

Cravings Quencher Cocktail© – created by Peggy Hall

I came up with this concoction after a few too many bouts of indigestion and blood sugar swings when I overindulged on an empty stomach!

The Cravings Quencher Cocktail (CQC) will save you from doing too much “damage” because it floods your body with healing nutrients to help defend your body against any planned indulgences AND it repairs your body as quickly as possible afterwards!

The other benefit is that the CQC will help to fill you up physically so that there simply is not enough room in your stomach to overeat as much as you might have if you hadn't had the cocktail!

Drink one Cravings Quencher Cocktail whenever...

- you have the “mental munchies” (in other words, when you want to nibble on something even though you're not really physically hungry)
- you KNOW you're going to indulgencing, perhaps because you're going out to eat or attending a wedding, birthday or other event
- you already “overdid it” and want to repair the damage as quickly as possible!

Cravings Quencher Cocktail Recipe©

- 8 ounces of water
- One tablespoon of ground flaxseed (must be ground!)
- One scoop of protein powder (must be soy-free; can use 1 tablespoon of yogurt instead)
- One scoop of green powder (such as dried greens; look for one without added sugar. Trader Joe's makes a good one)
- Few drops of stevia (optional)
- Dash of cinnamon

Mix all of the above well and drink immediately.

Then chase it with another glass of water and the following supplements:

- One tablespoon of liquid magnesium
- One Vitamin B complex
- One digestive enzyme
- One acidophilus capsule

Here's why the CQC works!

- The fiber-rich flaxseeds sop up ingested fat and oils.
- The protein powder is a good source of tyrosine and tryptophan, the amino acids needed to synthesize dopamine and serotonin, and it also helps keep blood sugar levels stable.

- The green powder provides vitamins, minerals and fiber.
- Stevia, an all-natural sweetener, helps to heal the pancreas, which can become exhausted from continually pumping out insulin in response to high carb, sugary foods.
- Cinnamon helps balance the blood sugar. And also speeds up the metabolism.
- Magnesium soothe the stomach and balance the bowels (nice subject, I know)!
- The Vitamin B complex will restore nutrients that junk food deplete (keep in mind that your body has to excrete vitamins and minerals in order for your body to break down the processed, heavy foods!)
- the digestive enzyme will help...digestion!
- acidophilus will keep the digestive tract healthy by balancing the good bacteria that can get overrun with too many sugary, carb-rich foods.

Note: I recommend limiting your intake of the Cravings Quencher Cocktail to 2 glasses per day. Make sure you drink plenty of water with it!

Bottoms Up!!