

CRAVINGS FOR MORE FOOD

- * May not always be because your body needs more calories and nutrition.
- * Bad habits, loads of food in fridge and pantry, feeling bored, feeling stressed, or just wanting " filler " food, or maybe it's your body wanting REAL NUTRIENTS, because every cell in our body needs REAL NUTRIENTS to stay healthy.
- * You can delay eating by many hours with cigarettes and coffee - which proves that you won't die by cutting down on food between meals (which is one of the vital factors in weight loss - portion size).
- * Regardless of what reason or situation has you reaching for more food - there are 3 strategies or facts that can help:
 - 1) Try and plan ahead what you are going to eat for your main meals for the day, and stick to it. One off snacks or nibbles won't destroy you - it's the gobbling down an endless amount of food without any thought.
 - 2) Realise that you can look after your body and keep it healthy and beautiful - if YOU make the effort, and be aware of what and how much you are putting in your mouth. If temptation of eating more food appears - realise you won't starve or die, have a drink of water or coffee instead, and skip the food until your next main meal.
 - 3) There is a powerful and effective way used by psychologists and elite weight loss clinics - to PREVENT yourself eating more food - without anxiety and stress. It is very simple, but you need to try it to prove to yourself that it works. What you do is to VISUALISE in detail - exactly what you want to eat. It could be more of your meal you just finished, or whatever you'd really love to eat. Pretend that you can taste, feel, smell and see the food in great detail, as if you are actually eating it. You are tricking your brain into thinking that you are eating, and stimulating your digestive process. This can be proved by sucking on a piece of lemon, when enzymes get sent to the saliva to start the digestive process. Just VISUALISING that you are sucking on a piece of lemon - will also get enzymes go to the saliva.
- * If you keep getting cravings for SWEET food such as muffins, or actual sweets such as chocolate - it is harmful to your health, partly because you are filling up on food with very little or no nutrients, and partly because they all contain artificial sweeteners which the body regards as TOXINS. Our cells need REAL SUGAR for energy, but is not getting it from sweet food, so keeps hoping it will get it, and can develop a habit or even addiction for cakes or chocolates. One easy Solution - is to add a spoonful of REAL SUGAR when having a cup of tea or coffee