# The Relationship Between Your Gut Biome & Cravings

It's a week into your diet, and your mind is screaming at you again. It's begging you for a candy bar or anything sweet. You battle your inner demons and manage to avoid the sugar craving. What's going on with you? You were so keen to lose weight, but it's so hard for you to keep your diet on track with all the sugar cravings. Why are you trying to sabotage yourself?

## What Are Your Gut Biomes?

Your gut biomes are living bacteria in your GI tract. They break down your food and shuttle the nutrients to your body. Biomes are essential for optimal digestion, but they adapt to your intestinal environment, and like you – they can be healthy or sick.

When we make poor food choices, our biomes are more susceptible to bad bacteria and fungi infestations. When they're healthy, they're resistant to these pathogens.

## How the Gut Biome Influences Cravings

The Vagus nerve links your gut and brain, known as the gut-brain axis (GBA). When the biomes aren't getting the foods they enjoy, like sugar, they send signals to the brain in the form of cravings to get you to eat those foods – it's that simple.

That's why you get cravings. If you're used to eating sugary foods, that's what your biomes expect. When they don't get it, they throw their toys out of the cot – in the form of a craving.

However, the good news is that the more time you spend away from sugar, the more the sugar cravings subside, and you find it easier to ignore them. It's tough in the beginning, but it gets easier with time.

## How to Overcome Cravings

To overcome your sugar cravings or fast food fiending, you must retrain your gut biomes to enjoy foods other than what you normally eat. It takes some time to achieve this feat, but most people say it takes three to four weeks to completely eliminate them.

The key is to abstain from eating those foods you crave. If you give into the calling, you'll only reinforce deprivation in your mind, and you'll eventually relapse off your diet. Staying the course ensures that you retrain your biomes to a healthy diet, and they won't send cravings to derail you anymore.

As a result, your blood sugar profile will eventually improve, and you'll no longer be at risk of prediabetes. Your biomes can be your best friend or your worst enemy. Ensure you train them the right way.