



The Protocols

Sugar/ Carbs/ Food

Booze

Smoking/ Vaping

- ✓ For immediate relief, use L-Glutamine. (Rub a little loose form L-Glutamine over your gums and tongue)
- ✓ Increase your daily protein
- ✓ Increase your daily (healthy) fat intake (think avocados, nuts etc.)
- ✓ Increase your fiber
- ✓ Set up your Hydration Station and make sure you are hydrating adequately (aim to drink half your body weight in ounces. eg: 150lbs=75oz of hydration per day)
- ✓ Are certain activities triggers? (eg: popcorn/ movies)
- ✓ Get more sleep
- ✓ Shift your thoughts about certain foods

- ✓ For immediate relief, use L-Glutamine. (Rub a little loose form L-Glutamine over your gums and tongue)
- ✓ Increase your B Vitamins (make sure they are methylated)
- ✓ Take a Calcium/ Magnesium supplement in a 1:1 ratio
- ✓ Increase your Iron
- ✓ Increase your Zinc
- ✓ Increase your Electrolytes

- ✓ For immediate relief, use L-Glutamine. (Rub a little loose form L-Glutamine over your gums and tongue)
- ✓ Increase your Vitamin C
- ✓ Increase your Vitamin A
- ✓ Increase your Vitamin E
- ✓ Increase your Selenium
- ✓ Increase your Zinc
- ✓ Increase your B Vitamins (make sure they are methylated)



Get your L-Glutamine TODAY

savingdinner.com/stopcravings

