

Natural Healing Express Weekly

Column Volume 101 Cravings

Something I get asked about a lot is cravings. People want to know why they crave something salty or something sweet and what does it mean if they do? I explain things the best I can, and I guess it's time for a column on what cravings are and what they really mean.

Normally, a "bad" craving, sugar or salt means there is something nutritionally deficient in the diet. Some unhealthy cravings can actually be addictions, many of which contribute or even create additional health disharmonies.

By keeping a diet of whole and living foods (those without labels) the more your body will become alkalized. The more alkalizing foods you are consuming, the more your taste buds will respond and you will come to know what your body is trying to tell you through the cravings. This means, the better the foods you are consuming, (whole, organic, nutrient dense) the better your health becomes.

In the meantime, let's take a look at the typical cravings. When one is desirous of salt or salty foods, it is most likely because they are experiencing a sodium deficiency and with this, more often than not, the body is also experiencing over acidity. Signs of this are stiff joints, aches – especially in the major joints and skin that seems to lose elasticity. Cataracts also may randomly appear and one may experience more digestive problems than usual.

So, how does one serve this sodium deficient without just consuming the entire salt shaker? The key is to eat foods which help to satisfy the craving and improve the imbalance such as VEGETABLES. Celery juice does wonders for flexibility, skin and digestion.

Now for those of you with the sugar cravings, first of all, relax—most people naturally crave sugar as we acquire a "sweet tooth" in our early days for mother's milk and formulas. They are sweet. Typically, over time, the sweet tooth is continued as we consume processed sugars and starches. These not so good sugars lead to over-acidity and will intensify over time which can lead to a host of health disharmonies.

One of the best ways to help with sugar cravings is to begin to balance your immune systems against unhealthy bacteria. This usually means a candida or a yeast surplus in the body. Signs of this include:

Allergies, Bad Breath, Bladder Infections, Bloating, Development of Cysts, Depression, Dizziness, Fungal Nails, Gas, Heartburn, Hemorrhoids, Hives, Insomnia, Lack of Energy, Migraines, Hyper Sensitivity to Odors, Fatigue, PMS, Poor Eyesight, Puffy Eyes, Skin Conditions and Vaginal Discharge.

Many foods fuel this vicious cycle and those include: All Alcoholic Beverages, Bacon, Breads, Pasta and Pastries, Candy, Cheese, Crackers, Pork, Potato Chips, Pretzels, Relishes, Sauerkraut, Dairy Products except Butter and Yogurt, Desserts, Green Olives, Luncheon Meats, Molds, Mushrooms, Peanut Butter, Pickled Products, Soda Pop, Soy Sauce, Sugar Products, Vinegar, White Flour Products and White Rice.

After all that, what is safe to eat and what can help us with those sugar cravings? Eating more vegetables is a good idea and increasing the amount of fresh juices in your diet. Other great items, many of which we carry at Natural Healing Express that can help are:

Vitamin A, Acidophilus/Bifidophilus, Black Currant Oil, Colloidal Silver, Vitamin E, Garlic, Echinacea, Elderberry Grapefruit Seed Extract, Pau D'Arco, and Rose Hips. Also, Caprylic Acid, Oil of Oregano and Undecylenic Acid.

Or, you can stop by and try a Nutritional Analysis which will adequately measure Nutritional deficiencies.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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