

GET RID OF CRAVINGS FOREVER



Do you crave? At what time of the day? What food do you crave? Do you feel that you have some sort of uncontrollable addiction to certain foods? Is this craving affecting your ability to be optimally healthy and look the way you would like to look? Would you like to know how to get rid of craving forever?

I have people telling me all the time that they are chocoholic and that there is no way they can live without chocolate in the afternoon and evening. For other people it is more savoury things that they crave. Irrespective of what food is craved, the end result is the same -an uncontrollable feeling that you have to eat this food or die!

This potentially leads to overeating, feelings of guilt, reduced self esteem and difficulty in achieving the body you want. Do you relate?

The first step to getting rid of cravings is to understand where they come from in the first place. It is very simple; a craving is your body telling you that it is low on energy and that it needs something NOW. This feeling may occur for one or more of four main reasons:

1. If you skip breakfast or other meals you will be low in energy later in the day and so consequently will feel tired, cranky and crave.
2. If you eat too much processed or high GI foods during the day this will cause your blood sugar levels to rise rapidly then fall rapidly later in the day leading to feeling of lethargy and cravings.
3. If your cell membrane is compromised due to the consumption of too many synthetic fats from processed, convenience and take away foods then your cells will be less effective in taking nutrients in to keep them nourished leaving you feeling tired and craving for more energy.
4. You may have developed a habit or pattern of craving these foods in response to emotional feelings that you have on a regular basis.

Do any of these relate to you? If they do then SMILE because the solutions is simple!

1. If you get into the habit of eating breakfast every day within 30 minutes of getting up (even just a small meal to start with) and regular snacks and meals throughout the day (every 2 hours) then the afternoon cravings will reduce or disappear. Not to mention that you will have more energy, better moods, more nutrients and you will increase your metabolism and therefore get leaner. Good deal hey?!



2. Eat more natural foods during your snacks and meals such as; lots of fruits, vegetables, whole grains and natural meats, chicken, fish and other proteins. These natural foods have a lower GI and will enable you to maintain a level and steady blood sugar level which in addition to increasing the amount of nutrients coming into your body and giving you more energy it will help to significantly reduce cravings.



3. Your cell membrane is made up of 75% fat. The quality of the fat we consume will determine how effectively our cell membrane allows nutrients in to nourish the cell. If we can reduce the amount of processed foods and synthetic fats and increase our intake of omega 3 fats then this will help to reduce cravings and keep us healthier. Eat more deep sea fish and take regular quality omega 3 supplements.



4. Our emotions often cause us to do things that we later regret! There are two steps here; the first is to work out what is causing the negative emotion which leads to craving and deal with that. The second is to find a different response to feeling that emotion. For example; if your response to anger is eating chocolate, then take the time to develop another response, like going for a walk, punching a boxing bag, breathing deeply and thinking about everything you are grateful for etc. These things will help to reduce the cravings and keep you healthier and happier.



If you want more detailed information on any of the things I have mentioned in this fact sheet, simply go to the section on this website and order a copy of 'Eat Chocolate, Drink Alcohol and be Lean and Healthy'.

If you can commit to taking the time to develop some of the habits I have outlined above then you will get rid of cravings forever and live a healthy, happy, energised and lean life forever.

Have a great day!