

## Cravings

Have you ever had one before? Maybe it was the "day after" that great party where you had one too many libations and thought to yourself: "I could really go for bacon, eggs and pancakes, or a deluxe juicy cheeseburger with fries right now." Or was it a hankering for that pint of Ben & Jerry's Chubby Hubby ice-cream that had you putting on your shoes and b- lining it out the door at some outrageous hour of the night? Maybe it was one of those random and irregular food cravings and you thought it was peculiar.

What do you crave? Do you regularly give into your cravings? Or do you try and restrain yourself only to find you can't stop after that one bite/drink you swore you would never eat? Well, you will be happy to know that your cravings have more to do with your overall diet and lifestyle than lack of willpower. I know. Been there done that too!

Cravings or IMs (instant messages), as I like to refer to them, are our bodies' way of getting our attention. If we listen closely, our bodies are indicating that our diet is either too extreme or something is missing from it. Our diets are primarily made up of two types of foods: contracting foods which are primarily meats, dairy and eggs; and expanding foods such as veggies, fruits, and refined sugars including white flour products, desserts and alcohol. If we eat too many of say contracting foods, they make us feel really tense and uptight and the body will naturally start to crave expanding foods that will help us to "lighten up" and relax. Vice versa, we might feel really spacey or not "with it" from eating too many expanding foods and then crave a contracting food to help us feel more focused and grounded. Can you think back to a time when that happened to you? On the flip side, a craving can be an indication that our diets are lacking in essential macro or micro nutrients. For example, a sugar craving could mean that we are not getting enough or eating way too much protein in our diet. Or lastly, we use food to alleviate or reduce the stress, fatigue and emotional upsets in our lives.

Our bodies are inherently smart and trying to maintain a balance rather than be a ping-pong, going back and forth between foods using one to alleviate the effects of another; therefore very dependent on us to make good nutritional choices. They seek our help with these IMs, and conversely, give us feedback on our choices with symptoms such as: feeling happy and energized, even keel, clear and focused, or fatigued, nauseous, bloated, gassy, a headache or moodiness.

What's the solution you might ask? Next time you get that IM (craving) try and de-construct it and figure out what your body is telling you it really needs. Do the research and think about what food, behavior or deficit in your life has led you to this point and see if there is any correlation or truth to what I am saying. Or, simply email or call me today to schedule a complimentary health survey. Together we can look more closely at your diet, lifestyle and health goals and work towards creating a more healthy balance in your life. Please go to my website to learn more about my program and how I may help you today.

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

*Amy can be found on fastloop as "[ABC815](#)". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.*

[www.amysinteriorgardens.com](http://www.amysinteriorgardens.com)