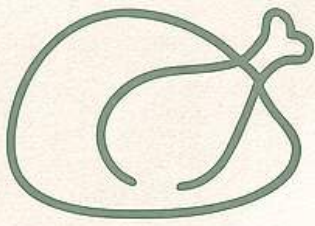


Vital Labs Presents



CRAVING CONTROL PROTOCOL

This isn't about willpower. It's biology — finally working in your favor.

01

You're Not Weak — You're Wired.

Sugar spikes your dopamine, floods your brain's reward system, and drops your blood sugar within 90 minutes – leaving you tired, foggy, and craving more. It's not a "lack of discipline." It's a neurochemical loop – and this protocol interrupts it in 3 minutes.

How a Craving Works: ▲ Blood sugar spike → ↓ Crash → ⚡ Craving → 🍫 Sugar hit → 🔄 Loop restarts

"Cravings last 15–30 minutes. You don't need to fight them. You just need to outsmart them."

02

The 3/3/3 Reset: Craving Control in 3 Steps

Do this any time a craving hits. Don't overthink it – just do it. Most people feel relief in under 5 minutes.

Step 1: Rebalance Your Blood Sugar

- Eat 10–15g of protein (see list below)- Drink 16oz water with a pinch of sea salt

Why? Protein blunts hunger hormones. Salt rehydrates and regulates cortisol.

Step 2: Move Your Body (Even a Little)

- Walk for 2 minutes
- Or do: squats, toe taps, jumping jacks

Why? Movement uses glucose and releases endorphins – fast.

Step 3: Switch Your Sensory Focus

- Brush your teeth
- Chew mint gum
- Change rooms or take a hot/cold shower
- Use cinnamon, lemon, or peppermint to “confuse” the craving

Why? Your brain can't focus on two sensory experiences at once – so give it a new one.

Checklist Version (Repeatable):

- Protein
- Move
- Water
- Shift Focus

03

10 Quick Protein Fixes (All Under 3 Minutes)

- 1 hard-boiled egg
- 1 scoop protein powder in water or almond milk
- 2 oz turkey slices
- 1 T- 1/2 cup plain Greek yogurt
- bsp almond butter + 1 boiled egg
- 2 Tbsp chia seeds in almond milk
- Protein bar (<3g sugar)
- 1/2 cup cottage cheese
- 1 slice leftover meat with mustard
- 1/4 cup mixed nuts + jerky stick

Tip: Keep at least 3 of these stocked at all times: fridge, desk, purse, or car.

Track Your Wins + Next Steps

Use This Protocol for 3 Days. Track What Changes.

Day	Craving Time	3/3/3 Steps Used	Did It Work?	Reflection Notes
1		<input type="checkbox"/> Protein <input type="checkbox"/> Water <input type="checkbox"/> Move <input type="checkbox"/> Focus		
2		<input type="checkbox"/> Protein <input type="checkbox"/> Water <input type="checkbox"/> Move <input type="checkbox"/> Focus		
3		<input type="checkbox"/> Protein <input type="checkbox"/> Water <input type="checkbox"/> Move <input type="checkbox"/> Focus		

04

From Quick Fixes to Complete Craving Control

You now have 10 protein go-to's that can stop a craving in its tracks in under three minutes. That's your fast-action rescue kit. But quick fixes are like jumper cables — they get you moving, they don't keep your battery charged.

If you want sugar cravings to show up less often — and be easier to ignore when they do — you need a system that tackles the problem from three angles:

- **Biology** – Stabilizing blood sugar and hormone signals before cravings begin.
- **Environment & Senses** – Breaking the triggers that make sugar feel irresistible.
- **Mindset & Habits** – Rewiring how your brain responds to stress, boredom, and reward.

05

The Biology-First Advantage

Why it Matters:

Sugar cravings aren't "just in your head" – they're the result of biological chain reactions that can start hours before you feel them. Flatten those triggers, and the cravings never fully form.

1. The Blood Sugar Guardrail

- Anchor meals with protein + fiber + healthy fat to slow glucose release.
- Avoid "naked carbs" (fruit, bread, crackers) without protein/fat pairing – they spike and crash blood sugar, leading to rebound hunger.

2. Nutrient Deficiency Interception

- Chromium – improves insulin sensitivity.
- Magnesium – eases chocolate cravings.
- Zinc – supports dopamine, reducing "reward chasing."
(Include quick food chart here – pumpkin seeds, leafy greens, eggs, seafood.)

3. Hydration Timing as a Craving Blocker

Drink 8–10oz water before meals. This pre-activates satiety hormones and stretches the stomach slightly, lowering hunger intensity. A pinch of sea salt supports adrenal health and reduces stress-driven cravings.

4. Cortisol & Cravings

High stress = high cortisol = sugar cravings. Use a 2-minute downshift before meals: deep breathing, progressive muscle relaxation, or simply closing your eyes and counting 10 slow inhales/exhales.

06

Sensory Disruption Method

Sensory Disruption Method

Cravings are amplified by sensory cues — what you see, smell, and feel. By disrupting these, you break the craving loop before it completes.

1. Temperature Shock

- Ice-cold sparkling water or hot herbal tea changes mouth feel and appetite signals.

2. Aroma Reset

- Peppermint, eucalyptus, or citrus scents compete with the brain's food anticipation pathways.

3. Flavor Blockers

- Brush teeth, chew mint gum, or sip cinnamon tea to “close” the appetite loop.

4. Visual Control

- Store sweets in opaque containers or out of main sight lines. Studies show visual exposure triggers cravings even if you weren't thinking about food.

06

Emotional Craving Neutralizer

Many cravings are emotional rather than physical. Identify and neutralize the trigger before it drives the behavior.

1. If-Then Scripts

Write specific alternatives for your known triggers:

- If stressed → take 5 breaths + stretch.
- If bored → walk outside for fresh air.
- If celebrating → call a friend before grabbing food.

2. Craving Autopsy

Pause and ask:

- When did I last eat?
- What emotion am I feeling?
- What could give me this same reward without sugar?

3. Nervous System Downshift

Quick tools:

- Box breathing (inhale 4, hold 4, exhale 4, hold 4)
- Hand squeeze & release
- Slow neck rolls

07

The “Anywhere, Anytime” Survival Kit

Preparation is the difference between staying in control and spiraling.
Build three versions of your craving survival kit:

Level 1 – Desk/Car Essentials

- Almonds or walnuts
- Jerky (no sugar)
- Electrolyte packet

Level 2 – Bag/Purse

- Nut butter packets
- Hard-boiled eggs in cooler pouch
- Mini cucumbers or peppers

Level 3 – Travel & Social

- Low-sugar protein bar (<5g)
- Tuna pouch
- Sparkling waters

Portable Grounding Strategies: chew gum + walk for 2 minutes, or sip sparkling water while talking at events to keep hands and mouth busy.

08

Anti-Craving Meal Architecture

Meals designed to keep blood sugar steady make cravings far less likely.

1. The 2:1 Plate Ratio

Two-thirds protein + vegetables, one-third slow-digesting carbs or healthy fats.

2. Proactive Eating

Eat every 3–4 hours to prevent urgency-driven choices.

3. Savory-Sweet Mimicry

Roasted carrots, bell peppers, or caramelized onions deliver subtle sweetness without spiking blood sugar.

09

Long-Term Craving Immunity

Even when cravings fade, they can resurface without maintenance habits.

1. The Craving Recovery Curve

- 3 Days – Physical withdrawal eases.
- 3 Weeks – Dopamine receptors reset.
- 3 Months – Habits become default.

2. Relapse Warning Signs

- Cravings >10 minutes
- Mood swings after meals
- Afternoon energy dips returning

3. Celebration Strategy

- Pair sweets with protein.
- Keep portions small.
- Avoid back-to-back indulgence days.

Quick Reference Cheat Sheet

Your go-to list of foods, resets, and interrupts for any craving situation.

Category	Best Options
Anti-Craving Foods	Eggs, turkey, avocado, almonds, spinach, salmon
Sensory Resets	Peppermint oil, cinnamon tea, tooth brushing
Emotional Interrupts	5-breath reset, short walk, text a friend

Pro Tip: Post this on your fridge or keep in your phone for instant access.

Your Craving Shield Is Set — Now Let's Supercharge It in 7 Days

You've just learned how to stop cravings anywhere, anytime. Now imagine pairing that with a full week of metabolism-boosting meals, strategic sugar swaps, and a daily plan that makes energy crashes disappear. The 7-Day Jumpstart is your next step:

The 7-Day Jumpstart is your next step:

- Break through stubborn afternoon slumps
- Lock in your craving control habits
- Drop bloat and feel lighter in just one week
- Learn a repeatable eating rhythm that works for life

👉 [Click Here to Begin Your 7-Day Jumpstart](#) — Start now, and by this time next week, your energy, focus, and confidence will be in a whole new place.