

CraveStopper Success Stories

"I was having difficulty fighting my cravings for sweets and Dr. Berg recommended that I try the anti-craving remedy. I figured I'd give it a try and I expected a bad taste, since many remedies have a terrible taste. But there was very little taste, if at all. I took the drops three times a day for just three days and my cravings were gone! And it's been four weeks now and there still are NO MORE CRAVINGS. I don't know how it works, but it works."

— Sharon V.

"I had real bad cravings for sugar. I like anything that tastes sweet. I've decided to take the anti-craving remedy and, after only two to three days, my cravings are gone. It's been a month and I only need CraveStopper from time to time when I'm under stress situations. It's been wonderful because I'm wearing jeans that I couldn't button before."

— Lin P.

"I took a taste of Seagram's cooler and it was too sweet, and I ended up pouring it out. My body recognized the sugar and it reacted to the sugar. I didn't miss it. My energy is up and I'm able to focus better. I could tell that I'm losing in my face and stomach area. My clothes are not so tight. I had a taste of homemade raisin bread with icing and took two bites and couldn't finish it because I didn't want it. And I find myself not wanting desserts anymore. My cravings are nearly null."

— Marlene T.

"I tried the product for just a week and didn't have the shakes. Normally, because I'm a diabetic, I would get the shakes from having my blood sugars and insulin off."

— Devane S.

"My pattern would typically be that once I would start eating—carbs, chocolate, ice cream, etc.—I couldn't quit. I haven't done that after starting the anti-craving product. I've been able to limit the amount of carbs ingested at one sitting."

— Judith A.

The Sugar Trap

Sugar and carbohydrate cravings are really a trap because, as soon as you give in to them, you'll want more and more the next day. You have this little voice that tells you: "Eat it." Initially, you feel good and get that soothing and calming feeling, but a little later you get upset with yourself and do it again.

Carbohydrate Cravings and Sugar Cravings can be just as addictive as common narcotics. CraveStopper is a definite tool to help avoid the very thing that makes you gain weight – sugar!

The pleasure from having a healthy slim body is much greater than the pleasure from sweet foods.

Whether you crave in-between meals, or are under stress or from boredom, the CraveStopper, a natural herbal formula, can really help you resist cravings for sweets.

CraveStopper is a pleasant-tasting herbal spray that curbs your taste for anything sweet, but leaves the taste for everything else. Without the sweet taste, you can taste what this stuff (junk food) really tastes like – terrible. Donuts without the sugar taste like baking soda and chemicals. Candy bars taste like dirt. Packaged cereal tastes like the cardboard box.



Common Problems From Cravings

Processed foods leave you depleted

Refined carbohydrates like bread, pasta, cereal, cakes, cookies, rice cakes, muffins, crackers, donuts, waffles, etc., deplete your potassium and B vitamin reserves. This creates excess sodium retention and water weight. It also leaves you feeling sluggish, irritable and moody.

Sweets actually cause stress

In times of stress and emotional upset, it is easy to use sugar and carbohydrates as outlets to give you some relief. The problem is that the now-eaten sugar aggravates the stress. It makes MORE STRESS because of the lower blood sugar effect one hour later.

Sweets turn into fat easily

Despite popular belief, sugar turns to fat faster than dietary fat turns into body fat. This is why you could gain weight rapidly after eating sweets. In the presence of sugar, the body is prevented from tapping into its own fat fuel.

Order CraveStopper
by calling
703-354-7336
or order on-line at
www.RidCravings.com

Cost \$19.95

(add \$6.00 for shipping and handling)



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