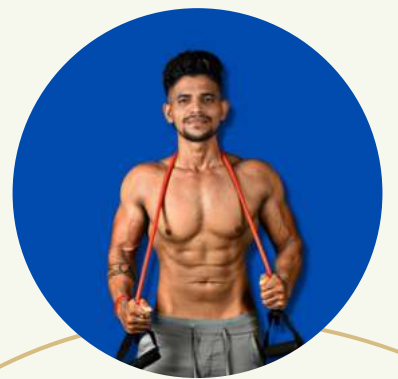




4 STEPS TO INSTANTLY KILL CRAVING

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4 STEPS TO INSTANTLY KILL CRAVING



You can't control Your craving by using Your will power

If you have been thinking its your will power issue that You are not able to control your food craving, Then You are Wrong

Due to multiple malfunction in the body You crave for Sweet and Salty Items

In next pages I will be sharing 4 Steps Which Will help you overcome your craving instantly

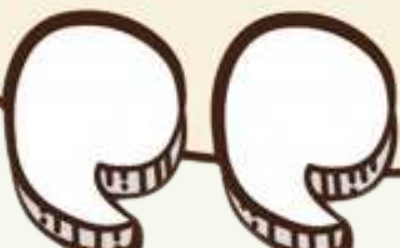
Drink Full Stomach Water



Most of the time when You crave, chances are high that Your brain is asking for water.

You are trying to get water from the cooked food, as all the food contain 20-70% of water.

So next time- Make sure you drink full stomach plain water You will realise that craving came down significantly



Include Healthy Fat in Your Diet



If you include healthy fat in Your diet that will help You feel satisfied for longer period of time and you can stay away from Cravings.

List of some healthy Fats.

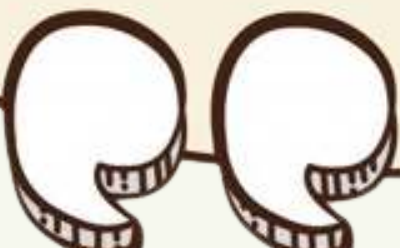
Peanuts

Ghee

Cashew, Almonds

cheese

Chia Seeds/Pumpkin Seeds

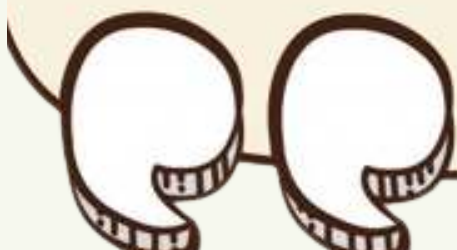


Meditation & Mindfulness



If you do just 10-20 Min. Meditation Every Day, That will bring down the stress level notably.

Did you Know stress causes craving?



Reduce Load on the Stomach



Simply eat very light at night and see the magic next day.

Overloaded Stomach trigger craving.

If you eat light in the night next day You will feel lesser Craving



One To One Consultation With Alkesh



Congratulations!

Get on the [One to One Consultation with Alkesh](#), Where he will share the strategies- How you can achieve [Your Dream Physique](#)

Before You Book Your Consultation, Please Complete the [FREE Course Below](#)

(Reason we are asking to watch the course is- You get basic clarity in Your Weight loss)

[CLICK HERE TO Get Access of the Course](#)