

Natural Healing Express Weekly

## Column 195 Reducing Sugar Cravings Part 2

Last week, we began a two part series on how to reduce sugar cravings. I believe there are ten good strategies to utilize. Of the ten, we mentioned five last week and we will commence with the remainder this week. As a reminder, here are the first five. REDUCE SALT CONSUMPTION, REDUCE ANIMAL PROTEIN, REDUCE OVERALL FOOD VOLUME, EAT MORE FREQUENTLY THROUGHOUT THE DAY and AVOID EATING PRIOR TO BED.

As promised – here are the remaining five.

6. AVOID SUGAR – Now, I know this sounds redundant or quite possibly just plain obvious. However, many folks attempting to reduce sugar cravings continue to eat simple sugars and this puts the body in a low blood sugar state - continuously. This creates a vicious cycle. So, seriously, if you want to avoid sugar cravings, avoiding sugar is key.

7. EXERCISE – CONSISTENTLY – Aerobic exercise is wonderful for circulation. Walking, hiking, jogging and biking all assist in reducing the need for a sugar in the body. I highly recommended at least 20 to 30 minutes of exercise five to six times a week. If you make it fun, you will stick with it. When it becomes something you “have to do”, the focus shifts and you have reached the point of diminishing returns.

8. EAT COMPLEX CARBS – Preferable Whole. Your daily diet should include whole and nutritious grains such as quinoa, millet, wild grain rice, and vegetables. I preach and preach about the great effects of plant protein and phytonutrients. If you can remember to utilize complex carbs as a “fuel” you will crave less sugar.

9. DON'T SUPPRESS THOSE EMOTIONS – I have written a few articles on the principles of the physical effects of emotions being repressed in the body. To me, there is a direct and conclusive connection. One of the best references regarding this topic comes from a knowledgeable Christian lady named Karol S. Truman. Karol has written “Feelings Buried Alive Never Die”. She is not a doctor, yet she was divinely inspired to write this incredible reference. This book is one of two I recommend at Natural Healing Express.

Part of my educational background stems from the psychological standpoint, so I was naturally curious about the emotionally element and how it related to physicality when I picked up the book.

I never put it down. I read it cover to cover. And for most of the time since, I have kept at least one copy with me at the office or house. Reason being, it always seems to help someone. Whenever someone brings up this or that ailment and I have a little extra time, I reference their complaint and ask what underlying emotions they have been feeling. I haven't seen it miss. Usually the correlations in this book are dead on and right between the eyes.

SO, how does this work? It's fairly simple. Show a disharmony, grab the book and look up the underlying emotion behind it. Radical? Perhaps, but think this through for a second. Wouldn't everyone you know who is going through some type of health crisis really like to "get to the bottom of it"? Or more so, for those folks having already suffered through surgeries, radiation, etc., like nothing more than to NEVER repeat it? Well, then we need to look outside the proverbial "box" for possible causes and origins.

Let me give you "the gist of it". We all experience emotions at some level every day and for very different reasons. We're humans and stuff happens. That's just life, right? Well, depending on our Bio-Individuality and our Emotional Intelligence as we deal with our emotions, we will "process" them at some level. Some emotions are held in, some are released. Releasing is good, if done in a healthy way. Those go away and "metabolize" back into the universe.

Of the ones that are held in, maybe some of us save those for a good cry later. Or perhaps we work it out in some physical way such as a run, yoga, dancing, etc. These are great ways to "metabolize" the emotions back into the universe. Whatever helps us to release and not manifest is essentially good. As long as your method is lawful, reasonable, non-abusive, non-endangering, blah, blah, blah.

So, let's talk about the emotions that do MANIFEST. These are the whole premise of which Karol's art is based; the emotions that we don't work out or release. These are the ones that seem to eat at us for an extended period of time. Maybe the situation has long passed, but our reaction to it is being held and held and held, so essentially it manifests somewhere in the body.

Now we are getting to the meat of her theory, Feelings Buried Alive NEVER Die. If you do not allow the emotion to process, it is essentially "buried alive" and stored somewhere in your body. Or, quite simply, it does not metabolize. If I were to humbly add to this title, my working title might be Feelings Buried Alive Never Die, but You Might. Not to create some big scare tactic or be dramatic but to somewhat humorously add to the seriousness of the topic at hand. Much of what really causes the ever increasing health issues in our society today is related to our inability to release our emotions.

Are you getting me here? There are a million examples of situations that cause folks to manifest their emotions. There are many other reasons why these feelings may never process. So let's indulge this theory for a second and parallel a disharmony with emotions that are seemingly buried alive.

We are jumping right in, so here's a biggie. Let's take Stomach Cancer, whose probable underlying emotions according to Karol S Truman are feelings of condemnation and hatred, feelings of malice, feelings of wanting to get even and feelings of unforgiveness. Make sense? My belief is that a lot of cancer lines up as the perfect storm when there is chronic anger involved.

Here's another. Gout, whose probable underlying emotions are feelings of judging people harshly, feelings of impatience, feelings of anger held inside, rejecting others or the world around you and wanting to dominate, is one of the harder disharmonies to solve. And, one of the more painful.

In Karol's book, almost every disharmony imaginable is paired with underlying feelings. This is done for education and empowerment. So when you are looking to heal yourself, in my professional opinion,

attempting to doing so without recognizing all aspects is like trying to paint a masterpiece without a primary color. Do yourself a favor and examine the emotional aspect as well.

10. BE AWARE OF PSYCHOLOGICAL TRIGGERS- This is a fairly straight forward statement – Recognize YOUR Patterns. For those of you closest to me (especially that certain someone I see daily) you will know that I have a policy called “Own Your Sh\*t”. What this means is we ALL have our difficulties and our idio-synchronies, that’s why life is colorful. However, when something I am doing or something someone else is doing causes others difficulty and trouble and it is “out of balance” our policy is to GENTLY remind each other to own our sh\*t. In short, it means taking 100% responsibility for our own reaction to whatever trigger is at hand. What is the trigger and why are we reacting negatively towards it? Well, it’s probably an emotional Trigger! And these emotional/psychological triggers can easily become associated with our food intake. Ask anyone who knows they are an emotional eater.

Also, the connection we have with food also has a powerful influence. If you don’t see what I am saying here picture these scenarios. What family associations do you have? Do you ALWAYS crave Grandma’s pumpkin pie at Thanksgiving? Did you Dad have a much deserved cocktail at the end of the day and now you grab one or perhaps another sugar substitute - a bowl of ice cream? Do you ALWAYS treat yourself to that XL Bucket of Popcorn at the movies because you did that earlier in your life with a family member or friend?

Or perhaps when you travel to a certain city, you usually go to a particular restaurant because that’s where your college roommate took you? Or you and your spouse share a special meal because that’s when you met? Do you find a Popsicle around 330pm because that is what your parents gave you after school? Just take a look at WHY you are craving sugar/salt as you do and be brave enough to ask yourself if there is a psychological trigger involved. Or, in our world, Own Your Sh\*t. You will be surprised at what patterns you may find.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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