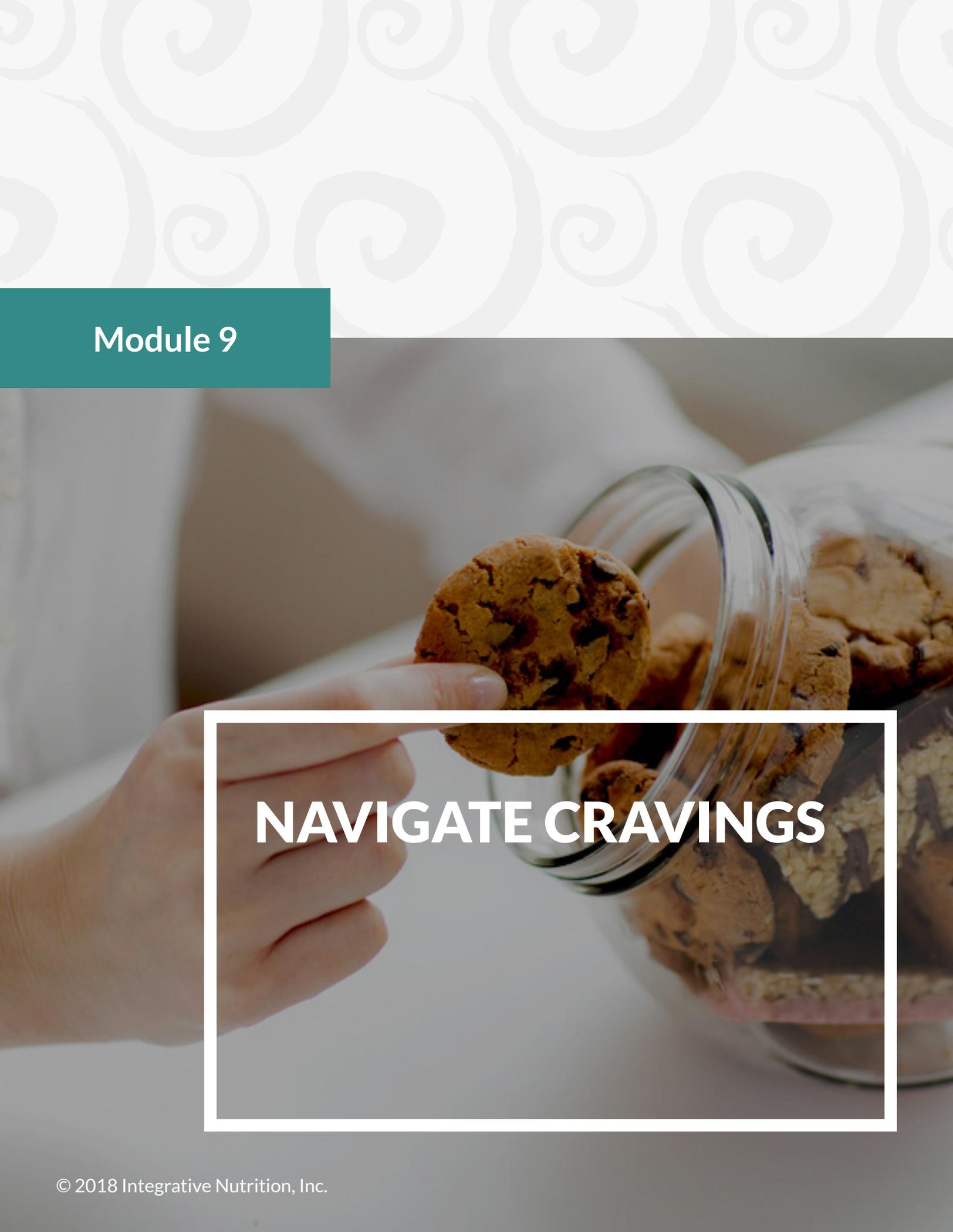


## Module 9

A close-up photograph of a hand holding a round chocolate chip cookie. The hand is positioned over a clear glass jar that is tilted and filled with several other cookies. The background is softly blurred, showing a white surface and a white cup. The overall lighting is bright and natural.

# NAVIGATE CRAVINGS

## PHYSICAL CRAVINGS

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Physical cravings can stem from a variety of factors. Read below for some suggestions on how to navigate cravings based on potential root causes. Use the column on the right to fill in your own specific ideas.

| Physical Cravings and Tips  | My Ideas |
|---|----------|
| <p><b>Dehydration</b></p> <ul style="list-style-type: none"><li>• Drink 1-2 glasses of water first thing in the morning.</li><li>• Drink a glass of water 30 minutes before every meal.</li><li>• Stay hydrated throughout the day.</li></ul>   |          |
| <p><b>Extreme hunger and overeating</b></p> <ul style="list-style-type: none"><li>• Tune into your body's needs.</li><li>• Focus on deep breathing.</li><li>• Eat regularly.</li><li>• Eat real, nourishing, whole foods: Vegetables, fruits, protein, healthy fats, and whole grains.</li><li>• Be mindful of added sugars and salt.</li></ul> |          |

| Physical Cravings and Tips   | My Ideas |
|--|----------|
| <p><b>Food History</b></p> <ul style="list-style-type: none"><li>• Use a tongue cleaner.</li><li>• Try healthier versions of ancestral foods.</li></ul>  |          |
| <p><b>Hormones</b></p> <ul style="list-style-type: none"><li>• Eat more fiber.</li><li>• Limit caffeine and alcohol.</li><li>• Move throughout the day daily.</li><li>• Prioritize getting 7-8 hours of sleep.</li><li>• Create space for self-care and relaxation, and respect your schedule.</li></ul> |          |
| <p><b>Lack of Nutrients</b></p> <ul style="list-style-type: none"><li>• Eat real, nourishing, whole foods: Vegetables, fruits, protein, healthy fats, and whole grains.</li><li>• Be mindful of added sugars and salt.</li></ul>   |          |

| Physical Cravings and Tips  | My Ideas |
|---|----------|
| <p><b>Season</b></p> <ul style="list-style-type: none"><li>• Try a “flexitarian” approach.</li><li>• Practice self-compassion, and let yourself enjoy some special foods!</li></ul>   |          |
| <p><b>Situations or Locations</b></p> <ul style="list-style-type: none"><li>• Try a “flexitarian” approach.</li><li>• Carry nutritious snacks that you enjoy.</li></ul>   |          |
| <p><b>Stagnant Energy</b></p> <ul style="list-style-type: none"><li>• Exercise more.<br/>(Intense exercise might decrease cravings. We often eat better when we exercise).</li></ul>  |          |
| <p><b>Yin-Yang Imbalance</b></p> <ul style="list-style-type: none"><li>• Listen to your cravings.</li><li>• Consider the big picture, including primary food.</li><li>• If too yin, add grounding foods and activities.</li><li>• If too yang, add lighter foods and relaxing activities.</li></ul> |          |

## EMOTIONAL CRAVINGS

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Emotional cravings can stem from a variety of factors. Read below for some suggestions on how to navigate cravings based on potential root causes. Use the column on the right to fill in your own specific ideas.

| Emotional Cravings and Tips  | My Ideas |
|--|----------|
| <p><b>Boredom</b></p> <ul style="list-style-type: none"><li>• Identify any other feelings.</li><li>• Create a list of non-eating activities so that you are prepared for when boredom strikes.</li><li>• Always have a current “project” that you can work on.</li></ul>                     |          |
| <p><b>Emotions and Stress</b></p> <ul style="list-style-type: none"><li>• Identify your emotion and what you really need/what’s really lacking.</li><li>• Connect specific emotions with specific cravings, and approach it with curiosity.</li><li>• Reduce stress where you can.</li></ul> |          |

| Emotional Cravings and Tips  | My Ideas |
|--|----------|
| <p><b>Primary Food Deficiencies</b></p> <ul style="list-style-type: none"> <li>• Try the <i>Circle of Life</i> exercise to identify which areas you need to “boost.”</li> <li>• Brainstorm what’s lacking in those areas and how you can feel more fulfilled.</li> </ul>   |          |
| <p><b>Rigid Lifestyle</b></p> <ul style="list-style-type: none"> <li>• Adopt a flexitarian mindset.</li> <li>• Practice self-compassion.</li> </ul>  |          |
| <p><b>Self-Sabotage and Limiting Beliefs</b></p> <ul style="list-style-type: none"> <li>• Surround yourself with supportive people.</li> <li>• Practice self-empowerment: Write down a list of your strengths/affirmations, and post them where you can see them daily.</li> </ul>   |          |
| <p><b>Social and Cultural Influences</b></p> <ul style="list-style-type: none"> <li>• Increase awareness of influences.</li> <li>• Tune into your body.</li> <li>• Create your own eating rituals: (Cook and prepare your own food; set the stage with candles, music; express your own unique intention or gratitude at mealtime, etc.).</li> </ul> |          |



**Are there times when your ideas above don't work?**



**Which ideas listed above can you try this week?**



**Who in your professional or personal life might benefit from this exercise?**

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

As with all nutrition approaches, the key is to find what works for you and to continually “refine” your strategies as you need to!