm of reality. Similarly, you can decide that consuming sugar is one of those non-negotiable activities.

**“Maybe
just one
bite!”**

Then, when you encounter something with sugar in it, there’s no debate about “maybe just one bite,” or “maybe just on the weekend”—it’s just, “NO.” And move on!

Over the years, I’ve been tempted by many foods; and as I’ve continued to heal, I’ve allowed many previously verboten ingredients, such as balsamic vinegar or dates, back into my diet on occasion. But white sugar has never been a consideration; it’s simply a “no” food. And knowing that I don’t ever have to think about it again makes my decision to avoid it that much easier.



#2

**PRACTICE
"SAFE BINGES"**

But there will still be times when you really want a treat--that's within the dietary boundaries of the program.

When I'm feeling the need for something sweet, I often mix up a small batch of something—say, a quarter-recipe of this [Carob Coconut Bark](#). In that case, I know that even if I let loose and consume the entire batch, I haven't done my ACD, or my health, any harm.

These treats contain healthful ingredients and won't wreak havoc with my blood sugar levels to ultimately sabotage my success (since that could lead to further cravings). The worst that will happen is that my caloric intake for the day will be slightly higher than usual.

Making a small batch also prevents me from eating beyond those four pieces (about how much it makes) since it would feel like too much trouble to go ahead and then mix up a second batch after the first one is finished (I'm inherently lazy like that).

So, go ahead and mix up small portions of your trigger foods, then stop when they're gone. It's a good idea to have some "safe" treats in the freezer for just this type of situation.

#3

**IT'S EASIER
BEING GREEN!**



When you start to kill off the candida, it does whatever it can to survive. For most people that means cravings for its favorite foods: sugar, or the sugars that are by-products of processed and refined foods when broken down in the body. If you feel like you're compelled by an inner force to eat sugar even if your conscious mind doesn't want it, that's like the yeast talking. Yeast thrives in an acidic environment, so the more alkaline you can get your body to be, the less the yeast will flourish and the less it will call out for sugar.

So how do you accomplish more alkalinity? Think, “**GREEN!**”.

Eating “green” has been one of my most important tactics to suppress or eliminate sweet cravings. When I consume a lot of leafy greens and other alkalizing foods, my cravings simply never make an appearance. You can also use the popular Greens Powders in a pinch (such as Amazing Grass--try the Sweet Berry flavor or Progressive's VegeGreens Powder).

Some experts suggest a bit of apple cider vinegar (with stevia as a sweetener) as a cravings-buster; that drink is also very alkalizing. For a delicious variation on this idea, you can adapt this “**Faux Kombucha**” by using filtered regular water instead of the mineral water (mineral water is okay in later stages, but not the first few weeks). It's a beverage I enjoy almost daily.



#4

**BALANCE THE BLOOD
SUGAR TIGHTROPE
WITH EASE**

Uneven blood sugar levels are another source of cravings. Even if we think we're eating "healthy," sometimes our blood sugar is out of whack, and that leads to more cravings.

One of the very best methods to prevent cravings entirely is to ensure that blood sugar levels remain stable and that you don't spike insulin production by eating sugar-full foods.

HOW DO YOU ACCOMPLISH THIS FEAT?

It's easy: think of what I call the "three amigos" of macronutrients: protein, fat, and fiber or complex carbs at each meal or snack. This will not only provide the nutrients you need, but also ensure that the overall glycemic load of your food (ie how your meal affects your blood sugar levels) won't cause blood sugar peaks and valleys that can initiate cravings.

Note that the true definition of "carbohydrate" refers to pretty much any plant food, and technically, "carbs" are one or more of sugars, starches, or fiber. For our purposes, I focus on complex carbohydrates (such as those in whole grains or legumes) or fiber; I try to limit the straight-up sugars in the foods we eat--even if these are natural sugars, such as in fruit-- as much as possible, since those feed the candida.

Since starches are broken down quickly in the body to become sugars as well, pure starches (such as cornstarch, tapioca starch, arrowroot, potato starch) are used sparingly, if at all, in the beginning, because they can affect blood glucose levels.

On the other hand, fiber can't be digested by the human body, so it acts as a bulk-builder that not only keeps us regular, but also (in the form of inulin, sometimes called "pre-biotics") feeds the good bacteria that we want to rebuild in the gut.

IN OTHER WORDS, EAT A LOT OF FIBER!

Fiber is great to flush out toxins as well, something you'll want to do while on the diet.

SO REMEMBER:

If you consume a sweet treat (even a candida diet-friendly one), be sure to pair it with protein, fiber, or fat (or all three, depending on what's already in the treat).

#5

**FORGIVE AND
MOVE ON**

It happens to all of us. Sometimes, despite our very best efforts, we eat a little more than we should, or we succumb to the allure of sweets, or refined carbs, or processed foods.

While this isn't a great way to kill your candida, if it has already happened, I've found that the best thing to do is forgive yourself and move on. Science has shown that stress, anger, and basically any negative emotion literally changes our body chemistry to create a more acidic environment in the gut. And, as I mentioned above, that's like manna to candida.

One of my favorite guests on the old Oprah Winfrey talk show was Stacey Halprin, who lost more than 500 pounds. When asked what she did about slip-ups, she responded:



Acknowledge, forgive and move on!

"If you wake up in the morning and you've been to a buffet breakfast or in my case, have a row of Oreos in the afternoon, I don't starve because I know by noon, I'm going to tilt back the fridge," she says. "What the winners do is they go to the exact next meal, and they start like it never happened."

In other words, acknowledge, forgive, and move on. You're not helping your cause by berating yourself or starving yourself; that will only trigger more binges later on.

It's best to just go right back on the program as if it never happened. Over time, those slip-ups will become less and less frequent, and you'll learn to eat and live a completely different--and healthier--way.

#6

**BONUS TIP:
GO BACK TO
THE FUTURE**

Finally, remember that the anti-candida diet is something you do for yourself, to improve your life and your future. You are giving yourself a gift of a longer, healthier, happier life--and you totally deserve to have that!

When a craving hits, it's useful to contemplate why you took on this challenge in the first place. Ultimately, you want to feel better and gain control of the habits (food-related or otherwise) that landed you in this situation to begin with.

When you feel like eating something that will thwart that goal, keep your eye on the prize: a healthier body and mind down the road!

Learn more about the
Candida Kick Start

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