

## FOOD CRAVINGS

### How to Curb & Conquer Your Food Cravings

#### **Nourishing Your Body-Mind System**

The topic of food cravings is a complex issue. That's why most people are unable to overcome them. With a little understanding and practical know-how, however, **you too can successfully quell cravings** and adopt a balanced way of eating.

First, it is critical to understand that food cravings are your body's way of speaking to you. It is **begging** you to feed it properly, and it won't stop begging until you do. It's that simple.

When you give your body-mind system adequate amounts of the nutrients it needs and stop giving it substances that trigger insatiable desires, the cravings will go away. To start, **FOLLOW THESE SIMPLE, YET VITALLY IMPORTANT RECOMMENDATIONS** to be sure your body is getting what it requires.

1. Eat **3 regular meals a day** consisting of 70-100% natural, unprocessed, preferably organic foods, such as fresh fruits & vegetables; whole grains (i.e. brown rice, oats, millet, quinoa, etc.); legumes (i.e. white, red, mung, or aduki beans); and fresh meats, fish or poultry.
2. Take a **“green food” supplement daily** – especially barley grass or a blend that contains barley grass as it helps to stabilize blood sugar levels, which will help with cravings for sweets and other substances as well. **Our SP Green Food is suggested.**
3. Make sure you're getting enough of the **“good fats”** Consume 1-3 Tbsp. extra virgin olive oil, sesame oil, virgin coconut oil or raw, unsalted nuts and seeds daily, **AND**, take an essential fatty acid supplement daily (i.e. Evening Primrose oil, flax oil, fish oils, etc. **We recommend our Tuna Omega III product.**)
4. Because the overwhelming majority of people today are suffering from depleted nutrients in general, it is also wise to **take a broad-spectrum whole food supplement** every day; **consider our product, Catalyn.**
5. **Supplementing with an ionic mineral formula, such as Standard Process Trace Minerals,** is also helpful because our soils and processed foods are so deficient in these essential nutrients. When introducing supplements into the body, it is wise to start with one at a time, taking half the recommended dose and gradually build-up from there. I have known people who have quelled their cravings just by taking the above –mentioned supplements regularly without making any changes to their diet. For best results and your overall health, however, it is best to avoid or eliminate altogether substances that trigger cravings, such as the following:
  - a. **Stimulants** – including caffeine, refined salt, alcohol and refined carbohydrates (sugars, high fructose corn syrup, white refined flour, etc.) These substances ***act like drugs in the body sending your biochemistry soaring out of balance***, which can cause powerful, addictive desires for them.
  - b. **Common food allergens** – including, but not limited to wheat, dairy, soy, corn, etc. Most people today are sensitive to one or more of the common food allergens, ***which are also notorious for inducing unnatural cravings.***

- c. **Processed foods** – especially those that contain monosodium glutamate (MSG), aspartame or hydrogenated oils. **MSG and aspartame are neurotoxic additives** that trigger the brain to crave more food in general. Hydrogenated oils, or the “**bad fats,**” **deplete the body of essential fatty acids** causing cravings for fatty foods in particular. Because they do not nourish the body, none of the above can truly be classified as food. **In fact, these substances are known as anti-nutrients because they deplete the body of existing nutrients in order to process them through.**

Earlier in this article, we talked about the importance of properly **nourishing** your body-mind system in order to diminish or eliminate cravings for health-robbing foods. Equally important is **balancing** your body-mind system, particularly with regard to your emotions and blood sugar.

**Imbalanced blood sugar can lead to almost unbearable cravings for poor quality foods, especially caffeine and sweets.** Although, giving in and indulging in delectable confections may give you temporary relief, doing so will only make things worse in the long run. Regularly consuming stimulant foods such as caffeine, alcohol and sweets is what causes and perpetuates the cycle of wildly fluctuating blood sugar levels and cravings in the first place. Once you're hooked, it's like being on a biochemical roller coaster.

In addition to causing strong food cravings and fatigue, imbalanced glucose levels are also notorious for causing headaches, insomnia, brain fog, excess weight that won't go away and of course, pronounced emotional imbalance. This may show up as depression, irritability, anxiety and often, swinging from one mood to the next.

If you want to truly balance your emotions and conquer your food cravings, you must stabilize your blood sugar!

**Following these dietary recommendations will help:**

- **Bergamot and Cinnamon** are both helpful for general cravings and addictions.
- Because **Fennel and Dill** help balance blood sugar levels, they are especially effective in clearing an unhealthy desire for sweets.
- **Ginger, Lemon, Peppermint and Spearmint** may help with emotional eating and/or overeating.

Use your intuition and experiment to see what works best for you. **Consult reference guides to essential oils** for more recommendations. Most people experience a dramatic reduction in their food cravings within a short period of time after following the preceding recommendations. Balancing and nourishing your body-mind system for the long haul, however, is a process that will take a bit of time to integrate as a lifestyle. Time well spent, as the rewards are great and will affect every area of your life!