

Natural Healing Express Weekly

Column Volume 102 Cravings II

Well, guys, our previous column sparked a lot of interest with several folks wanting more info on the cravings that I didn't list. To summarize last week's column (101) we covered both salt and sugar cravings- listing the most likely reasons for them and what you can eat to help lessen. Also, we covered what they could be signs of regarding the general health of the body. If you would like to check out that article, go to www.naturalhealingexpress.com, click on Newsletters and you will find all of our previous columns. While you are on the computer, Like us on Facebook at Natural Healing Express.

To recap quickly, salt cravings are usually a lack of minerals, more specifically, sodium. Vegetables will help to remedy this one. For sugar, it's typically a sign of over-acidity in the body and perhaps candida (yeast.) One of the best ways to reduce sugar cravings is to create an alkaline environment in the body and strengthen the immune system. Fruits in moderation and of course vegetables will help. Also, Vitamin A, E, Garlic and Acidophilus/Bifidophilus can be of great assistance.

So what about those other cravings such as bitter, pungent, spicy and believe it or not –a texture? Let's look briefly into those.

First of all, bitter foods help with digestion. When you are craving something bitter, it is possible you need a nutritious food to help cut through the fat and stagnation in the digestive tract, also including the liver and intestines. Many people solve their bitter cravings with dark beets, and perhaps a coffee, but I suggest kale, collard greens or mustard greens. In a pinch, dandelion will help.

Secondly, someone asked me about craving a pungent food. Pungent is also a sign that the digestive tract could use a little assistance. Fresh ginger is a great herb for the large intestine as well as the lungs. I like to eat mine raw, but you can certainly sprinkle ginger over your salad or your soup.

Third, if you are craving spicy foods, you may simply be tired of the standard American diet which doesn't have much spice to it at all. For the most part, our diet is pretty bland and could use some spicing up anyhow. However, when we become overweight and obese, blood thickens and circulation slows. When this happens, the body cools and it may actually crave something spicy to help "warm" itself. Spicy foods help to do this by increasing circulation and energy. Stress can also thicken blood. Ever notice after that big meeting you are suddenly craving pizza? This is the reason why.

My suggestion is to try a bowl of gluten free linguine with some cayenne, jalapenos and green vegetables spiced with a nice homemade marinara including basil, garlic onion and a little celery. Nothing like a great pasta fix to make the stress demons go away, but let's be smart about it.

Last, let's take a look at texture cravings. If you are craving something moist or even a liquid, yep, you guessed it, you are probably lacking water. If you are consuming a lot of white foods and baked white flour products, your body may be very dry, needing water. I suggest 8 glasses a day and prefer Purified or Artesia Water. Also, Smart water is a great new bottled water (even though its plastic not glass) that contains electrolytes. This is good for these hot days you are not getting properly hydrated even though

you are drinking water. I also have an ace in the hole for dehydration, but that's another column. Ask me in the store sometime.

Someone else mentioned they constantly get cravings for something creamy. To me, this means the body is lacking in good fats, primarily oils and I would suggest adding organic oil into the diet. It's easy to pan fry some vegetables, add in a little pesto sauce and voila, you have a great dinner.

I hope this helps to clarify the "back story" on many of our top cravings.

Just to let you know, we will be starting a new class on Tuesday, October 1 at Natural Healing Express. This class is designed to help you lose weight, get healthier and stronger and learn how to maintain it after class end. It is an all-encompassing class and will be challenging, provided you are willing to challenge yourself. (no death defying work outs, just a plan for a better you!)

If you are interested, please get in touch with us soon. We will cap this class at 20 people. It will run 10 weeks. This is not our typical weight loss class. I will be doing a column on this soon and we will be hosting an information meeting Tuesday, September 24 at 6:15pm.

However, this class will fill up soon, so please email, call or stop by to let us know you are interested. Cost is yet to be determined, but well worth the outcome.

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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