

ARAH

CONNELLY

COACH. SPEAKER. WORKSHOPS



# THE GUIDE

## CRUSH CRAVINGS NATURALLY

5 STEP CRAVING INTERRUPTER, SIMPLE DIET AND  
SUPPLEMENT TIPS FOR LASTING CONTROL

# A GUIDE TO CRUSHING CRAVINGS NATURALLY

---

“  
A craving takes us out of the present moment. It catapults us into hyperfocusing on how we will feel short-term if we drink

Sarah Connelly  
”

## Body, Mind, Environment and Relationships

These are the four things we need to work on if we want to change our lives. How well our body functions, our mind processes, our environment supports us and relationships enrich our lives, all determine how content we are.

There's no use just trying to work on one thing in isolation. If we want to create change and reduce challenges in our lives, we need to be aware that these four things will need to be addressed.

There are plenty of guides on mind-work, but in this guide I am focusing on one of the simplest but possibly most over-looked areas, the body.

Cravings manifest as a physiological sign that the body wants/needs something it doesn't have. Alcohol cravings arise from physical withdrawal, and external and internal programs.

As you will learn, the chemical rollercoaster that comes from drinking on a regular basis throws our bodies off balance. Even if we've done the mind work, we can't ignore the needs and signals of the body. There are things we can do to minimise the intensity and regularity of cravings by paying attention to how well our 'hardware' is set up.

This guide is designed to give you basic tools to ensure your body is set-up so that cravings reduce and you have more internal ammunition to get through them when and if they arise. Plus there's the 5 step

In addition to diet and supplements it is also important to move! Make sure you get outside at least once a day, get some sunshine and movement, and this too will support you.

# 5-STEP RESET RITUAL

---

## CRAVING INTERRUPTER: A 5-STEP RESET RITUAL

Cravings often feel urgent—but they're not emergencies. They're learned patterns, created over time in the brain. And the good news? They can be interrupted, re-patterned, and redirected with practice.

That's why I created this five-step ritual. It works anywhere—in a meeting, at a party, even waiting in line—and helps you shift from autopilot reaction to conscious choice.

### The 5-Step Craving Reset Ritual

#### 1. Name It.

Call it out. "This is a craving." Not shame. Not weakness. Just a pattern firing in the brain. Naming it gives you distance and disrupts the autopilot.

#### 2. Ground Physically.

Drop your awareness into your body. Feel your feet on the ground. Take one slow, deep breath—hold for 4 counts, exhale for 6. Repeat once.

#### 3. Notice the Cue.

What triggered it? Boredom? Stress? Habit? Observation builds awareness. Awareness builds power.

#### 4. Choose a Reset.

Replace the urge with a nervous system-friendly action:

- Sip water or herbal tea
- Step outside for a minute
- Do 10 shoulder rolls
- Smell something calming (lavender, citrus)
- Say out loud: "I'm choosing peace right now."

#### 5. Celebrate the Win.

Even just pausing is a win. Each interruption rewires your brain and builds resilience.

### WHY THIS WORKS

This isn't about resisting harder. It's about working with your brain.

Cravings live in the limbic system (emotion/impulse), but naming, grounding and choosing activates your prefrontal cortex (logic/decision-making).

**You're literally teaching your brain a new route.**

The more you practice this, the more natural it becomes to choose calm, clarity, and control instead of looping into old habits.

# A GUIDE TO CRUSHING CRAVINGS NATURALLY

“ We can't ignore our physiological needs to effectively manage stress and anxiety, which are often underlying factors in alcohol use. ”

Sarah Connelly

## Our Body And How Well It Works, Dictates How We Feel.

It's common to think that when we quit drinking all the work is in the mind, willpower and 'thinking positive' but this is a dangerous myth. The state of your body, specifically your nervous system, largely dictates how you feel. Frazzled and exhausted? Your nervous system is over- activated. Tired and Depressed? Your nervous system has shut down.

Regular drinking causes havoc with our bodies. We end up in cycle of drinking, craving, and drinking. Our bodies become reliant on alcohol to relax and relieve stress, but this only works short term. Long term our system is so disrupted that we have both physical and mental symptoms, such as lethargy, anxiety, exhaustion and even depression.

By taking care of what you put into your body ( specifically nourishing your nervous system) you can teach it to return to a relaxed state without alcohol, improving its resilience, managing your cravings, and reducing stress naturally.



Drinking has us caught on a rollercoaste of chemical highs and lows.

What goes up must come down.



If we want to heal we need to get off the rollercoaster and bring our system back into balance.

# SUPPORTING YOUR SYSTEM

“To restore physical and mental balance when you stop drinking alcohol, a focus on specific macro- and micronutrients is essential. These crucial nutrients can help alleviate withdrawal symptoms, repair damaged tissues, and promote overall well-being.”

THE EQUILIBRIUM PROJECT

## Vitamins and Nutrients for a Healthy Nervous System.

By adding these into your daily routine you are giving yourself the best chance of long term success. Please check with a pharmacist before adding supplements if you are taking other medications.

### **B Vitamins (B1, B6, B12):**

Alcohol depletes B vitamins, so replenishing them is critical during your break.

Sources: Whole grains, eggs, leafy greens, nuts, and fortified cereals.

Supplements\*: OTC - Any quality multi-vitamin or Executive Support Formula

**Personal Favourite – B12 Spray by BioCeuticals**

### **Magnesium:**

Known as the “relaxation mineral,” magnesium helps calm the nervous system, reduces anxiety, and improves sleep quality.

Sources: Almonds, spinach, pumpkin seeds, avocado, and dark chocolate.

Supplements\*: OTC - Magnesium powders or tablets

**Personal Favourite – MagRelax – Give Back Health Clinic Collection**

### **Vitamin D:**

Supports mood regulation and nervous system health. Many people are deficient, especially if they work indoors.

Sources: Sunlight, fatty fish (like salmon), egg yolks, and fortified foods.

Supplements\*: Vitamin D3

**Personal Favorite – D3 7 K2 Spray – BioCeuticals**

# SUPPORTING YOUR SYSTEM



“ To restore physical and mental balance when you stop drinking alcohol, a focus on specific macro- and micronutrients is essential. These crucial nutrients can help alleviate withdrawal symptoms, repair damaged tissues, and promote overall well-being.

THE EQUILIBRIUM PROJECT ”

## Vitamins and Nutrients for a Healthy Nervous System

### Omega-3 Fatty Acids:

These essential fats reduce inflammation and support brain and nerve function.

Sources: Walnuts, flaxseeds, chia seeds, and fatty fish (like mackerel and sardines).  
Supplement\*: Fish Oils

### Personal Favourite – Clinical Lipids 2:1 – Orthoplex

### Zinc

Zinc plays a role in reducing stress and supporting the immune system, which can be taxed when breaking habits like drinking.

Sources: Shellfish, chickpeas, lentils, and seeds.  
Supplements: OTC Zinc tablets or high quality multi-vitamin.

# FOODS THAT REDUCE CRAVINGS

---

## Foods That Reduce Cravings

Being hungry can be a major trigger for drinking because blood sugar is low and can cause us to crave alcohol for its sugar boost.

Certain foods can stabilize your blood sugar, balance your mood, and curb cravings for alcohol:

### **Protein-Rich Foods:**

Stabilize blood sugar and keep you feeling full longer.

Examples: Lean meats, eggs, tofu, beans, and lentils.

### **Complex Carbohydrates:**

Provide a slow release of energy and help regulate serotonin, the feel-good hormone.

Examples: Sweet potatoes, quinoa, oats, and brown rice.

### **Healthy Fats:**

Satiating and beneficial for brain health, these fats can reduce the urge to snack or drink out of boredom.

Examples: Avocado, olive oil, nuts, and seeds.

### **Fresh Fruits and Vegetables:**

High in antioxidants, they support detoxification and provide a natural energy boost.

Examples: Berries, oranges, spinach, kale, and carrots.

### **Fermented Foods:**

Rich in probiotics, these support gut health, which is closely linked to mood and cravings.

Examples: Yogurt, kimchi, sauerkraut, and kombucha.

### **Hydration and Herbal Teas**

#### **Stay Hydrated:**

Dehydration can mimic hunger and cravings. Aim for at least 2 litres of water daily. Add lemon or cucumber for flavour.

# FOODS THAT REDUCE CRAVINGS

---

## Herbal Teas for Relaxation:

Teas like lemon Balm, passionflower, chamomile, peppermint, or rooibos can soothe your nervous system and reduce the urge to reach for alcohol.

**For Cravings:** Try liquorice root, chai or cinnamon tea to satisfy sweet cravings naturally, add honey for more sweetness.

## Sugar Cravings

Sugar cravings are normal in the first few weeks of removing alcohol. Remember, change one habit at a time, and change it well. If alcohol is your focus, don't stress too much about the sugar at the start, one thing at a time.

Tip: When you crave sugar, eat a pickle ( bizarrely it works!)

## Supplements:

If dietary changes aren't enough, consider high-quality supplements for magnesium, omega-3s, or B vitamins after consulting your healthcare professional.

By nourishing your nervous system and stabilising your cravings, you'll create a solid foundation for success on your alcohol-free journey.

These small changes can make a big difference in helping you feel energized, calm, and in control.

## READING

If you'd like to learn more about nutrition and healthy lifestyle choices here are a few book recommendations;

### Heal Your Nervous System by Dr. Linnea Passaler

This book presents a 5-stage plan to help you understand and regulate your unique nervous systems. It addresses symptoms associated with nervous system dysregulation, including anxiety, burnout, brain fog, digestive issues, chronic inflammation, and fatigue.

### The Psychobiotic Revolution by Scott C. Anderson, John F. Cryan, and Ted Dinan

This book explores the connection between gut microbiota and mental health, It offers diet-based strategies to improve mental well-being and highlights how the microbes in your gut can influence your mood, behavior, and overall mental health.