

ADDICTION



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Stop Sugar Cravings with a Healing Diet



Dr. David Jockers



- Natural medicine
- Functional nutritionist
- Exodus Health (Georgia)
- DrJockers.com

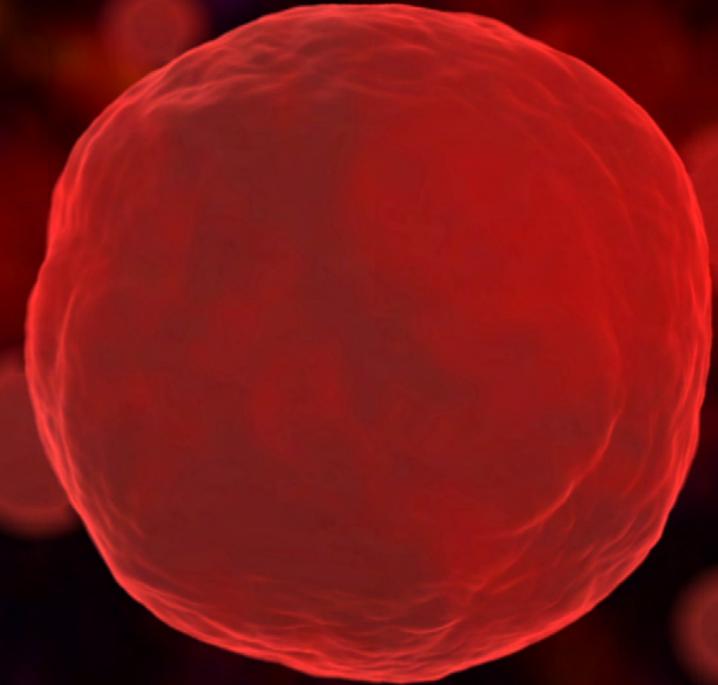
“All of us, to some degree, have suffered with addiction, some more extreme than others.”



“When we consume
sugar, we get this
natural high.”



“Insulin also stimulates
inflammation.”



“Two-thirds of us have
been overweight or
obese, or are
overweight or obese.”



“If you are an ectomorphic body type like I am, where you have narrow shoulders and you’re leaner with typically longer extremities, when you have blood sugar imbalances, you’re much more likely to develop things like osteoporosis for women. And for men, oftentimes we have low testosterone. We can’t put on any muscle mass.”



“I could always eat, but at the same time I also felt tired all the time. And I had trouble sleeping. So it was like a wired and tired experience.”



“The emotional eating part is actually the hardest, typically, to address.

Usually you’re going to need more work, whether it’s doing tapping therapy or working with a counselor.”





“I found that most foods, the healthier foods, actually taste amazing , and I developed a whole new set of patterns around food.”



“Start doing what
you know you
need to do.”



“When it comes to nutrition, I want to really focus on food that has maximal nutrients, minimal toxins.”



“Hydration is just so critical.”



“A lot of the cells that used to trigger thirst or should normally trigger thirst, now our body is experiencing as hunger or desire to eat or a sugar craving.”



“If you rush for the coffee
or the food right away,
you’re not giving yourself
that adequate hydration.
So start your day with 8
to 16 ounces of water.”



“You definitely want to
filter your water.”



“The more we can minimize our exposure to plastic in easy ways, like our water bottles, the better off we’re going to be. So using glass or stainless steel is going to be a lot better.”



“When you’re adding apple cider vinegar or lemon or lime to your food, it’s going to reduce the glycemic impact.”



“You can also use
support supplements
to help with your
adrenals.”



“I’ve found zinc to be just really supportive to the immune system.”



“Anthocyanins are really,
really powerful for
reducing radiation
exposure from the sun.”



“Every meal I eat, I want to have at least one of those healthy fat sources, and then I’m going to build the meal around that healthy fat source.”



“Berries are lower in
sugar, higher in
micronutrients.”



“When you start hydrating your body, you’ll notice that hunger cravings go down significantly.”



“Your body cleanses,
breaks down old,
decaying cells when
you’re fasting.”



“My wife loves to do a big gigantic salad, nice colorful salad—bell peppers, cucumbers, dark green leafies, black olives. So we’ve got our healthy fat right there. She dices up some avocado.”



“Typically, if you’re going to do carb, starches and fruits, it’s actually better to do it in the evening. If you do it earlier in the day, especially a lot of it, you’re going to have cravings all day long.”



“You should have a strategy
as far as what you’re going
to be eating that day.”



“Inside of your home,
ideally you should be
able to control your
environment.”



“You’ve got to go out in the world for a large part of your day and deal with all those temptations and landmines that are out there. At least you’re safe when you get home.”



“Find that support
environment and work
together.”



“You just can’t hang around
with the people who are
living the lifestyle that you’re
trying to get away from.”



“We can surround our
own selves with
gratitude.”



“Failure is actually
expected.”



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