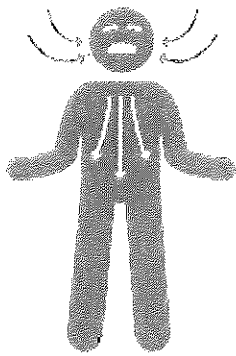
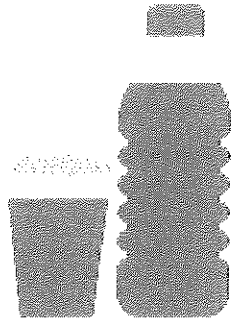


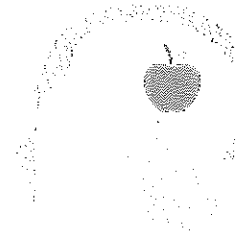
# **8 EASY WAYS TO STOP** *Food Cravings* **IN THEIR TRACKS**



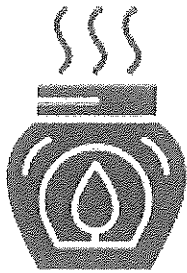
**Practice Deep  
Breathing**



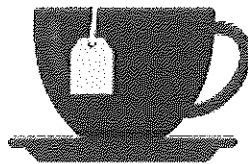
**Drink Water**



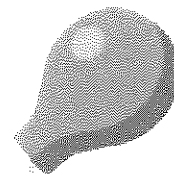
**Practice  
Mindful Eating**



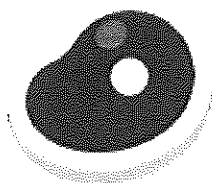
**Use Aromatherapy**



**Drink Tea**



**Eat Protein**



**Eat Real,  
Whole Foods**



**Get Some Sleep**