

DISCOVER THE 10 STEPS

TO ELIMINATING CRAVINGS SO YOU'RE NEVER HUNGRY AGAIN!

Combating the cravings – tips and tricks that will help you control your cravings and STOP you reaching for the biscuit tin, a chocolate bar, packet of crisps or a glass of wine.





If you are reading this report there is a good chance you want to make a major change in your life by combating your cravings!

Cravings are the number one enemy to any weight loss programme, whether it is exercise regimes or calorie controlled diets. By getting your cravings under control you will have a far better chance of long-term weight loss success!

The good news is that curbing your cravings is 100% possible, and the better news is that it is not as tough as it sounds. Like most things, it is the first steps which are definitely the hardest and it is those steps I want to help you with.

This report includes some of my top tools for killing those cravings once and for all, as well as letting you in on some of the secrets that lie behind our cravings!

By reading this guide you will discover:

- 1 HOW TO GET CONTROL OF YOUR CRAVINGS**
- 2 A BETTER UNDERSTANDING OF WHAT DRIVES YOUR CRAVINGS**
- 3 SUPER SWAPS FOR OVERCOMING CRAVINGS**
- 4 10 TOP TRICKS TO KEEP YOUR CRAVINGS AT BAY**



Acceptance is the first step in controlling cravings. Acceptance that we all have them and that you are not alone; whether it is chocolate, fizzy drinks, salty snacks or a glass of wine, cravings hit us all. Unfortunately they also seem to know when we are trying to lose weight too, and tend to hit hardest when we want to diet.

So what is the answer?

For most people it is giving in, succumbing to the cravings and allowing the can of Coke, packet of crisps or favourite chocolate bar to win... however this doesn't have to be the case!

Combating cravings is possible, but to do this we need to first understand why we have cravings and what they are telling us. Secondly, we need to have a toolbox of tricks that will aid us when the cravings hit and help get them under control.

So what are our cravings trying to tell us?

Most cravings can be linked to a nutrient deficiency. They are our body's way of telling us it needs something. However, we often mistake what we really **need** with what we would really **like**. As with many things what we like is often not what we need.

Below are some of the most common cravings and the nutrient deficiency they are linked to:



Chocolate or Acidic Foods are often a symptom of a **MAGNESIUM** deficiency



Bread cravings are linked to an absence of **NITROGEN** in the diet



Soda or Oily Snacks are symptoms of a **CALCIUM** shortage

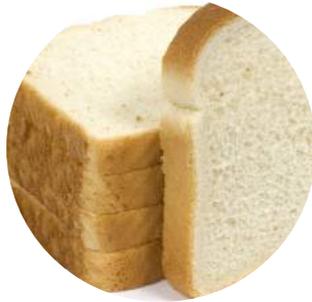


Salty Foods are (unsurprisingly) a symptom of a need for more **SODIUM**

By understanding what the cravings are telling us, we can take steps to manage them by giving our body what it needs. So next time a craving strikes try these simple food swaps:



Nuts, Seeds and Fruit



Lean Meat, Fish or Almonds



Mustard Seeds, Kale and Legumes



Lemon or Sea Salt

By combating your cravings you'll start to see fitness results and body changes VERY quickly.

Enjoy this report and if you have any questions simply reach out to me on Facebook via the links below.

Maxine

Maxine Hayes
Facebook: PotentialPT

My Top Ten Tips

These are the tricks we suggest adding to your 'Controlling Cravings Tool Box', which will help you go head-to-head with even the most powerful cravings and win!

TIP #1 DRINK MORE WHAT...?

It's a fundamental human right, it covers the majority of our planet and it is the number one trick for keeping cravings at bay.

Water is the best way of drowning your cravings, especially those telling you that you need 'salty snacks'. Dehydration is a major craving contributor, so by ensuring you are taking on enough water, you are sure to cut the cravings. Even if you are well hydrated, we can still misinterpret the need for water with a need for food (in particular the foods we shouldn't be having!)



So our trick is to – MARK YOUR WATER BOTTLE WITH YOUR NAME and take it EVERYWHERE!

Then every time you experience a craving reach for the bottle and gulp down. That should be enough to keep those cravings at bay!

SIDE NOTE: Our requirements for water intake will vary widely depending on our activity levels, environment (heat), size and gender. A good base-line equation is to calculate this sum:

$$\text{YOUR BODY WEIGHT IN KG} \times 0.033 = \text{LITRES OF WATER TO BE CONSUMED THROUGHOUT THE DAY}$$

EG: IF YOU WEIGHED

80KG

⇒
YOU WOULD REQUIRE



LITRES PER DAY



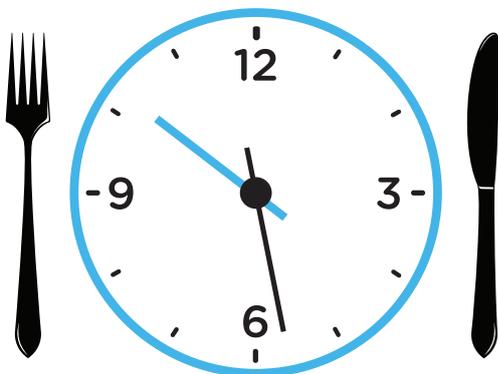
TIP #2 EAT MORE!

Sounds simply amazing but counterintuitive to weight loss, right? **WRONG!** You can snack more and lose weight. The secret is getting your snacks and the timings of these right!

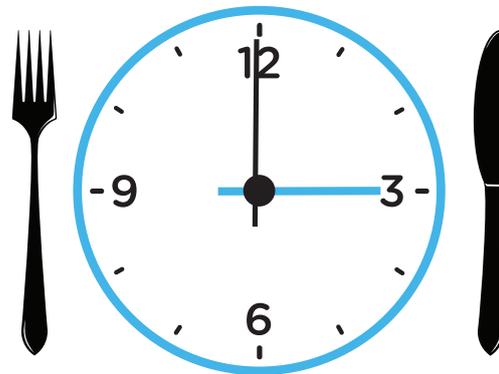
Avocados and nuts are high in healthy fats and make the perfect mid-morning snack. Grapefruit is renowned for its craving curbing powers and makes a great mid-afternoon replacement for that packet of crisps or trip to the vending machine.

By providing your body with healthy, nutritious snacks before the cravings hit you are proactively keeping them at bay. What's more, you are actively providing your body with some of the key nutrients it needs to function at its best.

So get into the habit of healthy mid-morning and mid-afternoon snacking!



**MID-MORNING
SNACK**



**MID-AFTERNOON
SNACK**

TIP #3 WATCH THAT CLOCK!

When it comes to curbing cravings there is a magic time limit that should never be exceeded – **5 HOURS!**

Go beyond this and your blood sugar level drops and the cravings begin; keep topping up with healthy snacks every 3-4 hours and you keep those cravings behind bars.

So what to choose?

The golden rule is to try and keep snacks to 50 calories:

- 2 cups of plain popcorn
- 15 grapes
- Small satsuma
- Fruit strips
- One wedge of Laughing Cow Cheese

This is just a few of the 50 calorie possibilities. There are countless websites with lists of many more, including this great website:

<http://www.eatthis.com/best-snacks-with-50-calories-or-less>

THE GOLDEN RULE

TRY AND KEEP SNACKS TO
50 CALORIES



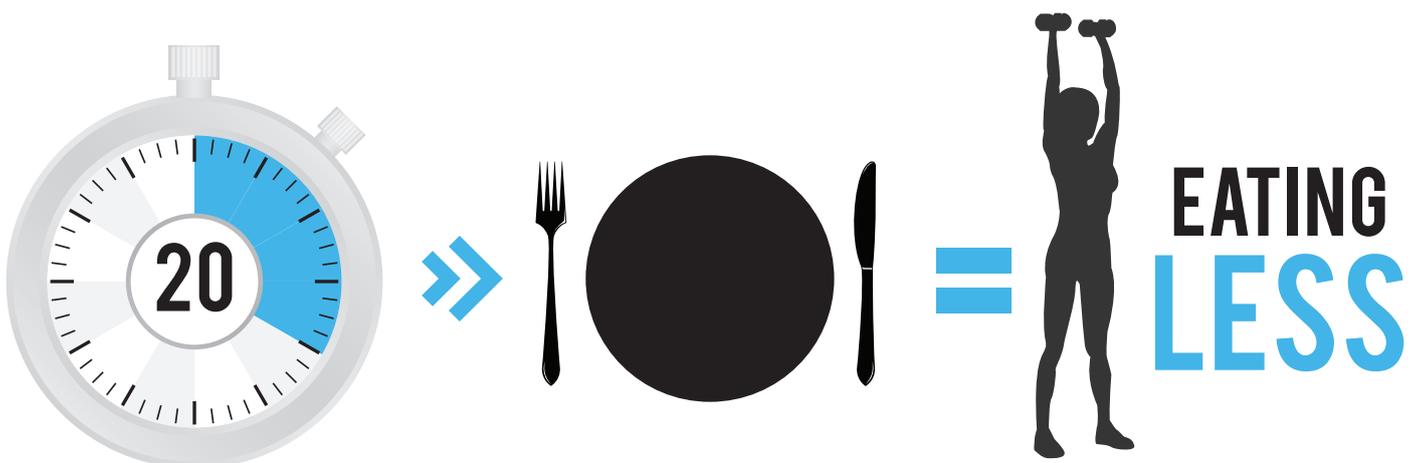


TIP #4 KILLER CARDIO

Ignore the people who say exercise makes them more hungry; studies have shown one of the best appetite busters is a cardio workout.

It's true exercise does cause a ghrelin spike, (the hormone responsible for increased appetite), but this spike then causes a cascade of other hormones which cause your appetite to be reduced.

Countless studies have proved that by doing just 20 minutes of exercise before a meal results in women eating less than they would if they did nothing.





TIP #5 CONFRONT THE CAUSES

Sadly hunger is not what drives most of us to eat, it's other factors like:

BOREDOM
→ **ANXIETY** →
NEED FOR COMFORT →
→ **LACK OF MOTIVATION**

Food often becomes a substitute for other areas of our lives where we feel we are not fulfilled. Whether it is being cooped up indoors for too long, feeling unmotivated at work, being in an unfulfilling relationship, or simply the lack of exercise - all can result in strong cravings, especially for sweet foods.

By confronting the causes you can help kill the cravings, but it will require you being honest with yourself and looking objectively at the reasons really driving the cravings. Once you have identified the cause then you can start confronting it.



TIP #6 PROTEIN PUNCH

A protein-packed diet has many advantages:

- Uses more energy to digest so keeps our metabolism running, our energy levels up, and aids with digestion
- Keeps blood sugar levels stable
- Keeps hunger at bay by ensuring we remain feeling fuller for longer and thus prevent weight gain
- Builds muscle mass and is good for your bones
- Proteins are broken down into the main building blocks of the body's tissues and organs
- Hormone balancing and thus keeping our mood upbeat

Protein-packed diets stimulate the production of CCK, a natural appetite suppressant. So ensuring your diet is high in protein is key for both suppressing the cravings and aiding weight loss.

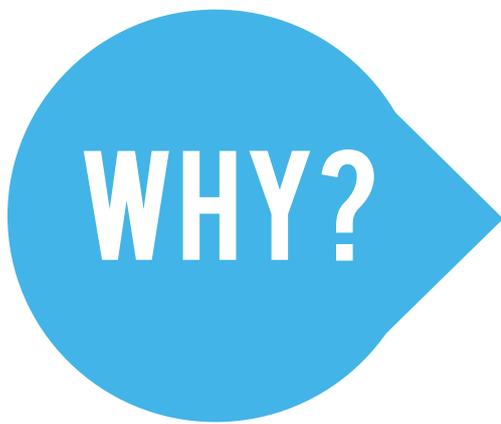
One thing to remember is not all protein sources are equal, so what should we be eating?

- Grass-fed beef, steaks (just stay clear of the excessively fatty cuts), lean- mince or even dried beef jerky
- Unprocessed dairy products, for example natural yogurt rather than flavoured
- Pork chops and pork loin
- Eggs
- All fish are great sources of protein
- Chicken breasts are a great source of lean proteins



TIP #7 BRUSHING THE CRAVINGS AWAY

As simple as it might sound, brushing your teeth is one of the most simple and effective ways of keeping cravings at bay.



WHY?

Because everything tastes bad after cleaning your teeth... and more importantly, after you have spent five minutes brushing, flossing and then using mouthwash the last thing you will want is to dirty your mouth by snacking on a chocolate bar or fizzy drink.

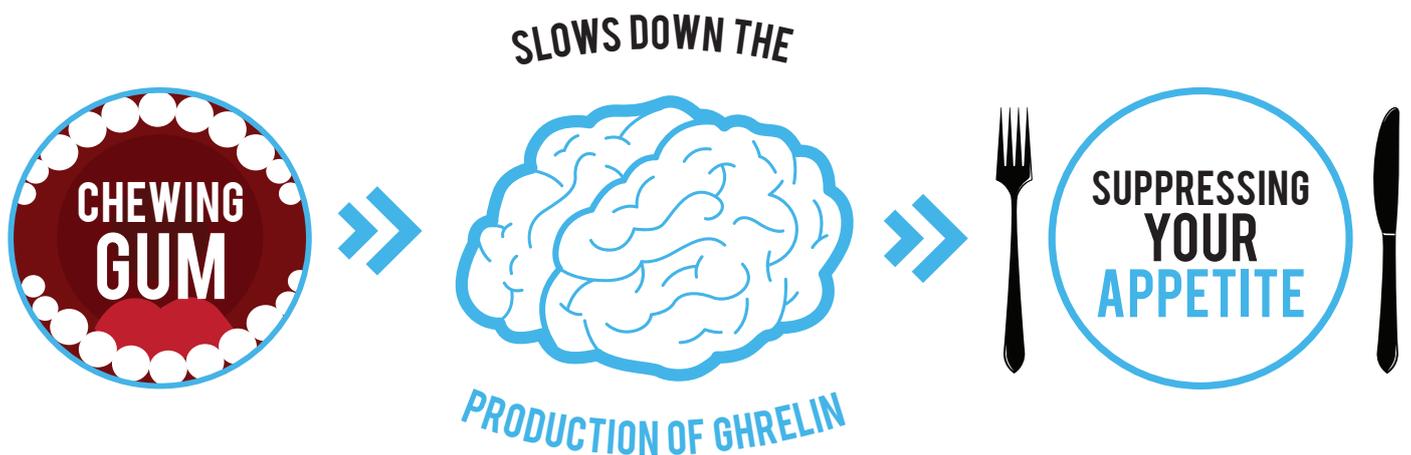
So keep a toothbrush and mini-tube of toothpaste close at hand and when you feel those cravings coming fight back with a really good clean of your teeth!



TIP #8 CHEW CHEW CHEW!

It's worth remembering that, 'one hour a day keeps the cravings away', or so the studies show!

The secret behind chewing gum is that it fools the brain into thinking you're eating. Your brain then slows down the production of ghrelin, suppressing your appetite.



THIS MAKES CHEWING GUM A GREAT SUBSTITUTE FOR ANY CRAVING, AS LONG AS IT IS SUGAR FREE!

TIP #9 GET MOTIVATED

Motivation is one of the best ways of combating cravings head on and there are several ways to do this.

Swapping your craving for a no calorie substitute is a great option, whether it's a long soak in the bath at the end of the day to reward you for going a day without fizzy drinks, a new nail varnish at the end of the month paid for by your vending machine change, or simply swapping your packet of crisps for a magazine - no calorie swaps are a great way of keeping motivated.

Another motivation trick is to make a vision board, filled with pictures that represent where you want to be, so you can instantly see what you are aiming for. Vision boards can be placed on your phone, fridge or even in a desk draw so they are on hand when the cravings hit.



VISION BOARD





TIP #10 SAY GOODBYE TO REFINED FOODS

White bread, pasta and sugar have become household essentials, but these refined foods are also some of the worst offenders when it comes to cravings.

One of the best ways to aid any diet is to say GOODBYE to refined food, but going cold turkey is often hard – just imagine a life without pasta... One of the best ways to break the cycle is to SWAP the refined versions for their wholegrain alternatives.



**WHEN IT COMES TO
CRAVINGS, SWAP THE
BREAD, SUGARY SNACKS
AND COMFORT STARCHES
FOR NUTS, BEANS, FRUIT
AND VEG.**



I hope you've enjoyed this EBook. If you're ready to transform your body and your life then I encourage to head to our website:

WWW.POTENTIALPERSONALTRAINING.COM

enter your details and we'll be in contact very soon!

In the meantime take a look at some of these results from people like you who train at Potential Personal Training:



“ Tracey from Lindfield joined Potential in June 2014 and since then has lost 3 stone and 85 cm off her whole body! Tracey used to suffer from heart palpitations but doesn't any longer.

“I lacked in motivation but now I actually enjoy exercise - I've got my 'mojo' back. I used to be depressed, sad and fat, but now I have gained in confidence and you can't get me off the dance floor! ”

Tracey Talman



BEFORE

AFTER

JAMES' RESULTS

- » REDUCED BODY FAT BY 5%
- » REDUCED BLOOD PRESSURE BACK TO NORMAL LEVELS!
- » LOST A TOTAL OF 10 INCHES FROM AROUND HIS WAIST
- » LOST 24 LBS

“ What made you come to PPT in the beginning?

I just got to a point in my life where I wanted to live more healthily. I was fed up with looking like I did and not really having any 'get up and go'. There's too much in life that can't be controlled, and this was something I could control, yet I had let it escape me for so many years. PPT grabbed me from the tagline of 'No Egos'. It just struck a chord I very much liked.

What has improved for you since joining PPT?

My recovery time was the first thing that I noticed that had improved. I went from what felt like a coronary after the first couple of sessions to being back in breath after just a few minutes (4 weeks later) and having a much happier outlook on future sessions. I dropped some weight but more importantly was the decrease in waist size. I'm very happy with how it's started; now I just need to keep it going for the long term.

Also, nutrition - I eat almost entirely differently now to how I ate prior to joining PPT, and actually love it. It's made me see things very differently and try new things. Edwina Currie would be proud of the amount of eggs I get through these days!

What do you love about PPT?

I love the varied routines (although boxing is now a personal favourite - it's just awesome!). I love the people (both trainers and clients), and the whole ethos of the place. No-one knocks anyone else or sees other clients as any different to themselves. You're there for yourself but you're not alone in your training. ”

“ Why did you decide to join PPT?

I wanted to live into old age and see my children grow up and have their own children.

What was your life like before PPT?

Before PPT I felt very lethargic, I had no energy, I couldn't do the simplest of tasks and if I was out walking with the children I would easily get out of breath and have to use an inhaler. Normal everyday tasks were becoming harder.

How do you feel now?

After training for six months with PPT, I feel absolutely incredible. I'm less self-conscious of myself and feel I can do anything - I even did a 3-mile hike with the Cubs last night!

I have lost about 2.5 stone and 70 cms across my body!

The most important thing about PPT is the trainers - they're incredible. They support you, they give you a boost if you're feeling down, encourage you, keep you going, tell you you are awesome and you can do it, meaning you achieve so much more. ”



BEFORE

AFTER

**FREE
HEALTH
MOT**

We **GUARANTEE** that by following our personalised programme you will see measurable, dramatic changes in the way you look, just like Paula!

Book Your **FREE HEALTH MOT**
www.potentialpersonaltraining.com/consultation
 or call the office on **01444 484129**