

CRAVING and INNER HUNGER



CRAVING

A strong desire for a certain food. It is difficult to get it out of your mind until you actually get to have it and you are willing to go out of your way to indulge on it. You are not necessarily hungry.

Inner Hunger

You may have just finished your meal/snack and you are really not hungry but you still want something. You are not sure what this could be and you are antsy to find the “perfect” something to quench that feeling.

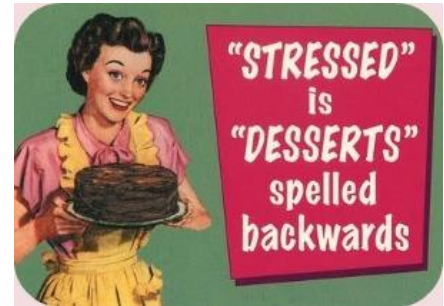
CAUSES of CRAVINGS

- ✓ Brain receptors seek fulfillment of certain emotions/feelings via food (often with sugar/white flour)
- ✓ Lack of “primary” food due to dissatisfaction in relationship, being bored, stressed, uninspired in your job, emotional discomfort
- ✓ Lack of or excessive water intake
- ✓ Unbalanced diet
- ✓ Genetics! Simply said; our body’s “habit” that we can overcome
- ✓ Seasonal (seasons, holidays, birthdays)
- ✓ Lack of a CERTAIN nutrient (cravings are more specific than “inner hunger”)
- ✓ Fluctuation in hormones (Hello menopause, pregnancy or menstruation!)
- ✓ Leptin – Insulin interaction imbalanced



CAUSES of INNER HUNGER

- ✓ Your body is dissatisfied
- ✓ Lack of certain nutrients
- ✓ May show up when having deficiencies in minerals or vitamins
- ✓ Often correlates with restrictive diets
- ✓ Sometimes even occurs in times of high stress or lack of sleep



What to do!?

- ✓ Eat balanced meals! Do not fall for restrictive diets unless ordered by your medical provider. Drink a glass of water and check in on your mood in 15min.
- ✓ Let go of sugar and white flour to balance Leptin and Insulin!
- ✓ Be realistic! Nobody is perfect. Aim for an 80:20 lifestyle. 80% healthy choices, 20% “life happens”.
- ✓ Pay attention to your emotions! Emotions are teachers and while they may not fit in our daily life, they sure are strong enough to *make you* pay attention via food habits.
- ✓ Pay attention to your stress level! While we have only limited control on stressors, we can choose how to react. Learn about stress management tools and keeping your mindset positive.