

HOW TO RESET SUGAR CRAVINGS YOUR GUIDE TO TAKING BACK CONTROL



WHY SUGAR KEEPS YOU STUCK

*Sugar doesn't just cause weight gain—it hijacks your **metabolism**, disrupts your **gut**, and rewires your **cravings**. Over time, too much sugar and refined carbs spike insulin, your fat-storage hormone. This not only leads to belly fat and fatigue—it can also set the stage for **insulin resistance**, **prediabetes**, and even **type 2 diabetes**.*



THE HIDDEN SUGAR PROBLEM

Your body only needs 1 teaspoon of sugar in your bloodstream at any time. But the average American consumes 60+ teaspoons per day — that's nearly a full cup! And it's not always labeled clearly— **sugar hides behind more than 60 different names**, like cane juice, maltodextrin, agave, or rice syrup.

BRENDA'S DAILY TIP

Aim for 8–10 teaspoons of total sugar per day.
This keeps your blood sugar stable and supports weight balance.



SUGAR MATH MADE SIMPLE

Use this formula to calculate how much sugar you're really eating:

$(\text{Total Carb Grams} - \text{Fiber Grams}) \div 5 = \text{Teaspoons of Sugar}$

EXAMPLES:

Granola bar (30g carbs - 5g fiber = 25g net carbs/5) → 5 tsp

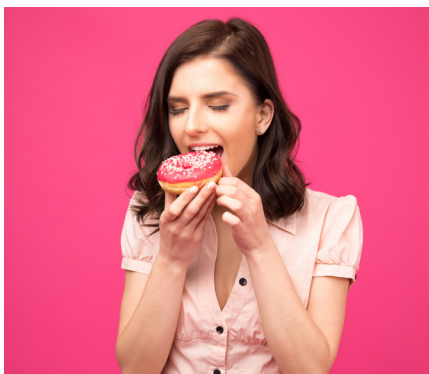
Whole wheat bread (2 slices) → 3 tsp

Baked potato → 7 tsp

White rice (1 cup) → 9 tsp

Brown rice (1 cup) → 8 tsp

Pasta (1 bowl) → 10+ tsp



WHY YOU CRAVE SUGAR

Sugar affects more than just your waistline:

- Increases ghrelin (hunger hormone)
- Suppresses leptin (satiety hormone)
- Feeds Firmicutes, the “fat-storing” gut bacteria
- Crowds out Bacteroidetes, the “stay-lean” bacteria
- Triggers dopamine, fueling addiction
- Overloads your liver, especially with fructose

CONTINUED...

HOW TO RESET SUGAR CRAVINGS YOUR GUIDE TO TAKING BACK CONTROL



3 STEPS TO RESET YOUR SUGAR CRAVINGS

STEP 1: BALANCE YOUR BLOOD SUGAR

- ✓ Eat protein + fiber at every meal
 - ✗ Never eat carbs alone—always pair with fat, protein, or fiber
 - ✓ Take soluble fiber (like acacia) before meals
- Skip sugary drinks, juices, or snacks that cause a rapid blood sugar spike**



STEP 2: REBUILD YOUR GUT MICROBIOME

- ✗ Cut added sugars and processed foods
 - ✓ Take a high-diversity probiotic
 - ✓ Eat prebiotic-rich foods: onions, garlic, leafy greens, legumes
 - ✓ Support gut healing with L-glutamine and fermented foods
- Don't ignore your gut—sugar feeds the wrong microbes!**



STEP 3: RESET YOUR BRAIN + STRESS RESPONSE

- ✓ Get consistent sleep (7–9 hours)
 - ✓ Move every day—especially after meals
 - ✓ Use stress tools like breathwork, nature, walking
 - ✓ Swap sugar's "hit" with music, laughter, sunshine
 - ✓ Be patient—cravings can change when your biology is supported
- Don't rely on willpower alone—this is about rewiring your system!**

**FINAL TIP
FROM
BRENDA**

**You don't have to give up all sugar. Just avoid constant spikes.
*A treat isn't a treat if you eat it every day.***



VISIT [BRENDAWATSON.COM](https://brendawatson.com)

FOLLOW ME FOR MORE GUT RESET TOOLS AND SUPPORT.

