

YOUR FREE GUIDE



YOUR FOOD CRAVINGS GUIDE

HOW TO HEALTHILY HANDLE THE TOP 5 FOOD CRAVINGS



I am a Board Certified Health Coach who enjoys the company of good friends and convivial conversations over good food and fine wine.

I took my undergraduate degree in Nutrition for a career test drive in a hospital. After several years, I came to the conclusion that helping people before they get to the hospital was my life's contribution.

Health Coaching combines a love and appreciation for food with my knowledge of science-based Nutrition to help clients eliminate the noise in fad diets to find their individual health path to a healthy vibrant life.

“You can never get enough of what you really don't want. Identify what it is you're actually craving. This will save Time, Energy and Resources.”

— Izey Victoria Odiase

All of us have been the victim of sudden and sometimes severe food cravings.

We have all been there. Did you know that there are certain cravings that are common among women?

While these urges can vary in nature and intensity, they all tend to be towards the unhealthy side of the spectrum. I'll explain why in a moment...

Athletes would have you hone “self-discipline” as a counter to these cravings, but sometimes that alone isn't enough. Self-discipline *does* go a long way, but with this guide, you'll be able to pinpoint the root of your craving and apply more specific measures to reduce them.

I am going to teach you to listen to your body. Ready?



Chocolate.

Craving chocolate could mean your body needs magnesium. Some great sources are nuts, seeds and dates.

Yummm....Chocolate.

Probably one of the most common cravings and one of the most satisfying.

Indulging in chocolate might just soothe your hankering tastebuds but any nutritional studies will tell you that the rest of your body could go without this sweet treat.

Studies show that a craving for chocolate ***might actually point towards a magnesium deficiency and not just a hungry sweet tooth.***

To end this craving while making sure your body gets the nutrients it needs, switch to healthy magnesium-rich alternatives including likes nuts, seeds, and dates.

And who says nuts and seeds can't be just as tasty as chocolate?

Another option is to consume spinach extract. An interesting study showed a dramatic drop of 87% in chocolate cravings when a mere 5 grams of spinach extract was taken alongside a meal.

Spinach delays digestion and naturally fends off hormones that would otherwise cause cravings or hunger.

Carbs.

Craving the typical comfort foods can mean a craving for the happiness hormone.

Is pasta, bread, or even a plateful of mash potatoes on your mind?

We typically crave carbed up comfort foods when we're feeling down or going through an emotional time, and that's because these dishes increase Serotonin levels in our brain.

We're craving what is known as the "happiness hormone."

Since the essence of this craving is simply wanting a mood boost, the most appropriate things to try is exercising instead.

Exercising is scientifically proven to increase serotonin levels. But if working out isn't your strong suit, try and opt for something else that isn't food related that will help to lift your spirits.

Engage in a hobby, or simply talk to friends to make sure your mind and body stay happy. What's your happy hobby or quick fix exercise routine you can do when your carb craving hits?



When life gives you a hard time, a tub of chocolate-chipped ice cream sounds like the perfect solution. Right?

Ice cream, since child-hood, has been the go-to treat for when we feel down, need rewarding or need to cool down on a hot summer day. If the reason behind your ice cream craving is sadness or loneliness, it's a much better option to try reaching out to friend instead, or taking a hot shower to get your mind off things.

If you're looking for a healthy alternative, try out a banana swirl--all you need to do is freeze and blend bananas til you get a consistency similar to that of ice cream.

Besides reducing your cravings, the banana swirl has far less fat than the healthiest of ice creams, and it is rich in fiber and potassium. You can even change it up by adding flavor twists like raw cacao, vanilla, berries and honey. Have fun with your ice-cream making. No guilt!



Ice-Cream.

A craving for the cold stuff doesn't need to be a bad thing with this super healthy alternative.



Salty food cravings are often wrongly attributed to a personal preference for sodium-filled snacks.

Research shows, however, that the root of these cravings might actually be symptoms of stress. So before you eat that salt fuelled snack, ask yourself if you have stress in your life right now.

To conquer this particular craving try meditation or other mood-boosting activities. Take yourself away from work or the current situation for a bit and do breathing-control exercises.

Anything that lets you relax should help you fend off salt-urges.

If your body is still reaching out for that sodium, try switching to nuts and seeds. Pistachios and sunflower seeds in particular can help regulate sodium and curb cravings. You could also munch on some celery sticks and hummus for a naturally salty yet healthy snack.

Salty Food.

Is your salty food craving really a cry for help from your body for stress relief?



Sugar.

Sugar is found in just about anything, but could it mean your body really needs something else?

Who doesn't have a sweet tooth?

Sugar cravings are the most common yet have the potential to be the most devastating for your diet.

Sugar has been linked to just about all chronic illness and disease and wreaks havoc on your immune system, hormones and metabolism.

Studies have shown that a sugar craving can be attributed to a chromium deficiency. In order to get a fix of chromium supply your body with fresh fruits, fresh juices and smoothies.

Grape juice and apples in particular can help you cut down on your sugar-sprees. More alternatives include dates and honey - both of these will satisfy a sugar rush without harming your diet and go perfectly in a smoothie.

If you want to refrain from food alternatives, simply walk off the craving. A brisk walk for about 15 minutes and a glass of water can help suppress and control cravings for sweet food.



Mix and Match – do what works for you!

In the end, you have to find a method that works for you. Adopt as many healthy habits as possible like exercise and meditation, and try to find underlying causes like stress or sadness that might lie behind your cravings.

It's up to you to understand your body better and implement as many things as possible to reign in your impulses.

Are you committed to your health?

[Schedule a free 30 minute discovery call with me to begin your journey to your health goals.](#)

