

Kick your cravings

Our bodies are amazing and have an incredibly ability to naturally heal itself if we provide it with the right environment to do so. We often mistake our cravings as a sign of weakness when our bodies are just simply trying to communicate with us in order to get what it needs to heal and harmonise. Throughout this next week, when you experience a craving, instead of mistaking it for a lack of willpower, deconstruct it and ask yourself;

WHAT DO I REALLY NEED? WHAT IS MY BODY REALLY CRAVING AND WHY?

HERE ARE SOME KEY CAUSES OF CRAVINGS TO HELP YOU FIGURE IT OUT:

- You are dissatisfied with a relationship and are craving love.
- You are lacking exercise and your body is craving more movement.
- You are bored, stressed, lack inspiration or mental stimulation in your job and therefore crave for certain foods as a form of fulfilment.
- You are lacking a spiritual practice (whether it be with yourself, in a different form or religion) therefore you can emotionally eat as a result of this.
- You are thirsty; lack of water and dehydration can send messages to the brain signalling you are hungry. So next time you crave something, have a glass of water first to see if this diminishes.
- You are nutrient deficient; for example, salt cravings usually are a result of low mineral levels and you can crave caffeine as a form of energy due to inadequate nutrition.
- You are hormonal; women often crave chocolate leading up to their period as this could be a lack of magnesium due to chocolate's high levels of magnesium.

HOW TO BEAT THE SUGAR BLUES?

Sugar can be highly detrimental to the body and leave you feeling chronically inflamed, fatigued, amped up and wired all at the same time. Although due to its highly addictive nature (8 times more addictive than cocaine), it can be extremely difficult to kick your sugar cravings to the curb, so here are my top 10 tips to help you beat your sugar blues.

1. Drink water
2. Reduce or eliminate caffeine.
3. Make sure breakfast, lunch and dinner have a good split of; protein, good carbohydrates (vegetables and wholegrains such as quinoa, brown rice and buckwheat) and most importantly good fats!

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4. Eat sweet vegetables with your meals such as sweet potato, squash and beetroot.
5. Avoid chemicalised, artificial sweeteners and foods with added sugar. Due to sugars highly addictive nature it can be best to avoid it all together if you can.
6. Get physically active, just move!
7. Ask yourself "What primary food am I lacking?" (Is it something in my job, relationship or spiritual practice?)
8. Get more sleep, rest, and relaxation.
9. Eat more FAT! Good fats are highly important as they keep you fuller for longer and help stabilise your blood sugar levels, providing you with long lasting energy.
10. Just choose the better alternative! Find a healthier option for the sweet treats that you are craving. You can download some tasty, healthy, desert recipes here;

[<http://freeyourselfholistichealth.com.au/apps/recipe/details/category/Sweet-Treats>]