



## **CARB ADDICTS CHECKLIST**

Could you be addicted to carbohydrates?

One reason for regular cravings is a carbohydrate or sugar addiction.

Carb or sugar addiction is very common even with people who do eat super clean, the reason being that old habits or nutrition patterns can take time to undo.

Here are my red flags for carb addiction:

- You have a very foggy mind and struggle to get going in the morning – until you have something like yogurt, muesli, or fruit. Perhaps even sugar with your coffee
- Speaking of which – the idea of coffee without sugar horrifies you
- You use sports drinks like gatorade, because you feel you need them to get through your workout or because you get dizzy or nauseous without them
- You would rarely eat something like a salad with meat/chicken or soup or indeed anything for lunch without adding some form of grains or alternatively having a few squares of chocolate afterwards
- You crash mid-afternoon and the only thing that perks you up is fruit, yogurt, or some kind of sweet temptation, perhaps even a super healthy one, but still - sweet.
- Dinner always includes potato, rice, pasta, noodles, or bread – or perhaps just fruit for dessert. The idea of just green vegetables and protein seems crazy at worst, or just plain unsatisfying at best.
- You suffer frequent low blood sugar related attacks like dizziness, black spots, or nausea.
- You often feel physically weak and drained, despite having adequate sleep and 'eating well'.



- You eat the healthiest diet of nearly anyone you know – according to conventional standards. Yet for some reason you just can't get in shape.
- You frequently experience extreme energy highs followed by extreme energy lows
- You just never quite feel full or satisfied; you seem to need to eat all the time
- You feel like you need carbs for energy before or after exercise, or both
- You store most of your fat around your love handle areas
- You seem to only be able to go 'x' number of weeks before caving and having a big carb or sugar binge

If 6 or more of these apply to you, and – most importantly – if you're struggling to meet your health and fat loss goals, then you could well have a carbohydrate addiction. It's important to note that this could be despite eating very well now, for example if you seem to have the carb addict emotions and feelings even though you don't actually eat much of the sweet stuff now.

What can happen is that you continue to pay the price for previous patterns until you learn to fully break the cycle.

Does this sound like you? Don't worry - you're definitely not alone. As we move through Module 12 you will learn everything you need to know about breaking the cycle once and for all.

At the end of Module 12 you will receive a PDF summary covering all of the Module's key points. Be sure to download this from the summary section of your dashboard if you find yourself a carb or sugar addict!