

**some advice on  
managing  
Food  
Cravings**

**By Zara Buckley**

**This book is © Zara Buckley but you can download it and give it away on your website  
if you leave the links intact.**

## **What Are Food Cravings?**

Food cravings make themselves felt as a need to eat a particular food. This is different from just "feeling hungry" when your hunger can be satisfied just by filling the stomach. Intense food cravings often appear when you go on a diet but some nutrition experts say that a craving means we need a certain kind of nutritional element. Whatever the cause, if you are trying to lose weight or detox your body a food craving will be very unhelpful. If you experience food cravings during a diet or a detox you will no doubt find yourself visualizing the juicy steak or chocolate bar and dwelling on how attractive the food of your desire appears to be. Visualization can help you avoid food cravings if you turn your thoughts to fluffy kittens, say, or your favorite hobby, or if you compose a letter in your head, the craving for food will die a natural death.

Don't make the mistake of thinking that cravings are only associated with potentially harmful foods like chocolate or coffee. You can just as easily be obsessed by a nice crisp piece of toast. But why do people often go for the foods that are high in calories and loaded with fat? Foods that contain a lot of fat and sugar release certain chemicals into the brain. These chemicals are called opioids. The release of opioids results in the feeling of euphoria. So, we get a reward every time we eat the food containing sugar and fat and are therefore reluctant to put up a struggle against the temptation to over indulge in these foods.

There is also an emotional aspect to food cravings. If we are victims of anxiety, impatience, fear or depression, or if our needs for personal satisfaction and entertainment are not met we become victims of unexpressed emotions. If you are experiencing food cravings you will need to take a long look at how you feel about yourself and your life to discover the deep-seated causes of your cravings.

If our depression or frustration is left unrelieved our emotions will build up and fester like boils. It's difficult to look into your life and see emotional problems. We need close friends and therapists who can look at us from the outside. Of course in our modern world there are those people who do not have friends or therapists. If you are one of those you will need to take note of which foods you have cravings for and what thoughts and feelings are going through you when you are gripped by cravings.

It will be difficult to bring your feelings into the open and admit some unpleasant truths to yourself but really all you need to know is what kind of comfort your food is giving you. Being able to admit these hidden feelings to yourself won't automatically remove the food cravings but seeing your cravings for what they are will be the beginning of freedom from your cravings.

When you begin to examine your food cravings you might also need to look at whether there are any foods you are allergic to. Some people think that eating food that you are allergic to creates a craving. Also you will probably hear that sugary food will increase your cravings. Aspartame is also said to cause cravings. Vitamin C capsules and fish oil capsules could help with lessening your cravings.

But when you start struggling against your cravings keep things simple: keep up your water intake and exercise. Keep your mind active with books or videos and remember that when you are being tempted by sweet food the temptation will be sweeter if you are by yourself. Company will be a distraction and inspiration.

Change when you eat and how much. Change to eating five or six smaller meals of fruit and vegetables with some protein like tuna, egg whites or chicken. Get straight out of bed in the morning and eat breakfast. Make a schedule so you eat every three hours. Food cravings will be less if your hunger is satisfied.

If you can manage it, eliminate fructose totally from your diet. In plain English you just stop eating fruit of all kinds. Your cravings will decrease and you won't be hungry so often and you will probably lose some weight. Also try to eliminate dairy products from your daily diet.

### **Changing Habits**

Detoxing your body is all about changing habits and coping with the needs and wants of your body. Your quest for a natural detox will involve getting to know when to be cruel to be kind and when to let your body have what it wants. Food cravings can be very strong when you are doing any kind of dieting or fasting but learning how hunger and the need for food works can make your efforts much more productive.

### **Fooling Your Appetite**

One of the big weight loss myths is that successful dieters somehow learn to overcome the desire for food. Whether it's the normal feeling of needing to eat lunch at lunchtime or random cravings for snacks, the temptation to eat is the same for everybody and everybody goes through the same suffering. So, how do you trick your body into thinking it has a full stomach?

### **How To Suppress Hunger**

One way to manage your diet is to suppress the feeling of being hungry. As chemical dietary suppressants have some nasty side effects, let's look at a couple of well-known natural appetite quenchers.

Flaxseed oil has a number of things going for it in the healthy eating arena. First, it has Omega 3 which is good for the heart, and it contains fiber which will give you that full-stomach feeling.

### **Fiber At Breakfast**

As you will no doubt wake up with your diet on your mind, it's a great idea to get straight into it first thing in the morning. So, make oatmeal your breakfast of choice. Not the instant kind, either - it doesn't have enough fiber. And you can mix some flaxseed oil into your oatmeal.

### **Soups Are Food Too!**

You could substitute soup for solid food for lunch and/or dinner. If you don't want to use them as meals, the high water content and lack of calories make soups ideal snacks.

### **Fill Your Tank With Water**

A trick that many diet experts recommend to diminish the hunger pangs is to drink a glass of water before each meal. It takes up some of the room in your stomach that would otherwise be wanting to be filled with food. You could also drink a glass of water when you start to crave food. You will find that it takes the edge off your desire for culinary satisfaction.

### **The Taste Without The Calories**

If you would rather not be drinking water every time you feel hungry, you can buy some organic chicken or vegetable broth that contains no yeast extract, MSG or any additives. This way you get the taste of food without all the calories.

### **Fiber Tabs**

If you take a fiber tablet or two before meals they will help with the feeling of having had a good meal. But they will go gluggy in your tummy if you don't take them with plenty of water.

### **Soy Shakes**

Another liquid alternative to food is the soy shake. Add a scoop or two of flavored unsweetened soy protein powder to a quart of soy milk in your blender. You won't taste the powder but it will give your shake a creamy texture. You can prepare shakes to make them tasty and interesting but you could start with blending a banana and a quarter teaspoon of cinnamon with your soy milk and powder.

### **Vegetables Are Your True Friends**

Green leafy vegetables contain lots of good things and practically no calories, so you can eat them whenever you feel like it without worrying about gaining weight or filling your body with toxins. Just make sure that you use a low-fat dressing.

### **Eat A Handful Of Nuts**

Another way to satisfy your craving for food is to eat a handful of nuts. They are a great source of protein - pine nuts in particular. Also, pine nuts contain an appetite suppressant called pinolenic acid which stimulates the body's production of hormones that trigger the feeling of satiated hunger.

### **Sleep And Exercise**

Sleep and exercise are the basic activities of the human body. If we get our eight hours of sleep a day, our energy and blood sugar levels are optimized and we do not feel the need to be snacking. If we can find the time to exercise it's even better. Exercise changes the fat stored in our bodies into blood sugar which again takes away the food cravings.

### **More Information On Detoxing Your Body**

Food cravings are not the only challenges you will be facing in your efforts to lead a cleaner lifestyle so you might want some more information on [how to detox](#) and related subjects like changing [poor eating habits](#).