

# Cure For Sweet Cravings

As the spectators of both male and female professional sports grows, scientists are becoming more aware of a drop in sugar levels in the muscles of these athletes after they exercised for long periods of time. Based on these findings, scientists stressed the importance of consuming carbohydrates to make up for the lost glycogen.

Also, to avoid severe dehydration, drinking plenty of fluids has shown to be crucial for sufficient rehydration. Researchers found that athletes had the tendency to drink more fluids if they liked the taste of the drink, particularly if the drink had a salty or sweet taste. Most fluids for athletes that participated in rigorous exercise were designed with carbohydrates to give them energy, however research showed that athletes had the preference for salt and sweetness after working out.

A study conducted to test this theory included male rats that were caged with two water bottles, one contained a sugar solution, and the other water bottle contained just distilled water. The rats then ran on treadmills for 30- minute increments for a two-hour time period with no food.

Results from the study raised the possibilities that the rat's preference for sugar changed after exercising.

Scientists have already discovered that opioid-receptor antagonists lowered the consumption of the sweetened solution in rats. It was found in human studies that opioid antagonists brought down the ratings of pleasurable foods, particularly the consumption of the foods that were highly preferred.

Conclusions of the study showed that the taste for sweetness was lowered after exercise, and the preference for sweetness prior to exercise wasn't enough to restore exercise-induced anorexia in rats. Researchers claimed these findings would benefit all athletes that have a difficult time eating a sufficient amount of nutrients to replenish their bodies after they exercised.

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## **Dr. Mercola's Comment:**

**Anyone who exercises intensely on a regular basis will know the answer to the question of how to cure sweet cravings, which is, of course, significant cardiovascular exercise.**

**It always amazes me how my appetite, especially for sweets, dramatically decreases after [exercise](#).**

Now Japanese investigators have performed rat experiments that validate this observation. My guess is the mechanism is related to a dramatic reduction in [insulin levels](#) after exercise.

Elevated insulin levels are one of the primary reasons for food cravings and if insulin levels are reduced, many of these cravings disappear. So if you haven't already picked up the exercise habit, here is a powerful motivation to do so if you struggle with sweet cravings.

Grains and sugars are often an overlooked addiction and the way to manage any addiction is through complete abstinence.

The reason most people struggle with giving up sugar is that they are still eating grains. The grains break down to sugar and perpetuate the addiction. Eliminating grains and sugars and eating properly for your [metabolic type](#) are discussed in detail in my new book, [TOTAL HEALTH Program](#).

So again, the solution is total abstinence from grains and sugars.

The amazing thing that happens is that in about three days, the cravings disappear.

It is important to note that it is wise to eat some animal protein and a small amount of vegetables every two hours while awake when first starting this approach.

This will compensate for the secondary hypoglycemia that tends to occur when stopping suddenly stopping sugars and grains. These symptoms would be lightheadedness, fatigue, headache and a decrease in the ability to focus and concentrate.

This is only necessary to do for several days, as after that time most people's insulin levels will come into a new balance.

It's important to remember that no matter how devoted you are to a healthy lifestyle, it is nearly impossible to reach your goals if emotional barriers stand in your way. The energy psychology tool EFT uses a combination of kinetic energy input and positive affirmations to release you of your emotional "blocks."

You can view our [EFT manual](#) free of charge. If you seek more in-depth knowledge of the EFT technique, [my EFT series is available on DVD or VHS](#). The series will teach you how to relieve most emotional traumas, abolish phobias, overcome food cravings and eliminate or greatly reduce physical pain. You can also make an appointment with an expert to help you with the EFT process.

[http://www.mercola.com/2004/may/8/sweet\\_cravings.htm](http://www.mercola.com/2004/may/8/sweet_cravings.htm)