

CRAVINGS

Why & How to Cope



Your New Vegan Lifestyle

Eight primary causes of cravings!

Why and how to cope with them!

The Body is a Biocomputer

It knows when to go to sleep, when to wake up, and when to go to the bathroom. It maintains the temperature of 98.6 degrees Fahrenheit, repairs itself when wounded, and knows the miracle of pregnancy and childbirth. Your heart never misses a beat. Your lungs never miss a breath. The body is a super computer, and it never makes mistakes.

Look at the foods, deficits, and behaviors in your life that are the underlying causes of your cravings. Many people view cravings as weaknesses, but really, they're important messages, there to guide you in maintaining balance. When you experience a craving, deconstruct it.

Ask yourself, what does my body want and why?

1. **Lack of primary food** - Being dissatisfied with a relationship, being bored, stressed, uninspired by a job, or lacking spiritual practice can all cause emotional eating.
2. **Water** - Dehydration can manifest as hunger, so the first thing to do when you get a craving is to drink a full glass of water or stop and breath.
3. **Yin-yang imbalance** - Certain foods are more Yin (expansive) while other foods are more Yang (contractive). Your body naturally tries to maintain balance. For example eating a diet rich and sugar (yin) may cause a craving for meat (yang) eating too many raw foods (yin) may cause cravings for heavily cooked foods and vice versa.
4. **Inside coming out** -Cravings come from foods we've recently eaten, foods eaten by our ancestors, or foods from our childhood. A clever way to satisfy these cravings is to eat a healthier version of your ancestral and childhood foods. (tongue scraping daily will help as well).
5. **Seasonal** - The body often craves foods in accordance with the season. In the spring, people crave foods like leafy greens or citrus foods. In the summer, people crave cooling foods like fruit, raw foods and ice cream. During the winter, many crave heat-producing foods like oil, fat, and comfort foods.

6. **Lack of nutrients** -If the body has inadequate nutrients, it'll produce odd cravings. For example, inadequate mineral levels trigger salt cravings, and overall inadequate nutrition leads to craving for temporary sources of energy, like caffeine.
7. **Hormonal** - When women experience menstruation, pregnancy, or menopause, fluctuating testosterone and estrogen levels may cause unique cravings.
8. **De-evolution** - When things are going extremely well in your life, sometimes self-sabotage happens. We crave foods that throw us off, thus creating more cravings to balance ourselves. This often happens from low blood sugar and may result in strong mood swings.

Some **suggested** foods you can eat to satisfy a craving.

1. Medjool dates
2. Sweet veggies - sweet potatoes, carrots, beets, peas, rutabagas
3. Fruits/berries
4. Dark chocolate (72% or higher)
5. Chia seeds (my chia seed breakfast pudding recipe)
6. Smoothies (my cherry bomb or almond crunch smoothie recipe)
7. Fruit infused water (berries, citrus)
8. Trail mix
9. Prunes
10. Snack bars (be sure to check sugar content & look for a whole food option)
11. Fermented foods (sauerkraut, kimchi, Kombucha)