

How to Master Your Cravings with L-Glutamine and CraveWater

Cravings.

They're everyone's worst enemy when it comes to mastering healthier habits. Whether it's a hankering for sweets, the allure of alcohol, or the tug of a nicotine rush, cravings can seem insurmountable.

That's where L-glutamine and our secret weapon, CraveWater, come into play.



Understanding L-Glutamine

L-Glutamine is an amino acid, essential for various bodily functions, including supporting our immune system and maintaining gut health. Fascinatingly, it also plays a role in helping control cravings.

How Does L-Glutamine Tackle Cravings?

Research, including a study in the **European Journal of Clinical Nutrition**, suggests that L-Glutamine supplementation can lessen sugar and alcohol cravings. Participants supplementing with L-Glutamine reported fewer cravings and a greater tendency to abstain from alcohol (1).

L-Glutamine's ability to dampen cravings may come from its role in promoting brain and gut health. Our gut, often referred to as our "second brain," significantly influences our eating behaviors. L-Glutamine, fuel for both our gut and brain cells, might be a key player in managing our cravings.

Introducing CraveWater: Your Secret Weapon

The solution?

CraveWater, a simple yet potent blend of 4 grams of L-Glutamine in 16-18 ounces of water. The goal isn't to sip it throughout the day, but rather, to consume it all at once. Don't worry; you don't need to race against the clock. Just ensure it's consumed within a short timeframe.

Depending on your cravings, you can drink 1-2 bottles of CraveWater per day.



The Extra Mile: The Dip Method

Supplement CraveWater with The Dip Method - a simple strategy to outsmart looming cravings. Dip a clean finger into a small bowl of L-Glutamine and dab it on your tongue and gums. L-Glutamine is virtually tasteless, and this small dose may ward off encroaching cravings. Using The Dip Method in conjunction with CraveWater can be particularly beneficial for those battling nicotine cravings.

Beyond the Nicotine Fog

While L-Glutamine's effect on tobacco cravings requires further study, its potential in mitigating stress and anxiety, common smoking triggers, is noteworthy. A **Journal of Endocrinology** study suggested L-Glutamine could counter stress effects on the body, curbing the desire to light up (2).

A Caveat

Though L-Glutamine and CraveWater present promising strategies for managing cravings, remember to consult your healthcare provider before introducing any new supplement into your routine, especially if you're under his or her care for any chronic condition and/or taking medications.

And If You're Ready to Get Started

I have a special deal for our TikTok audience, 10% off. Go to



SavingDinner.com/stopcravings

and put in the code **TTG10**



→ You must use 100% pure loose form, L-Glutamine to get optimal results. Pills and capsules are not as quickly absorbed as CraveWater and that's an issue when cravings are present. Remember, your cravings won't wait!

References

1. Zhou, Z., & Zhou, R. (2015). Reduced desire for sugar and alcohol craving after oral glutamine load. *European Journal of Clinical Nutrition,* 69(11), 1260–1262. doi: 10.1038/ejcn.2015.57.
2. Vermeulen, E., Stronks, K., Visser, M., Brouwer, I. A., & Snijder, M. B. (2015). Dietary pattern derived by reduced rank regression and depressive symptoms in a multi-ethnic population: the HELIUS study. *European Journal of Clinical Nutrition,* 69(8), 987-994. doi: 10.1038/ejcn.2015.58.