

The New Potato

What Your Food Cravings Mean And How To Fight Them



You might feel alone in your struggle to control cravings, but you're not the only one sneakily reaching for the candy jar at 3 p.m. every day. Take it from me — I was a bonafide sugar addict for years before I realized what my problem was.

The more you succumb to nasty cravings like chocolate, cheese, salty carbs and dairy, the more your body will long for the junk you're feeding it. Cravings are your body's way of telling you there's something missing (and no, it isn't a pizza or a Snickers bar). The key to overcoming those cravings is to know what they mean and how to **give your body the nutrients** it desires to fight against them.

If You Crave Salty:

If you're guilty of grabbing for a bag of pretzels during high-pressure times, it could be a sign of stress.

Stress can affect your adrenal glands, causing them to release cortisol and make you hungry for a high-carb, salty snack. It could also be a **sign of dehydration** or a mineral or electrolyte imbalance.

Instead of binging on empty carbs, satisfy it with nuts tossed with spices and herbs (I suggest rosemary, basil, cayenne or smoked paprika).

If You Crave Sweet:

A pesky sweet tooth could mean you're deficient in magnesium, one of the most universally deficient minerals in humans. We're consuming less magnesium though vegetables now than ever before because the mineral is less present in the soil they're grown in. Magnesium allows your body to better respond to fructose (the worst of all sugars) and helps reduce the risk of diabetes.

Take a magnesium supplement and fight the inevitable sweet tooth with natural sugars in the form of organic, alkaline fruits (**see what's alkaline here**). But don't make the mistake most people make when it comes to adding magnesium into your life.

1. Never take Magnesium by itself, as it can cause your other minerals (especially calcium and potassium and sodium) to become depleted. Look for a supplement that contains all 4 crucial alkaline minerals, and make sure that the calcium and magnesium is in a 1:1 relationship.
2. Avoid tablets at all cost. Tablets in any form mean one thing – expensive urine! The research shows that when you consume a tablet, assuming your digestion is working at 100% (none of ours are!), the MOST you will absorb is 10-30%, yikes! Instead, opt for a powdered mineral supplement like **Alkamind Daily Minerals** that will boost your absorption and assimilation to 98%.

If You Crave Red Meat:

So hungry you could eat an entire cow? **If you can't get enough burgers** and steaks, your body is most likely deficient in iron. This is especially the case for women during their menstrual cycles, which can lead to more intense PMS symptoms.

Avoid acid overload by skipping the steak and opting for beans and legumes instead. Most importantly, aim for chlorophyll-rich greens like Watercress, Spinach, Kale, and Swiss chard. Chlorophyll is almost identical to your hemoglobin molecule (red blood cells), except for the center molecule, where chlorophyll is magnesium, and your hemoglobin is iron. Because they are identical, if you want to build more iron and healthy blood, eat or drink more chlorophyll. Choose a great chlorophyll supplement like **Alkamind Daily Greens** that contains 5-servings of vegetables with every scoop!

Most meats are also very fatty, so you may also be craving healthy fats, which leads us to our last and one of the biggest cravings, cheese, yogurt, and ice cream.

If You Crave Cheese, Yogurt, or Ice Cream:

While cheese is full of milk sugars and other nasty things, it's a tough craving to kick, unless you know what to look out for. These items are loaded with unhealthy fat, and that is in fact, what your body is actually craving, *BUT* healthy fats!

Look to eat more avocados, MCTs (medium chain triglycerides) **like coconut oil**, coconut meat, and coconut milk, raw nuts and seeds like hemp, chia, and flax seeds, almonds or cashews, and more essential fatty acids like pacific caught Salmon and of course, a good Omega 3 fatty Acid supplement.

It could also mean that you're deficient in calcium or vitamin D (which your body produces when it's exposed to sunlight!).

The solution seems so simple — spend more time in the sun; eat less cheese, and add more healthy fats to your daily diet.

*Craving sugar? Here are **four healthy alternatives to eat instead**. Want to know what a nutritionist eats in a day? **Read this**.*

<http://www.thenewpotato.com/2016/10/05/what-food-cravings-mean>

TWITTER

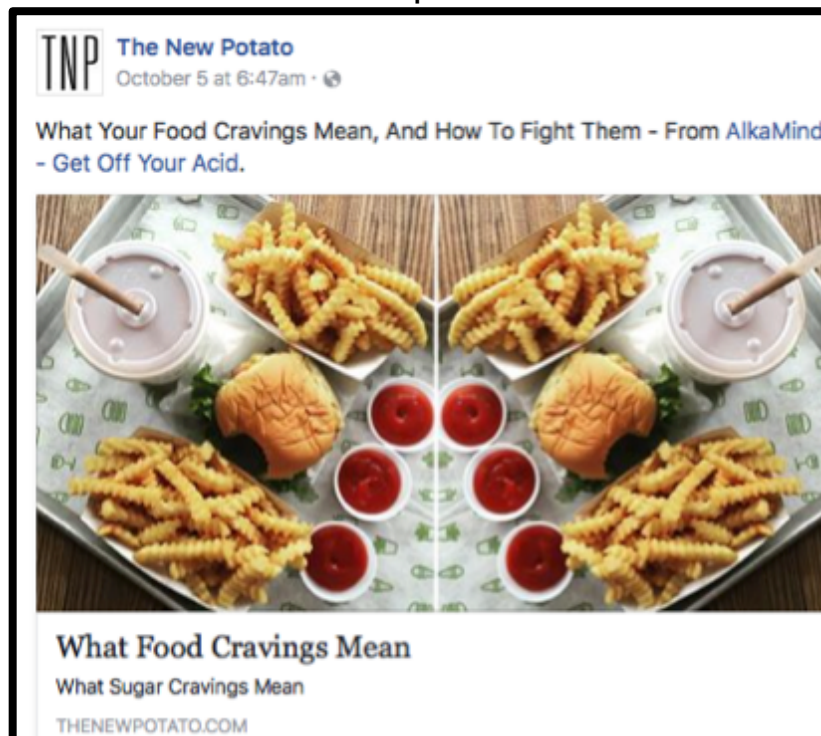
@TheNewPotato | 10.7K Followers



<https://twitter.com/TheNewPotato/status/783665328693936128>

FACEBOOK

The New Potato | 18.8K Followers



<https://www.facebook.com/yournewpotato/posts/863706727064897>