



The Positive Aspects of Cravings

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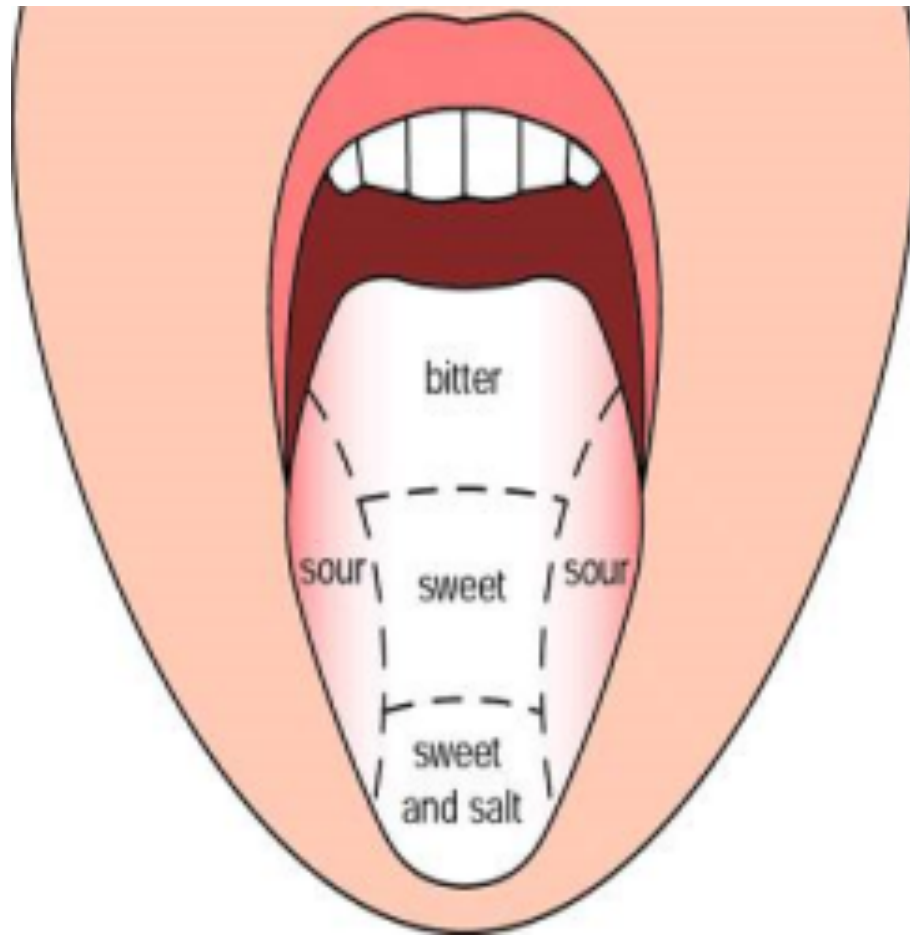
crav·ing

noun

a powerful desire for something.

"a craving for chocolate"

synonyms: longing, yearning, desire, want, wish, hankering,
hunger, thirst, appetite, greed, lust, ache, need, urge



TASTE

ACTIONS

SOURCES

Sweet

Builds tissues
calms nerves

Fruit, squash

Sour

Cleanses tissues,
increases absorption
of minerals

Sour Fruits, yogurt
fermented foods

Salty

Improves taste to food,
lubricates tissues

Natural salts, sea
vegetables

Bitter

Detoxifies & lightens
tissues

Dark leafy greens &
herbs and spices

Pungent

Stimulates digestion &
metabolism

Chili peppers, garlic
herbs and spices

Astringent

Absorbs water,
tightens tissue, dries fats

Legumes, raw fruits
vegetables, herbs

Emotional Cravings

After devouring a delicious meal, the brain releases dopamine, a chemical that's associated with pleasure.

Your body is satisfied, and you feel good.

But emotional attachment to food becomes problematic when people heavily rely on food for that feeling. As the Mayo Clinic puts it, "Sometimes the strongest food cravings hit when you're at your weakest point emotionally."

Why we emotionally crave...

- Cravings can originate from reward-processing activity in the brain
- Then they become conscious, that is, integrated with a feeling of "longing" and elaborated on with conscious thoughts
- A motivated reasoning can happen on why it might be a good idea to enact the craving. "I deserve"
- Feeling **under stimulated** by life and using food to create stimulus.
- Fulfill an emotional need: Comfort, joy, connection

Why we Physically Crave...

- Organ Nourishment
- Organ & Cell Detoxification
- Cellular & Blood Functioning
- Enhance muscle mass
- Hydration
- Keep our heart pumping: Electrolytes & minerals such as, fruit and veggies
- ENERGY! :)

Nutrition 101

- There are 3 **Macronutrients**
 1. Protein
 2. Carbohydrates—Live Food
 3. Fat—Omega 3's.

There has been every diet under the sun that has tried to manage these, usually by % or Calorie restriction.

However, it is all about implementing **quality!**

**How you eat is a side effect of how
you live—Ruth M.**

Total Acceptance Mode

- Feel your craving. Be brave. Be Curious.
- Do not judge or over-analyze, just Feel.
- Take 5 deep breaths, visualize, relax your nervous system.
- Ask your body if it wants hot or cold food and sweet or savory?
- What is the underlying emotion from this craving?
- Connection and Curiosity is the new Structure and Accountability program.

For example: Bread: I want sourdough bread. Do I need comfort? A hug? To be heard? Even if you are not receiving those at that minute, feel them.

Then if you CHOOSE to eat not eat the bread, you are still aligned with your truth.

**I HAVE NO SPECIAL
TALENTS. I AM ONLY
PASSIONATELY
CURIOUS.**

-ALBERT EINSTEIN

A Couple of Flavors we Crave....

Ice cream & Creamy	<p>Why: Dehydration and malabsorption of vitamins and minerals.</p> <p>Wanting to “cool” down an emotion, usually anger.</p>	<p>What To do: Add in probiotics, fermented veggies, kombucha, chia seed pudding, substitute for coconut ice cream.</p> <p>Journal regarding why you are feeling angry. The ice cream can't always fix it, however observing and honoring the emotion can.</p>
Pastries	<p>Why: Sign of low & improper absorption of essential fatty acids. Craving more connection and nurturing.</p>	<p>What To do: Drink lemon water. Add sweet potato with ghee (clarified butter) or quinoa drizzled with avocado oil. Try our gluten free pancake recipe. Make a relaxing brunch for your friends.</p>

More....

Peanut butter

Why: low amino acids and vitamin B. Wanting a quick fix in your life. Lack of self nurturing.

What to do: Eat organic, non-GMO peanut butter, try almond butter for variety, and increase your Omega 3's. Take time daily to nurture yourself, even if it is 5 minutes to watch and listen to the birds.

Pizza

Why: Imbalanced macronutrients and minerals: Not enough of the protein, fat and veggie side of the tree. Stress hormones are high.

What To do: Add in cooked tomatoes. Try our pizza recipe below. Take deep breaths and add in Omega 3's. Implement visualization and meditation practices to lower your stress levels.

Savory Meal Ideas

HOT

Protein + sautéed vegetables + Omega 3's:

- Eggs sautéed spinach topped with Avocado and drizzle of flax oil
- Turkey Meatballs with pesto and fresh tomatoes



COLD

Protein + Live Food (Seasonings & spice) + Omega 3's

- Muesli
- Nori Wraps with salmon, cucumber and avocado
- Tabouli



Sweet Meals

Hot:

Protein + Live Food + Omega 3's

- Blueberry Pancakes: Eggs, Coconut flour, berries, flax seeds
- Almond Breaded Chicken Thighs over stir-fry veggies: Almond meal, Dark meat chicken, Veggies, Rice bran oil, topped with chia seeds
- Hot Chocolate: Dark chocolate, coconut milk, cinnamon, cayenne pepper, drizzle of flax oil

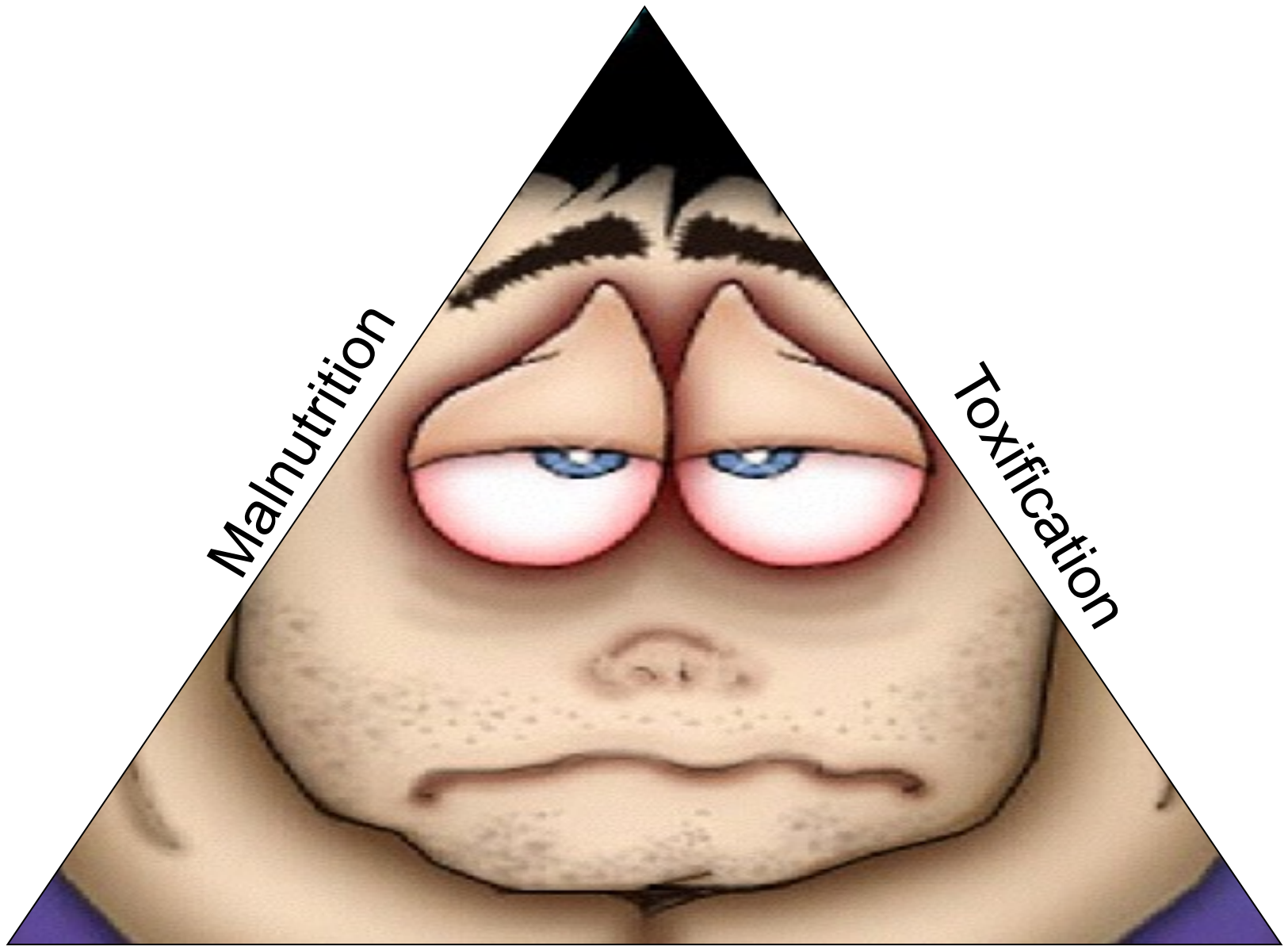
▪ COLD

- Smoothies
- Salads topped with lemon & orange dressings
- Fruit kebabs & yogurt dip



If you crave Post Meals...

- Then your circadian rhythm and hormones are off. Client example with her sleep & hormones
- You did not eat ENOUGH of the Big 3 or enough at the right times.
- You did not absorb nutrients properly
- Your Stress is High
- You are trying to out think it and may not feel safe to trust your body.
- Hormones and emotions are running a bit full on.



Malnutrition

Toxification

Inflammation

Before You Prepare a Meal...

- Step 1: Take 5 Deep breaths and put your hand on your heart. Relax your nervous system.
- Step 2: Tune in to your body: Are you craving hot or cold? Sweet or savory?
- Step 3: Use The Big 3 to make an amazing meal for you to nourish your body, mind and spirit



How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.



Typical Day in the Life of you

- Upon waking: Drink water with lemon & Probiotics; Visualization
- Within an hour of waking: 5 Deep Breaths; Ask your questions; Have a Big 3 Breakfast
- Pack the snacks that help you feel safe
- Try to body check every 2-4 hours to assess what your body needs: **Oxygen. Hydration. Nutrition**
- Try eating the Big 3 every 3-5 hours to build a solid foundation.
- Recommended supplements throughout the day
- Night time Visualization & Quality Sleep (no electronics)



Typical Month in the Life of You

- Some WEEKS you crave more meat
- Some days you want small meals and snacks
- Some days you want larger meals
- Your body will fluctuate and everyone is different.
- If you are craving low energy foods; incorporate more of the Big 3
- **RELEASE** eating “perfect” Monday thru Friday then feeling fulfilled on the weekends
- Nourish First **BEFORE** you cleanse and experiment
- Experiment & Try Eliminating foods for minimum 3 days to 3 weeks, then bringing them back one by one for 48 hours at a time to see **HOW YOU FEEL.**

Keep It Simple

- There's no such thing as "perfect"
- Don't overcomplicate your protein shake and meals.
- Do meal planning and grocery shopping when you're relaxed and have time—avoid adding stress to your life
- Ask yourself: Acceptance Mode: 5 deep breaths & "What do I need in the present moment to offer my body more balance & nourishment?"
How do I adjust to the inflammation and hormone state my body is in?
- Make shopping, cooking, and eating a stress-relieving experience, one of joy and creativity



Grocery Shopping 101

- Go shopping frequently, and have fun at the grocery store
- Stock up on staple foods that help you feel safe, nourished & secure
- What are those healthy staple foods for you?
- Frequent shopping means fresher food and you can listen to your cravings in real time
- Get to know your local grocery, farmers, and butchers—this is a natural part of social life and makes food all the more enjoyable



Listen to Your Body

- Body check: “How does my body feel?”
Energized? bloated? stressed?
- Ask yourself: “What have or haven’t I done yet today?”
- Don’t beat yourself up over a brownie
- Give your body quality—you deserve it!



Learn to Trust Yourself

- Turn your knowledge into inner wisdom
- Enjoy new foods and learning what your body craves
- Learn how to **decipher** what **YOU** need
- Create a new relationship and freedom with food
- Create a loving journal to observe patterns and gather information.



THE
GABRIEL
METHOD™



Cravings Can Be a Good Thing - Gabriel Method Nutrition with Heather Fleming