

# 44 WAYS TO FOOD *Freedom*



SIMPLE TIPS & TECHNIQUES YOU CAN START TODAY TO HELP YOU BE  **CRAVING FREE**, AND CREATE LASTING SUCCESS WITH YOUR WELLNESS GOALS.



Foods (and drinks) can become a habitual part of our physical and cultural existence. We celebrate, connect, nourish and heal with food. We grow attachments, friendships, longing, love, distaste, joy, and of course cravings, around edibles.

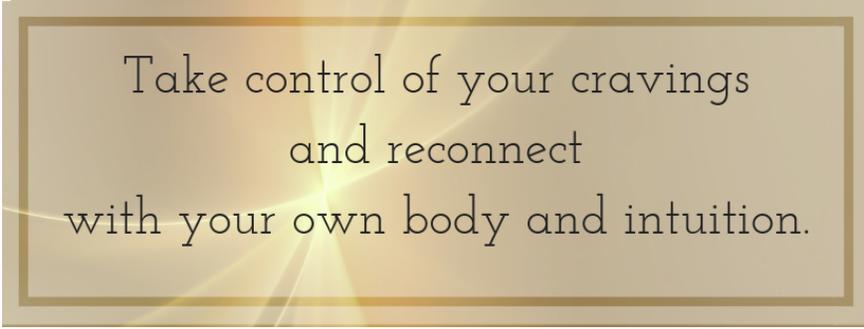
When we need to say goodbye to certain foods or other substances, it may bring up a course of physical and emotional symptoms. Your body will be letting go, and detoxing. Often times the substances that elicit the greatest emotional reaction, are in fact the very ones that are contributing to imbalance in your body. They may be your causing your body stress, and perhaps be sensitivities or intolerances.

**The very things that we love, hate, over-consume, or crave, are usually the ones that are causing us the most harm.**



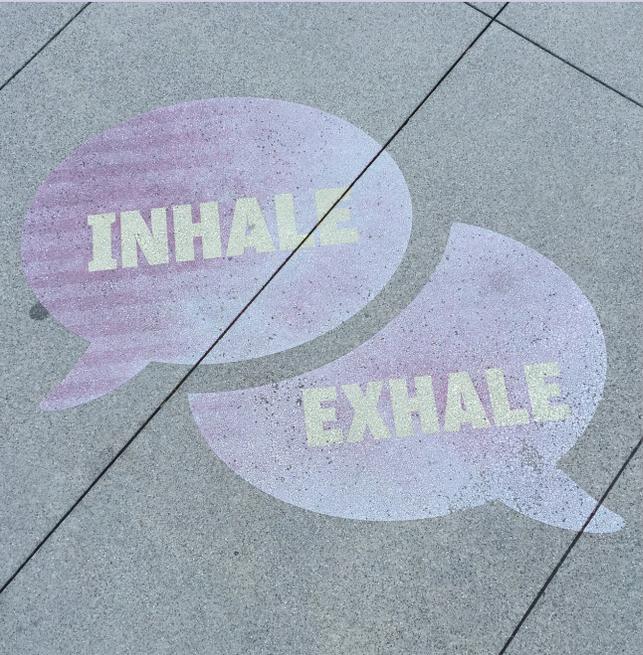
Your wellness journey starts with a choice, to be healthier. We are what we eat, digest, absorb, and experience. Each and every day you are given the chance to shape, through your intake, actions, experiences, thoughts and beliefs, what you will become. When we are shifting our eating and drinking patterns for health purposes, it may mean temporarily, and occasionally permanently, giving up certain foods. You know this is for the best, but this does not necessarily make it any easier, at least to start.

An empowerment arsenal begins with the knowledge that **YOU CAN DO IT!** You do not have to look beyond today. Take each day as it comes, and trust that you can make it through the moment, through the day, through each craving. You always have a choice, and that is all that each decision to overcome your craving is, a simple choice, which means that you always have another chance to make a good one. Having options in your healing toolbox and an understanding of yourself, helps you to make the choices that work best for you.



Take control of your cravings  
and reconnect  
with your own body and intuition.

The next pages are filled with tips and techniques, which will allow the cravings to dissipate, and your energy and self-confidence to soar. You not only will have conquered your cravings, but you will squash your fears, and find your freedom, all on the way to becoming the healthiest version of you.



"GOING TO MY BREATH IS ALWAYS ONE OF MY FIRST APPROACHES WHEN DEALING WITH PHYSICAL AND EMOTIONAL TURMOIL."

**1.) Breathe.** Sometimes when a craving hits, you just need to take a deep breath or two, or even several. Fill your lungs and your belly right up. Breath gives you a fresh dose of oxygen and clarity. It also gives you the time to reflect on your decision, and can bring you a better one, instead of acting impulsively on your cravings. Taking slow, deliberate and deep breaths, oxygenates your body more fully, giving you a boost of energy, and allowing you to think more clearly. After a minute the craving will likely have passed.

*Try alternate nostril breathing: This is a basic breathing exercise that can help to calm your mind, soothe your nervous system and create a feeling of balance.*

Sit comfortably crosslegged, or in a chair with your feet flat on the floor. Take a deep breath. With your dominant hand hold your thumb to your right nostril and exhale fully. Breathe in again through the left nostril, and when your breath is full use your ring finger to close the left nostril, breathing fully in and out through the right. Repeat 10-20 times.

**2.) Water.** Sometimes we confuse hunger with thirst, as they are very similar feelings. Most people do not feel thirsty until they are already dehydrated, long past the point that they needed to top of their fluids. Drinking 2 glasses of water 15 - 20 minutes before eating a meal will replenish you. It has also been shown to reduce the amount of calories consumed for that meal, which can lead to healthy weight loss.

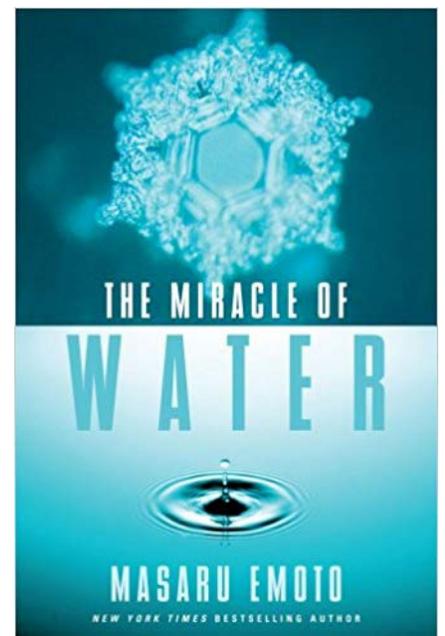
I like to recommend starting your day with at least one full glass of clean water. Besides reducing cravings, you will also get the benefit of clearer more youthful skin, and healthier bowels.

As most people struggle with drinking enough water, I often recommend getting a good quality water bottle to keep and refill several times daily. Also, consider a water log or app to keep you accountable. Water quality is important! Avoid drinking tap water. Choose filtered water or pure spring water whenever possible.

*Put some positivity into your water! Thanks to the work of Dr. Masaru Emoto we know that our emotions affect the structure and power of water, and considering we are made of more than 60% water, it is a strong claim to the power of replenishing ourselves with loving thoughts and words.*



MY WATER  
IS  
PURE LOVE





## EAT THE FRUIT

**3.) Critical Carbs.** Cut out the refined sugars, but keep the clean carbohydrates. Refined sugars are digested very quickly, entering the bloodstream, and causing blood glucose levels to spike in as little as 10-15 minutes. This spike will lead to a sudden drop, causing lowered energy and a craving for more sugar. Refined carbs are also devoid of nutrients, and therefore your body will keep signalling that you need more of these foods so that it can try to get what it needs. When you are craving carbs, we need to honour that your body is needing the glucose that is designed to use to make energy.

Do not confuse healthful carbs with SUGAR. When we learn about sugar being bad, the real culprit is the refined sugars, or white foods.

*Give your body and mind the clean carbs that it is truly craving.* Choose fresh fruit when craving a sweet. Keep some dates or figs in your purse. Eat more fresh carb rich veggies like sweet potatoes, carrots, beets, and green peas. Sprinkle wild blueberries or citrus fruits on your salads. These foods are crucial for cognitive health, and are full of nutrients, which will help your cravings dissipate.

*Refined sugar has been shown in studies to be as addictive as cocaine, and will illicit cravings in most people if it is suddenly eliminated. Separating yourself from a sugar addiction is one of the single best things you can do for your health.*

**4.) Change up your routine.** Change is not always easy, but surprisingly change is exactly what you need to form healthier eating habits and reduce cravings. If you continue to do the same thing, watch the same t.v programs, drink the same beverage, visit the same place, and so on, you are creating a physical, emotional, and therefore chemical pattern in your body and mind, that will create the same cravings. Mixing up your routine and creating a new one, will alleviate cravings, and help to create a healthier you. You will find it amazing how just small shifts in your routine can create huge shifts in your perception and propel you towards your goals.



**5.) Simple swaps.** You can keep your rituals and routines somewhat similar with a few healthy swaps. If you are craving a coffee or black tea, try switching for a richer herbal tea such as rooibos or dandelion root. If you are a chip lover, try making baked kale or root veggie chips in your oven, or subbing in another crunchy salty snack like veggies sticks with a sprinkle of sea salt or hummus. Chocolate lovers can rejoice by swapping out the caffeine for carob, or the refined sugar and dairy with options like chocolate coconut milk chia pudding, chocolate avocado mousse, or raw chocolate bars, all sweetened with dates, honey, maple syrup, or stevia. Finding a similar healthy alternative, can sometimes make changes easier and cravings less frequent.

**6.) Remove temptation.** It is much easier to avoid a craving for a specific food or drink if you do not have it within reach. Don't try to hide stuff either. You may think that if you just move it you will forget about it, but your subconscious will not, and eventually those images of stale chips and cookies in the emergency hiding spot will be swimming in your mind and you will relocate them. *Do yourself the favour of doing a clean sweep of your fridge and cupboards, and restocking with healthy inventory.*



**7.) Move it.** Many cravings are mental and attached to certain activities, or often a lack thereof (being a lazy ass). Redirecting your brain and busying yourself with a different topic or activity, a way of waiting it out, will usually let the craving subside in 10-15 minutes. Dance your sweet ass off for a minute, sing a song, do a puzzle, or move to the next thing on your to-do-list. Sometimes all you need are small actions to move you out of a craving rut.

<https://www.youtube.com/watch?v=hdcTmpvDO0I>

**8.) Keep Nibbling.** Eating every two three hours will help to keep your blood sugars more stable and consistent and nourish the adrenals, allowing your energy levels to stay up and keep stress levels down, while eliminating cravings for refined sugars, salt, and fats. Often times we give in to our cravings simply because we are so dang tired, and we then reach for 'convenient' not healthy foods. *Keep healthy alternatives around to feed yourself with every couple hours. This will keep you winning over the cravings.*



**9.) Stay Fresh.** Brush your teeth. When you have a residual taste in your mouth, as well as bacteria that thrive on sugars, it can trigger cravings. Leave your mouth well rinsed and fresh tasting.

I recommend using a natural fluoride free toothpaste, with added antibacterials such as baking soda, neem oil, tea tree oil, activated charcoal, bentonite clay, colloidal silver, coconut oil, olive leaf extract, cinnamon and/or peppermint oil.

*Easy homemade toothpaste: 4 tablespoons coconut oil, 2-4 tablespoons baking soda or a combination baking soda and sea salt, up to 1 tablespoon xylitol powder (optional), 20 drops cinnamon or clove essential oil (optional), 20 drops peppermint essential oil (optional), small glass jar. Mix al together and seal in jar. Use a pea sized amount on toothbrush and brush teeth twice daily.*



**12.) Sleep tight.** When we are getting a full eight or more hours of undisturbed sleep, we will be more rested. If we are sleep deprived our body will crave carbohydrates, mostly in the form of simple sugars, to supply us with a quick source of energy to keep going. Getting a good sleep will reduce our stress levels, allowing cortisol levels to normalize, helping to decrease cravings. Also, when our body is trying to cleanse, detox, or repair, it needs to do this in our downtime to be effective, meaning that just like your computer you need to go into 'sleep mode' to conserve energy, or 'reboot' to get back up to full power and potential. Every sleep session is a refresh, helping you to be more healthy.

Falling asleep or sleeping soundly can be difficult for some. If this is you, you may like to consider supplementing with some of the following natural sleep aides: Melatonin - Valerian - Lavender - Passion flower - L-Theanine - Magnesium

*Sweet dreams tea recipe: 3 parts lemon balm, 2 part chamomile flowers, 1 part dried rose petals, 1 part lavender, 1 part nettle leaf, 1 part oat straw, 1 part your choice of fennel seeds or peppermint. Mix all together. Steep 1 tsp in 8 ounces of hot water for 3-5 mins.*



**Don't dismiss the power of a nap.** Once again, cravings will sneak up on us when we are tired, so instead of trying to stave off exhaustion with caffeine and sugar, honour your body's needs and nod off for a few minutes. Sometimes a 5-20 minute power nap can do wonders.

**13.) Eat your breakfast.** Many people tend to skip breakfast, but this can be a big mistake for your energy and mood. If you struggle with eating in the morning, eat some fresh fruit, or drink a smoothie. A good choice for breakfast sets you up for healthier choices and less cravings for the entire day. If you include whole nutrient dense carbohydrates (fresh fruits, berries, oats, sweet potatoes, etc) with protein (hemp seeds, chia, protein powder, spinach, etc) for breakfast, it can help decrease cravings for the whole day.



**14.) Drink your veggies.** Having a glass of fresh green veggie juice is a perfect way to give you an afternoon pick me up, or help to fill you up before eating a meal. Fresh veggie juice is nutrient dense, low calorie, and full of anti-oxidants. My go to for that 3pm refresher is a green juice packed with cucumber, fresh greens and/or herbs, lemon juice, and half an apple to sweeten it just right. Green powder supplements such as wheat or barley grasses, and/or spirulina, are also a brilliant craving busters, and energy boosting choices.

**15.) Eat the rainbow.** Our taste buds crave a variety of flavour. This natural instinct is meant to ensure that we are getting a broad range of nutrients. A standard diet made of processed foods is stripped down and devoid of many nutrients and flavour. Flavours must then be added back artificially. Processed foods will enhance cravings. Real, whole, natural foods taste delicious on their own. They are not stripped of anything, and therefore retain their full nutritional glory and deliciousness. Choose a wide variety of different coloured fruits and veggies to include more of in your diet, to give you a broader range of nutrients. You will feel much more vibrant and confident. The cravings will often disappear on their own the more you focus on real food.



#### **RED:**

Red fruits and vegetables contain a natural plant pigment called lycopene. Lycopene is an antioxidant that can reduce the risk of cancer and heart disease.



#### **PURPLE/BLUE:**

Anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. It contains antioxidant properties that provide protection against cellular damage.



#### **ORANGE/YELLOW:**

Carotenoids give these fruits and veggies vibrant colour. Betacarotene (carotenoid) is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A in the body, which helps maintain healthy mucous membranes and eye health.



#### **GREEN:**

Green vegetables contain vital phytochemicals including carotenoids, indoles and saponins, all of which provide antioxidant protection. Leafy greens and broccoli are also excellent sources of folate, iron, and plant based protein.



#### **BROWN/WHITE:**

Brown, white and tan coloured fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium, helping to promote energy and fluid balance.



**16.) Good Fat.** Our bodies will crave fatty foods when we are low in essential fatty acids. Many people simply can not properly process fats well, leading to inflammation, weight gain, and food cravings. Fatty food cravings can usually be eliminated by avoiding processed oils and reducing overall fat intake, and by focusing more on including small amounts of healthful fats. Include some hemp seeds, flax or chia seeds, walnuts, pumpkin seeds, wild salmon, avocado, or take a supplemental omega oil (plant based is often best). This will help to regulate your hormones, levels of fat soluble vitamins, and support a healthy metabolism.

**17.) Fibre.** If you consume at least 35 grams of fibre a day, you will slow the rate that the stomach empties, helping you to feel satiated longer. Good sources include ground flax, chia, avocados, berries, coconut, lentils, squash, quinoa, and oats. Apples and pears are an excellent source of pectin fibre, so an organic apple a day is a great start to more fibre in your daily diet.

*Try starting your day with my  
APPLE CRUNCH CEREAL.*



**18.) Avoid alcohol.** Alcohol affects the part of our brain that is responsible for inhibition. Losing our inhibition often reduces our ability to resist cravings. Alcohol is also a source of hidden calories and sugar, and can cause steep fluctuations in blood sugars, which will also lead to cravings.

Ethyl alcohol is a byproduct of yeasts and bacteria in the body. The sugars in alcohol are a food source for these little nasties, enabling a healthy life cycle for them, and ensuring alcohol and sugar cravings for you. Stop the booze, end the cycle.



**19.) Say NO to late night munchies.** Food that is eaten less than 2 hrs before bedtime will still be getting digested, but at a slower rate. As we are not active at this time, the energy produced by the food will be stored as fat. Late night cravings are often in the form of high fat, high sugar foods. Try to satisfy these late night cravings with low sodium broths, blended veggie soup, or a light raw veggie snack. I like a leafy green salad or a mango, both of which are an excellent source of bio-available magnesium, and other minerals, which calm the nervous system and promote relaxation.

**20.) Cacao.** Organic free trade raw cacao and cocoa (roasted version) offer many health benefits. A high source of magnesium, people will often get a craving for chocolate to replace depleted magnesium levels that occur during periods of stress. Chocolate increases the levels of endorphins released into the brain, working to reduce symptoms of physical and emotional pain, and decrease stress. Beware of milk chocolate, chocolate bars, and baked goods, which contains fillers, preservatives, and tons of sugar. Instead consider making yourself a mug of dairy free hot chocolate, chocolate chia pudding, or chocolate avocado pudding. Make a healthier dark chocolate bar made with coconut oil and natural sweetener such as honey or maple syrup. Choosing chocolate that is at least 60% cacao/cocoa, will better satisfy cravings.

Cocoa is high in magnesium. Chocolate cravings can often indicate magnesium deficiency.

**21.) Magnesium.** Increasing magnesium levels will help you fight of stress better and discourage cravings. You can get a good dose of magnesium with increased consumption of green leafy vegetables, pumpkin seeds, figs, and black beans.

*You can also absorb some magnesium through your skin, so why not relax and have a good soak in the tub with a cup of Epsom salts.*

### Relaxing Bath Soak

1 cup Epsom salts  
1/2 cup Himalayan sea salt  
1/2 cup baking soda  
10 drops lavender oil

Soak in a warm (not hot) bath for 10- 20 minutes.



## CRAVE CRUNCHY CABBAGE

**22.) L-Glutamine.** Glutamine is an amino acid that helps to rebuild the gut lining, allowing for better nutrient absorption. *The better your nutrient intake and absorption, the less cravings you will have.* Glutamine can be taken as a supplement, or naturally in whole food form through eating bone broths, grass fed free range meats, wild caught fish, parsley, spinach, spirulina, asparagus, and cabbage. Cabbage in the form of raw sauerkraut is a source of probiotics and l-glutamine, making it an excellent gut healer that may help to eliminate cravings.

**23.) Microbes.** Recent research on the gut-brain axis is showing that microbes (viruses, bacteria, and microbial pathogens) may be playing a significant role in cravings. Microbes (both good and bad) have co-evolved with us, and depend on our food choices for their survival. These microbes can influence our eating preferences to improve their own chances of survival. How does this happen? Your gut contains a network of neurons called the enteric nervous system, commonly called our 'second brain', which is connected to your central nervous system (brain and spinal cord). The enteric nervous system is also connected directly to the brain stem via the vagus nerve which resides in our gut, and acts as a communicator between the gut and the brain. Removal of certain foods may produce even more cravings for those foods while the microbes essentially starve. **Cravings can often be reduced by reinoculating your gut with beneficial bacteria (probiotics), and feeding these beneficial microbes with prebiotic foods such as onions, garlic, and sweet potatoes.**



**24.) B Vitamins.** Needed for the metabolism of protein and fats, for energy production, the support of tissue formation, as well as serving as coenzymes, B vitamins are vital for every cellular process of our body. A lack of B's, and therefore lack of metabolism, can trigger cravings. The neurotransmitter and mood regulating hormone serotonin needs vitamin B6 as a precursor, and can have a direct relationship with our emotional food cravings. B vitamins can also relieve PMS cravings by aiding in the metabolism of estrogens in the liver and reducing water retention. Most people are especially low in B12 and folate (B9). The b-vitamins are water soluble and are depleted by the adrenal glands during periods of stress, which for most of us is pretty much all of the time, so I often recommend supplementation of a full B-Complex in their pre-methylated form, making them more bioavailable.

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**25.) Serotonin.** Also known as a 'happy hormone', serotonin has been shown to reduce cravings by allowing us to feel more happy, calm, and satiated after eating. The amino acid tryptophan is needed to create serotonin, and can be found in higher amounts in pumpkin and chia seeds, fermented soy, poultry, grass fed meats, and oats. If you find that your mood is low or depressed and you are struggling with cravings, then boosting serotonin may help. The supplemental form of tryptophan as 5- HTP (5 - hydroxytryptophan) has been shown to help boost weight loss and mood. Serotonin levels can also increase with exposure to sunshine and light therapy.

***CLICK TO PURCHASE SUPPLEMENTS ONLINE (Canadian residents only)***



**26.) Solid Support.** There is no reason that you cannot do this alone, but having the support of good friends, or family members, will do wonders for helping you achieve your goals. Not only will these people help to keep you accountable, but they will help give you emotional support, encouragement, and celebrate your success with you. Support groups or accountability groups are a great resource through health coaching programs and/or social media groups.

**27.) Preparedness.** Often times, we get a craving simply because we are busy and have not had time to properly nourish ourselves during the day. We end up eating unhealthy foods because we feel like we are going to crash if we don't eat ASAP, and junky foods are convenient.

Not eating enough healthy calories during the day often leads to snacking on high calorie foods such as potato chips in the evening.

Take the time to plan out your meals for the day or even week. Preparing healthy snacks and meals ahead of time to keep in the fridge and freezer for quick convenience in your own home, will eliminate the craving to grab a quick fix on the go. Set aside a few hours a week for productive time, dedicated to stocking the fridge and making your own grab and go, guilt free meals and snacks. This will help you conquer cravings, and save you money.

**28.) Stand against sabotage.** Unfortunately, sometimes others are not ready for us to make changes. Occasionally, some people may inadvertently, or even deliberately, present ways for you to fail, either so they can feel better about themselves, or so they get to keep you unchanged. When making positive changes in your life, you may have to make a stand for yourself, and remove the people in your life who are causing friction, self-doubt, or encouraging failure.

For times when separation from outside negative energy is not accessible, try using this amethyst shield visualization:

Visualize your whole body surrounded by a lavender or amethyst coloured light tube or bubble, that extends from above your head, to below your feet, connecting you with both divine light above you, and the grounding earth energy below you. The tunnel of light that you have created gives you an immediate sense of safety, and protects you from negative energy and harmful intentions (including your own).

Amethyst quartz crystals have long been known to be a healers stone, and are particularly good for working with addictions and cravings. Try adding these crystals to your environment (office, desk, etc), water bottle, or bath.



**29.) Crush your craving.** If you are having a craving for unhealthy foods and beverages, sometimes it is helpful to destroy them. It can give you a sense of power and accomplishment to render the food or drink inedible. Go ahead, take a healthy whack at the cookies, break foods up, pour stuff down the sink, run it over with your car even. This helps to put you back in the seat of control over your food, instead of feeling like it has control over you.

**30.) Eat with others.** If you have shared your food goals with others and they support you, sharing the table with them will help you to stay accountable and not give in to your cravings. Food is usually tied to connection with other, and we use it to celebrate. Celebrating in your healthy choices with friends can help to ensure success, and may just help to introduce you to new meal choices, expand your palate, and encourage healthy recipe sharing.

Sharing your journey with others allows you to connect, to be vulnerable, boosts your confidence, and builds courage.

**31.) Aromatherapy.** Your sense of smell is a powerful tool, and can have a significant effect on your emotional state and the chemical response in your body.

Essential oils can be greatly beneficial in reducing cravings, as well as restoring focus and calm. Good essential oils to consider diffusing or keep near you are: lavender, peppermint, lemon, bergamot, rose, rosemary, chamomile, frankincense, melissa, spruce, and cinnamon. Pure vanilla, while not an essential oil, will give you a deep sense of calm and satiety, reducing cravings.



LAVENDER  
VANILLA  
ROSE  
PEPPERMINT  
ROSEMARY  
CINNAMON  
LEMON  
BERGAMOT  
SPRUCE  
CHAMOMILE  
MELISSA  
FRANKINCENSE



**32.) Get your mojo running.** Having a good love life can reduce your cravings. Phenylethylamine (PEA) is an alkaloid stimulant produced by the amino acid phenylalanine. PEA, also known as a libido hormone, is a natural endorphin that makes you feel happy and increases sex drive, and is released in the brain when you are in love. Spicing up your love life will reduce cravings for PEA rich foods, such as chocolate, meat, eggs, dairy, beans, legumes, nuts and seeds.

**33.) Exercise.** Exercise shuts off the gastric juices, is able to decrease the amount of ghrelin (appetite stimulating hormone), and increases energy and serotonin levels.

*If you want to beat cravings with a natural appetite suppressant that gives you more energy and improves your mood, exercise more. Even just a short brisk walk, or a few jumping jacks can do the trick.*



**34.) Avoid MSG.** MSG (monosodium glutamate) is an additive used to enhance flavour, and can be hiding in foods as hydrolyzed yeast, or yeast extract. MSG can contribute to common allergic and behavioural reactions, headaches, dizziness, chest pains, and possible mood swings. MSG is an excitotoxin which overstimulates and exhausts neuron (brain cell) receptors. There is also a link to MSG and leptin resistance. Leptin is a hormone that controls the regulation and storage of fat. Leptin resistance may cause your body to be unable to 'hear' the message that you are full, and you will likely eat more, crave more, and store more fat.

**35.) Avoid artificial sweeteners.** Even if we are not consuming sugar, our body still gets stimulated to release a sweet signal to the brain when consuming sweets. Sweet tastes without calories, can cause us to crave more sweet foods and drinks. Your best bet for a natural calorie free sweetener is organic stevia, otherwise use natural sweeteners like honey or maple syrup.

**36.) Green Tea.** Green tea contains EGCG, is type of special catechin (a natural phenol and antioxidant) that increases hormones that provide feeling of satiety. This alone helps to reduce cravings, but the benefits don't stop there. Drinking green tea daily has been shown to help improve fat burning abilities, preventing storage of excess fat, and contains naturally occurring caffeine, which suppresses the appetite, further reducing cravings.



## MIGHTY MATCHA



SUCCESS

**Set yourself goals that you are willing and able to accomplish, so that you are aligned with SUCCESS.**

**37.) PROGRESS not perfection.** Many people like to employ the idea of a 'CHEAT' meal or day. I personally do not like this or encourage it as it is disempowering.

Cheating literally means to be dishonest, gain through unfair means, and/or avoidance. Why would you embrace this negativity as a reward system? You may wind up making yourself feel uncomfortable or even guilty for your actions. I want you to *achieve success on your terms, be fair and just to yourself, and face your fears head on, so that you come out on the other side of cravings feeling like a success.*

Instead of cheating, I would like to encourage you to make steady progress and give yourself *reasonable goals and allowances*, so that you can stay on track and maintain a positive mindset!

I do not think that 100% restriction is the right thing for everyone, *unless* it is a medical necessity or if you are 100% willing to commit and achieve that goal.

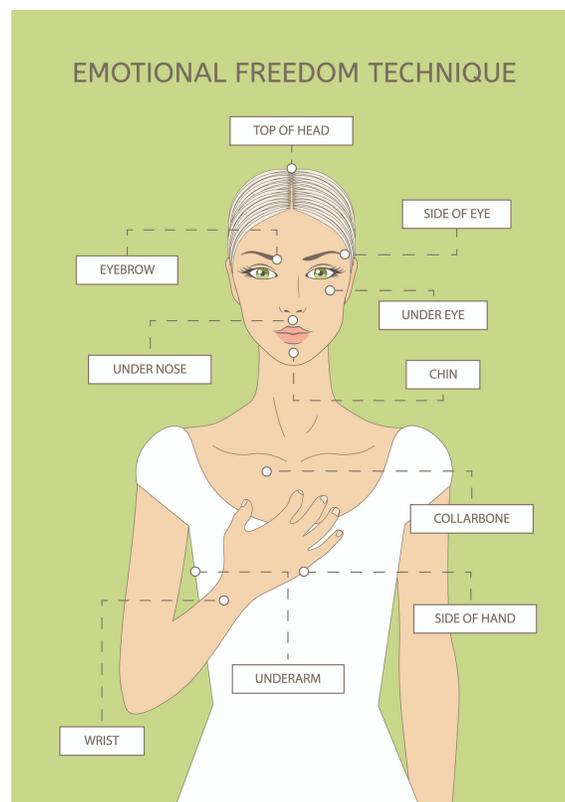
***Set yourself small goals that you can achieve to start building up your confidence and build yourself a healthy reward system.***



**38.) Antioxidant Amla.** Amla, aka Indian Gooseberry, is a superfood boasting more antioxidant power than any other whole food known to man! It has been used in Aruyvedic medicine for thousands of years with many uses and benefits. Amla helps to reduce cravings by improving digestive health, increasing mental focus, clarity, and energy, lowering blood pressure, and reducing and and balancing blood sugars. Amla can be taken in a dried powder form, and is best taken in the morning.

**39.) EFT.** Emotional freedom technique, also known as tapping, is wonderful at relieving the physical and emotional response to stress, thereby alleviating symptoms and pain. It is a form of acupressure, using specific points, to create a bio-energetic response. It's application can be used to reduce cravings and to reinforce healthy habits.

The Tapping Solution is a wonderful online resource to help you learn more. Here is a video by Jessica Ortner for Cravings: <https://www.youtube.com/watch?v=6YMLbvd61Cg>



**40.) Spell it out.** Try journaling. Most of the time, if we are experiencing intense cravings, they are linked to some kind of emotional attachment or trauma. As the body is releasing the chemicals attached to the substance or emotion it can be uncomfortable.

This can trigger a response to "feed" yourself to prevent you from dealing with the discomfort of feeling and/or experiencing the related symptom or emotion again. In this case, one of the best ways to nourish yourself is to explore your thoughts and feelings, so that you can finally acknowledge them and set them free.



**41.) Stress - Less.** Stress is often our number one excuse and trigger for giving in to cravings. In ancient times we needed quick energy in the face of stress to escape potential harm. Unfortunately the systems in our body that are in charge of this fight-or-flight response were not made to deal with all of the 'stressors' in our lives today. (ex: the body's stress response does not differentiate between being chased by a lion, and being chased by debt.)

Practicing regular meditation and other stress relief techniques has been shown to decrease cravings and lower our cortisol and adrenaline (stress hormones) levels, and can help you take charge of your stress related responses.

Donna Eden, a pioneer of energy medicine, shows us how to master our stress response and release anxiety in this video.

<https://www.youtube.com/watch?v=kU3san9Z84U>

**42.) Re-Patterning.** Maybe the reason you give in to your cravings is because you keep falling back into the same self-defeating emotional patterns. Try empowering yourself with statements for self-encouragement.

**Re-Patterning Statements for Self-Encouragement**

- I FORGIVE myself.
- I RELEASE the judgement I have placed upon myself.
- I CHOOSE to encourage myself.
- I KNOW I can trust myself.
- I AM FREE to love, support, and encourage myself, unconditionally.
- I AM conscious of my actions, thoughts, and behaviours.

**43.) Align and Affirm.** A simple way to *not* succeed in overcoming your cravings, is to not be aligned with your desired outcome. Maybe you want something, but deep down you are not willing to do it. Maybe you feel able, but you are not ready. We can easily fall victim to old beliefs or thought processes that no longer serve us in the goal we are trying to achieve, but that does not have the power to stop us. We always have the opportunity to choose different beliefs and outcomes for ourselves.

I desire \_\_\_\_\_.

I am willing \_\_\_\_\_.

I believe \_\_\_\_\_.

I am ready \_\_\_\_\_.

I am able \_\_\_\_\_.

*One of things that I have discovered works well for me in staying in alignment with my goals, and helps me to reaffirm them when I am struggling, is to create a contract with myself. By creating a contract you are essentially creating a promise that you want to keep to yourself. It is a contract that you choose and create, that aligns your heart, your mind, your spirit/will, and your soul, with your best and highest truth with regards to your wellness goals.*

*Feel free to use the below template as a guide in creating your own contract. Keep in mind that you have 100% control over making adjustments to your contract as you go, so that you can make the progress that you need based upon your ever changing present circumstances. Your contract has to work for you!*

## WELLNESS CONTRACT

On this day, (select a date)

I (your name)

take full responsibility to align myself with and adhere to the following wellness goals:

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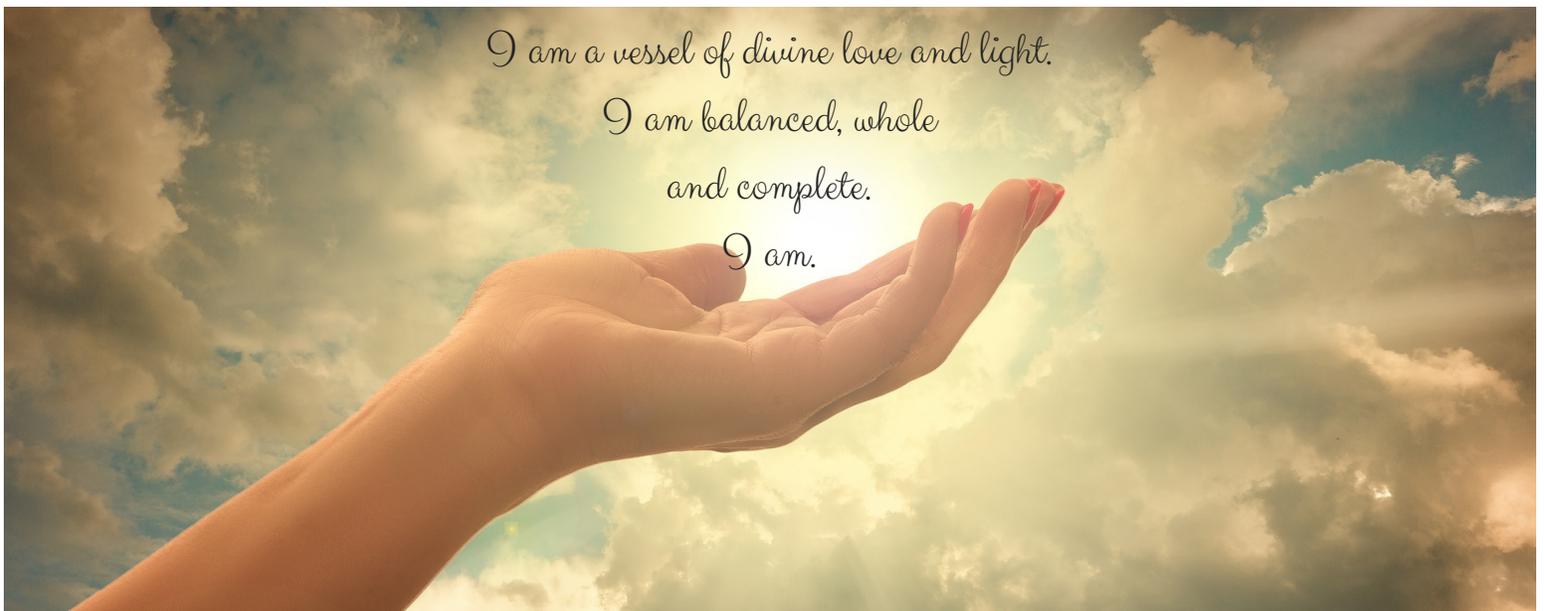
I understand that I am acknowledging and choosing that I am ready, willing, and able to achieve the above goals, and that this contract can be amended by myself at any time. All changes must be done consciously, and will reflect my best and highest good.

I commit to these wellness goals as part of my self-care so that I can give the best of myself to my relationships, my passions and my pursuits. I understand my body is the divine vessel and vehicle that allows me to share my love, creativity, and soul with the world around me. I choose to support and maintain it to the best of my ability.

(your signature) & (date)-----

This contract has been signed and dated and has been created and overseen by my higher self.

**44.) Feed your Soul.** One of the most profound things that I have noticed over the years while learning to master my own wellness, is the amount of space created by giving up on the things that no longer serve us. It gives us a feeling of expansion. However, by emptying ourselves of cravings, addictions, and negative emotional states, we are left with a space that can feel a bit disconcerting. We have been trained to feel full. When we suddenly feel like we have this space inside of us, we don't always know how to perceive this, or what to do with it. Often the immediate reaction is to stuff our face so that we feel more satiated. But this is only a temporary fix! What we are truly longing to do is fill that space with meaning, and connection. When we work to be craving free we give ourselves this tremendous opportunity to fill that space with things that make us feel more whole, more complete, more light, and more loved. Once that space has opened up for us, the only way we really have to fill it is to be open to receive that which brings us closer to our true selves. Find ways to feed your soul. Through prayer, through creativity, through nature, whatever way helps you to feel more connected to God/Source, or what aligns with your beliefs of a power that is greater than self.



I hope that you found this guide helpful.

If you want to discover more about the root of your cravings, learn more ways to empower yourself, and super charge your wellness journey and healing, visit my services page, or send me a message [myia@myiasparreboom.com](mailto:myia@myiasparreboom.com).

xo Myia



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