

# The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



## INTERPRET YOUR CRAVINGS

Ever have that urgency for a something sweet around 4 o'clock in the afternoon? How about the need for salt after eating a good meal? Are you one of those people who look for licorice with urgency? Food cravings are real and complicated. Interpreting what your body is telling you can be tricky. We have come so far away from where our genes originated that craving something sweet like a juicy peach can be interpreted as needing a Coke. Or needing something salty strays from satisfying a mineral need to choosing salty chips.

It's more complicated when you factor in the emotional component. Our bodies are hot wired to be satisfied by food. When you chew, gnaw, and bite, you relieve tension. Different kinds of emotions are satisfied by different physical sensations from eating. You are conditioned to feel soothed by cultural foods that make you feel connected to your family and community. Your body may needs the rush of cold, or the soothing of smooth and creamy or release of a crunch. It all works together.

When we think holistically about our needs, we can focus on how to really address what is going on inside you. But, here is a short list that can help to jumpstart what you need to hear from yourself.

From Ruth Gantman's blog, [www.nurtured-by-nature.com](http://www.nurtured-by-nature.com)

<i><b>If you crave this...</b></i>	<i><b>What you really need is...</b></i>	<i><b>And here are healthy foods that have it:</b></i>
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
Bread, toast	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries

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## ***If you crave this...***

## ***What you really need is...***

## ***And here are healthy foods that have it:***

Alcohol, recreational drugs

Protein

Meat, poultry, seafood, dairy, nuts

Avenin

Granola, oatmeal

Calcium

Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame

Glutamine

Supplement glutamine powder for withdrawal, raw cabbage juice

Potassium

Sun-dried black olives, potato peel broth, seaweed, bitter greens

Chewing ice

Iron

Meat, fish, poultry, seaweed, greens, black cherries

Burned food

Carbon

Fresh fruits

Soda and other carbonated drinks

Calcium

Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame

Salty foods

Chloride

Raw goat milk, fish, unrefined sea salt

Acid foods

Magnesium

Raw nuts and seeds, legumes, fruits

Preference for liquids rather than solids

Water

Flavor water with lemon or lime. *You need 8 to 10 glasses per day.*

Preference for solids rather than liquids

Water

You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. *You need 8 to 10 glasses per day.*

Cool drinks

Manganese

Walnuts, almonds, pecans, pineapple, blueberries

Pre-menstrual cravings

Zinc

Red meats (especially organ meats), seafood, leafy vegetables, root vegetables

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<i>If you crave this...</i>	<i>What you really need is...</i>	<i>And here are healthy foods that have it:</i>
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Tobacco	Chloride	Raw goat milk, unrefined sea salt
	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green and red fruits and vegetables