

*flourish*  
WITH LISA

INTEGRATIVE *health* COACHING

## HOW TO TRIUMPH OVER CRAVINGS

Our bodies can do amazing things if you really think about it. It knows when to blink, sleep, breathe, wake up and go to sleep. It maintains a constant body temperature, repairs itself when wounded and knows the miracle of pregnancy and child birth. Your heart never misses a beat. Our bodies are super highways, in constant communication with all its parts.

Looking at the foods, deficits and behaviors in your life that are the underlying causes of your cravings is the first place to start. Many people view craving as weakness, but really, they are important messages coming from your body helping us to maintain balance. When you experience a craving, deconstruct it. Ask yourself, what does my body want and why?



RELATIONSHIPS

CAREER

SPIRITUALITY

ACTIVITY

**Lack of Primary Food.** Being dissatisfied with a relationship or having an inappropriate exercise routine (too much, too little, or the wrong kind), being bored, stressed, uninspired by your job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of primary food



**Water.** Lack of water can send the message that you're thirsty and on the verge of dehydration. Dehydration can manifest as hunger, so the first thing to do when you get a craving is to drink a full glass of water. Excess water can also cause cravings, so be sure your water intake is well-balanced. Once you are already feeling thirsty, you are on your way to dehydration. The less water we drink the more water we retain, as the body is always trying to stay in balance.

A good rule of thumb is:

Body weight = Ounces needed per day

2

Drinking water is the least costly thing you can do to impact your health!



**Create a YIN-YANG Balance.** Certain foods have more yin qualities (expansive), while others have a more yang quality (contractive). Eating foods that are either extremely yin or extremely yang causes cravings in order to create balance in the body. For example, eating a diet too rich in sugar (yin) may cause a craving for meat (yang). Eating too many raw foods (yin) may cause cravings for extremely cooked (dehydrated) foods or vice versa.



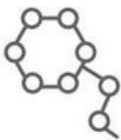
**Inside Coming Out.** Our body has a memory. Cravings can come from foods we consumed in our childhood, foods eaten by our ancestors, or something we have recently eaten. Out smart your cravings by eating a healthier version of one's ancestors or childhood foods.



**Seasonal.** With the change of seasons, often times the body craves elements of that season. In the spring, people crave more detoxifying foods, such as leafy greens and citrus foods. In the summer, people crave cooling foods like fruit, raw foods and in the fall grounding foods like squash, onions and nuts. Winter brings on cravings for hot or heat producing foods like meats, oil and fat. Cravings can also be associated with holidays, like turkey, sweet potatoes and desserts.

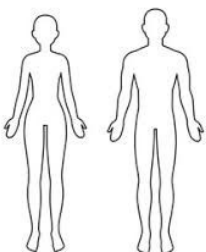


**Lack of Nutrients.** If the body has a lack or imbalance of nutrients, you will have cravings. For example, a low level of certain minerals can cause a craving for salt. And overall inadequate nutrition produces cravings for unhealthy forms of energy, like processed foods, sugar and caffeine.



HORMONES

**Hormonal.** When women experience menstruation, pregnancy, or menopause, fluctuations in hormone levels of estrogen, progesterone and testosterone may cause cravings.



**Self-Defeat.** At times when things are sailing along well in your life, self-sabotage happens. We crave foods that throw us off, in turn creating more cravings that throw us off balance. This happens from low blood sugar levels and may result in strong mood swings.