

EXTREME RESULTS INSIDE!

DEFEAT YOUR CRAVINGS

GET A VISIBLY FLATTER TUMMY. FEEL LIGHT AND ENERGIZED.

**3 DAYS TO
FEEL GREAT**

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Defeat Your Cravings

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Part One: Four Foods and One Action Step

Suppress Cravings

You might not know it, but certain foods can do more than simply satisfy you – they can also suppress your appetite and help you get rid of the cravings that are holding you back from building the body of your dreams. If you're ready to stop out of control eating, burn stored fat for fuel, improve muscle growth, and enhance libido while you're at it, then this protocol is for you. Let's get started.

Just about everyone has struggled with cravings at one time or another. The physical and emotional feelings that come with them can be overwhelming, embarrassing, and painful. Before you start blaming yourself though, you should know that certain hormones cause these cravings. They aren't your fault. They aren't a sign that you lack willpower or that you're somehow not as good as the fit models and actors you see on TV and in the movies. Cravings are part of your body's survival strategy, left over from the days when food could be scarce.

Knowing what causes cravings is the first key to eliminating them. Whenever your stomach is empty, it produces ghrelin, which is a hormone that tells your brain that you are hungry. Think about it: your cravings probably happen when you've gone too long without eating. Ignore those signals for very long, and the cravings soon become much too intense to resist!

The way to get rid of cravings caused by hunger is to keep a little something in your stomach at all times. But it can't be just any old thing; for example, feeding yourself a so-called food that's nothing but pure sugar (think cookies, cake, and other junk-type snacks) satisfies you for a short time, but once the food dissolves, the cravings return with even more intensity.

These four wholesome foods keep you feeling satisfied while helping you to reduce the number of calories you consume each day. And by cutting back your intake by a mere 500 calories daily (that's not much – a few cookies or a couple of servings of high-fat chips) you can effortlessly lose about 50 pounds over the course of a year. Really focus on cleaning up your diet and add in some exercise most days, and you'll find it's easy to lose even more than that.

Rice Bran

Just one or two tablespoons of rice bran, combined with a large glass of water, will fill up your stomach and stop the release of ghrelin for an average of eight to ten hours.

Why it Works

Rice bran is a type of carbohydrate, but it's one that remains intact in your digestive tract without being absorbed by your body. Because bran is 100 percent fiber, it has no calories. At the same time, combining it with water creates a sponge effect inside your stomach. The bran expands as it absorbs the water, making you feel full and turning off that ghrelin switch automatically.

How to Use It

Start by using small amounts, about half a tablespoon and 12 ounces of water to begin with. If you like fresh juices or smoothies, stir your bran into them. Keep on drinking lots of water throughout the day to keep yourself hydrated and to keep the bran flowing through your system. Forgetting to drink enough water can lead to constipation or cramping.

You can have bran anytime, but the best times to add it to your system are at breakfast time, one hour after dinner, or about 30 minutes before bed. Gradually increase your intake once you know how your body will respond to a small amount of bran.

Fresh Apples

Have you ever heard the saying “An apple a day keeps the doctor away?” While you shouldn't forgo regular checkups, you'll find that eating at least one apple each day can help you enjoy better health.

Why it Works

Apples contain a high amount of pectin, a type of soluble fiber that reduces the amount of calories and sugar that are absorbed into the bloodstream after meals. Apple pectin helps get rid of ghrelin when you're hungry, and it does two more things: First, it prevents the spikes in blood sugar that ultimately tell your body to store more fat; Second, it helps prevent blood sugar crashes that leave you craving even more of the food that caused them in the first place.

How to Use It

An apple will keep you feeling satisfied for one or two hours. Have one before or after each meal to prolong satisfaction, or enjoy one between meals to keep blood sugar on an even keel. You can supplement with apple pectin powder if you like, adding it to smoothies, oatmeal, or yogurt. |

Red Wine Vinegar

Vinegar made from fermented red wine is a popular condiment used in cooking and on salads. You can also use it to make a delicious cocktail to enjoy with lunch or dinner. Adding red wine vinegar to your daily diet can help you fight cravings for an hour or longer, and it can increase fat metabolism in the liver for more than three hours.

Why it Works

Red wine vinegar contains acetic acid, which helps your stomach hold onto food longer, delaying the release of ghrelin. It also helps you feel full faster, and as you might already know, it helps to improve the digestive process.

The acetic acid in red wine vinegar helps in a couple of other ways, too. First, it helps prevent spikes in blood sugar. Second, it contains nutrients including resveratrol, which is an important nutrient for protecting the heart and circulatory system.

How to Use It

You don't have to drink an entire glass of red wine vinegar to get a positive outcome! All you need is two tablespoons at a time, sprinkled over salad or added to a big glass of water. If you miss fizzy drinks, just add red wine vinegar to sparkling water and enjoy it with savory meals. This simple drink supports your digestion and helps you to regulate blood sugar while crushing cravings.

Pine Nuts

Looking for a great snack you can enjoy while on the go? Consider pine nuts, which rather than having a piney or turpentine taste, offer a mild, buttery crunch. A popular ingredient in pesto, pine nuts also happen to be rich in a specific type of Omega-6 fatty acid called pinolenic acid. This one nutrient is a real powerhouse when it comes to eliminating food cravings, and it has been shown to increase the release of hormones that tell your brain you're full. Over time, you can use these tasty little nuts to reduce food intake and promote faster weight loss.

Why it Works

The pinolenic acid in pine nuts stimulates the release of cholecystokinin (CCK), which is a hormone that acts as a hunger suppressant.¹ You'll feel a sense of fullness for about 30 minutes or longer; in some people, the effect can last for as long as two hours.

How to Use It

Nibble on raw pine nuts or make them into pesto. Sprinkle them on salads or add them to other vegetables, or get a bottle of raw pine nut oil and use it as recommended. A little goes a long way! Enjoy these savory seeds an ounce at a time.

Stop Eating Sugar

Maybe you've noticed that cravings for sugary foods increase whenever you eat sweets or foods that contain a lot of hidden sugar. Cravings caused by sugary foods are completely different from real hunger pangs – and when you want something sweet, it seems like nothing else will satisfy you!

Why it Works

Refined sugar is an addictive substance, just like tobacco or harder drugs that most people want to avoid. It works by triggering your brains' production of natural opioids. Strange as it sounds, the brain becomes addicted to the opioids it releases, in the same way it would become addicted to substances like heroin or morphine.

Slashing your intake of refined sugar stops the overstimulation of the sweet receptors located on your tongue, and ends the excessive reward signals that put your brain – and your cravings – into overdrive.

How to Use It

I'm not going to lie to you: stopping sugar addiction is a process that feels mentally excruciating. The more sugary foods you tend to eat, the more intense your withdrawal symptoms will be. Take the following steps and stay active to make things go more smoothly:

- Keep on eating the four foods discussed earlier, having an apple if you feel intense sugar cravings
- Replace all the grains in your diet with other nutritious foods; hearty vegetables like cauliflower and broccoli are ideal
- Do not eat any potatoes, sweet potatoes, carrots, peas, or beets while actively stopping sugar; you can have these in moderation once your cravings are gone, but only when you pair them with protein and a little bit of healthy fat
- Fill up on protein rich eggs, tuna, and salmon, along with extra-virgin olive oil and as many leafy greens as you can handle
- Avoid alcohol as it turns into pure sugar in your system; drink water or red rooibos tea instead
- Avoid situations that put you in close proximity to the sugary foods you usually crave

Green smoothies made with a high proportion of vegetables and small amounts of fruit can help. So can nut butters; just be sure that they are not made with added sugar. By avoiding all processed foods and micromanaging your diet for about three days, you can completely eliminate your sugar addiction. Like any addiction though, sugar addiction has the potential to return with a vengeance. Watch your diet carefully and keep on enjoying the results. Being healthy beats eating sugary junk any day of the week!

Part Two: Power up Your Pump with This Single Ingredient

Bear with me for a quick science lesson. According to the *Journal of the American Medical Association* (JAMA), heart disease and stroke account for approximately 40 percent of all cardiovascular disease (CVD) related deaths, with one CVD death occurring every 35 seconds or so. Today, more than 70 million Americans are fighting cardiovascular disease.

There's a lot you can do to take better care of your heart, starting with a solid diet based on plants instead of cholesterol-heavy foods sourced from animals. You might also be aware of the important role that exercise plays in keeping your heart and the rest of your body in optimal condition. I talk about both things extensively in my books!

Besides the standard regimen of looking out for your heart and health by following a heart-healthy diet and moving your body, there's another thing you can do. This single ingredient is one that can add up to a healthier cardiovascular system: Omega-3 Fatty Acid.

The American Heart Association and other research groups, in multiple large-scale epidemiologic studies and randomized controlled trials, have proven that Omega-3 fatty acids including DHA, EPA, and ALA lower triglycerides, reduce the risk of heart attack, CD, dangerous abnormal heart rhythms, hardening of arteries, and death from CVD, plus they help lower high blood pressure.

Luckily, getting a variety of Omega-3 fatty acids in your diet is simple and enjoyable. DHA and EPA come from fatty fish, and non-fish supplements are available as well. ALA is found in English walnuts, canola oil, ground flaxseeds and flaxseed oil, and olive oil, among other things. Of all these, fish oil and ground flaxseed or flaxseed oil are the richest sources of Omega-3 fatty acids. When choosing the ones you add to your diet, ensure that they are free of dioxins, PCBs, heavy metals, yeast, bacteria, and mold.

The easiest, most appetizing way to add Omega-3 fatty acids to your diet is to enjoy fish such as salmon a few times weekly, and to add ground flaxseed to your

salads, soups, and smoothies. The flaxseed contributes a mild, nutty taste and makes for a richer texture.

There are a few other supplements you can take to increase heart health. Without getting into detail they include:

- Garlic
- Lycopene
- Olive oil
- Vitamin E

Actions you can take include:

- Stop smoking and using other tobacco products
- Minimize stress
- Eat 5-10 servings of organic fruits, vegetables, nuts and seeds daily
- Achieve a healthy body weight and maintain it
- Supplement with magnesium (found in most multi-vitamins)

Part Three: Calm Cravings and Spur Muscle Growth with These Fantastic Fruits

When you think about what to eat to enhance muscle growth, fruit might not be the first thing that comes to mind. But at the same time as their natural sugars help keep cravings for unhealthy foods under control, the right fruits can spur muscle growth and provide protection for the muscle mass you've already accumulated.

Potassium: An Essential Muscle Building Block

Many people are surprised to discover that potassium promotes muscle growth. You need at least 4,700 milligrams of this essential nutrient each day, and a little more than that can help you replace electrolytes lost during exercise while helping to build strong, healthy muscles.

Besides potassium, the healthy carbohydrates in fruit provide your body with the energy you need to get through each day. Without the right amount of food, your body will burn not only fat, but lean muscle for energy. According to the Academy of Nutrition and Dietetics, people who are actively strength training at a rate of two times weekly or more frequently need to get at least half of their calories from carbohydrates.

Now that you know how fruit helps you grow and maintain healthy muscles, here are two lists of the best fruits to enjoy now.

Fruits with High Potassium Content

- Apricots, fresh or dried (no sugar added)
- Bananas
- Cantaloupe
- Kiwifruit
- Oranges
- Plums and prunes

High-carbohydrate Fruits that Protect Muscle Mass

- Cherries
- Dates
- Grapes
- Pineapple
- Pears

Part 4: Take These Minerals at Bedtime to Boost Production of Your Most Important Fat Burning Hormone

It has been said time and time again that there is no such thing as a magic, fat-melting potion. Proper diet and intentional exercise are the best ways to turn your lifestyle around and get the body you want. That doesn't mean you can't help the process along! Adding certain herbs, vitamins, and minerals can help improve your results, and getting the right amount of sleep will help, also.

Your body needs many minerals to function; without them, nerves wouldn't work properly and metabolism would come to a grinding halt. These are just a couple of things that can occur due to mineral deficiency. There are two specific minerals that can help you with weight loss while helping to improve your sleep. They are calcium and magnesium.

Before getting into the benefits further, let's talk hormones. Melatonin plays a crucial role in keeping your internal clock balanced by helping you to optimize sleep. Not only does melatonin regulate sleeping and waking, it suppresses the free radicals that can lead to cancer, and it produces several immune benefits.

There are several hormones that play roles in metabolism, and as it turns out, melatonin is one of these. While it is possible to take melatonin supplements, it's not necessary to do so if you are eating a healthy diet, getting regular exposure to sunlight during the day, avoiding bright light at night, and getting the right minerals.

While calcium and magnesium don't have a direct effect on melatonin production, they do play an important role in ensuring that the chain of events that leads to healthy melatonin production happens the way it is supposed to. When it comes to the body, everything is connected!

A lack of magnesium can play a role in insomnia, causing problems with melatonin production. And, according to the University of Maryland Medical Center, most Americans do not get enough magnesium. Questioning whether magnesium is

really necessary? One of its many jobs is to help regulate the other minerals in your body, including calcium. Additionally, it activates enzymes and contributes to energy production. So, now that you're convinced, where do you get magnesium? There are a few great sources:

- Bananas
- Dark leafy greens
- Nuts
- Beans
- Rice
- Peas
- Natural magnesium supplements

Next, let's take a look at calcium. An important building block for strong, healthy bones and teeth, it is also vital for proper muscle and nerve function, plus it helps your blood vessels to expand and contract so that blood is able to travel through the body. Calcium plays a vital role in hormone and enzyme production, plus it aids in the transmission of nervous system impulses.

Researchers have noted that calcium also seems to play an important role in weight management, but they have yet to discover exactly how this works. One theory is that calcium helps to inhibit the production of fat accumulation hormones, and the other is that it binds with dietary fat in the intestines, preventing the body from absorbing it. Calcium works synergistically with magnesium though, so don't exclude it. If you suspect you may not be getting enough, then consider taking a supplement that includes calcium, magnesium and vitamin D. That way, you can avoid the sugar, fat, and cholesterol found in dairy products. Additional sources include:

- Peppers
- Spinach
- Kale
- Seaweed

Part 5: Enhance Sexual Pleasure (Men and Women!)

Life wouldn't be the same without the pleasure we feel during intimacy. Believe it or not, there are a few ways to improve on what nature has provided, and none of them are gimmicky. All of them are easy to do – and there are no crazy bedroom acrobatics required (unless you want them!)

Set the Right Mood

Environmental stimuli can enhance or ruin the mood. Start by eliminating distractions, including photos of people (kids, parents, etc.) who you don't want to think of during sex. Send pets that might be allowed into the bedroom under normal circumstances out into another room. Declutter, and ensure you won't be interrupted by turning off electronics.

Take care of nagging thoughts by writing them down on a list so they don't occupy your mind. Light a couple of candles, set up a diffuser with a romantic essential oil like ylang-ylang or jasmine, and focus on giving and receiving pleasure. The more you practice keeping your focus in place during intimate encounters, the easier it will get. Good news – practicing is fun, so carve out some time to do it often!

Be Present During Sex

When you're with a monogamous partner for a long time, it can be easy to drift away mentally even during those moments that used to be some of the most exciting in life. Yes, you're enjoying yourself, but you might be thinking about other things, half-watching a TV show someone left on, or even thinking about things you have to accomplish outside the bedroom.

Don't Stress

Keep a positive mental attitude about yourself and don't let stress about your performance get in the way of enjoying intimate fun with your partner. Just feeling and acting more confident will automatically make you more attractive, and the fact that you're having fun will help him or her relax and unwind too.

Sure, hot, serious romantic interludes like the ones from the movies are definitely worth having; but so are lighthearted moments with plenty of laughter.

Supplement your Sex Drive

Certain foods and nutrients can help keep your sex drive strong and get you in the mood. The ones I'm recommending have actual physical effects that will help you enhance sexual pleasure.

- **Chocolate** – Have a little bit of very dark chocolate to produce a positive mood state, increase energy and stamina, and release endorphins, which help you start to feel good even before you get to the bedroom. Sugary desserts and milk chocolate don't work as well as dark chocolate. Pick an organic brand that has 85% or higher cacao content; a little square should do the trick!
- **Vitamin D** – Getting enough vitamin D increases testosterone production, which is important to maintaining libido in men and women alike. A study published in the European Journal of Endocrinology showed a connection between vitamin D deficiency and low testosterone.
- **Oysters** – Are you surprised to see this food on the list? The folklore that claims oysters are an aphrodisiac may just be true. The reason is that oysters are high in zinc, which in turn helps to increase testosterone production. Crab and lobster also provide plenty of zinc, with a 3-ounce serving of Alaskan king crab providing about 43% of the daily-recommended allowance.
- **Mushrooms** - If you don't like seafood, you can enjoy some mushrooms instead, as they contain plenty of testosterone-boosting zinc. As a bonus, you can set them out in the sun for about an hour before eating to increase the amount of vitamin D they contain!
- **Beans** – Believe it or not, humble black, white, and kidney beans are all good sources of zinc and vitamin D. And since they contain heart-healthy proteins and fiber, they can help improve your body weight and circulation while increasing testosterone production. Sesame seeds and almonds make the grade, too.
- **Strawberries** – Good circulation is essential to a healthy sex drive, and it's very important for proper anatomical function in men and women alike. So,

eat up! Strawberries and other antioxidant-rich foods like purple grapes look sexy, and they help keep your cardiovascular system functioning well.

- Sweet potatoes – Thanks to high potassium content, sweet potatoes help keep high blood pressure from interfering with your ability to enjoy sex and become aroused.

Diet and Exercise

Not only does a healthy diet and regular exercise help increase your chances of living longer, lifestyle changes can lead to lots of other benefits including better sleep – and better performance in the bedroom. If you feel tired frequently or worry that you're too out of shape to be attractive to your partner, making positive lifestyle changes can help almost instantly. In women, regular physical activity leads to better arousal, and in men, it helps to prevent erectile dysfunction. If you ever needed some incentive to get healthy, this might be exactly what you were looking for!

Conclusion

By following this protocol for just three days, you'll begin to see a visibly flatter tummy – and your clothes will fit better, too. You'll feel lighter and more energetic from the start, and the more you focus on building muscle and regaining optimal health over time, the better you'll look and feel. It's true – there's no magic pill that can give you the body of your dreams overnight. But with the right combination of foods and supplements, plus plenty of restorative sleep, clean water, and intentional movement (aka exercise!) you can make the changes you want, and do it quickly. The ball is in your court. Start today!

ⁱ <http://lipidworld.biomedcentral.com/articles/10.1186/1476-511X-7-6>