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Resist the temptation to nap after eating too many sweets. "Get moving," says Bontempo. "This will help your muscles use the blood sugar instead of just storing it.". It doesn't have to be a sweaty, hour-long cycling class. Simply walking up the stairs or taking a walk around the block will help.

Ate Too Much Sugar? How to Undo a Sugar Binge | The Healthy

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REDUCE YOUR SUGAR TODAY AND GET HEALTHY! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. Use the power of your mind to take control and feel healthy.

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Take a good quality multivitamin and mineral supplement, Vitamin D3 and omega 3 fatty acids. Nutrient deficiencies can make cravings worse and the fewer nutrient deficiencies, the fewer cravings. Certain nutrients seem to improve blood sugar control including chromium, Vitamin B3 and magnesium. Move your body.

Sugar Addiction - How To Get Off Sugar & Stop Cravings | Goop

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Paul McKenna On His Latest Book, "Get Control Of Sugar Now!"

As Dr. Emanuele says, glucose monitoring can be an important tool to help you get your blood sugar under control. Typically, you would do it yourself using a glucose meter or glucometer,

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which ...

9 Signs Your Blood Sugar Is Out of Control | Everyday Health

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The best way to cut down sugar intake is to find alternatives. You can replace sugar with jaggery (gud), honey, maple syrup, cinnamon or even sugarcane which is an unprocessed version of sugar....

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