



HOW TO  
**STOP**  
CRAVINGS  
IN THEIR TRACKS!

# The 3-Step Solution To Overcoming Emotional (Over)Eating For Good!

# How To STOP Cravings In Their Tracks!

## STEP 1: NUTRIENTS

Nine times out of 10, when your sugar cravings are tapping you on the shoulder, it's most likely your body telling you that it needs vital nutrients that you're not giving it

In this case it's not about what or how much you are eating, it's about what you're not eating.

For me one of the hardest things to distinguish was whether i wanted to eat or whether I needed to eat...Because there usually wasn't a distinction between the two.

A great way to interrupt this pattern and make sure that i was taking care of the "my body needs something" side of things was to make sure I upped my nutrients.

And again it's not about what you're eating, it's about what you're not eating. And that's not always so easy...especially if veggies aren't "your thing".

Honestly, the idea of steamed broccoli and raw carrots just doesn't do it for me. I won't eat it.

If you want me to eat my vegetables, they better taste good!

Why?

Because you want to enjoy what you are eating, right?

So here is my personal trade secret for getting those nutrients in and keeping myself happy...

## **Make it taste good!**

Sauté that broccoli or asparagus in butter! Cook those onions and mushrooms in some coconut oil! And if ranch dressing will make you eat that salad...and actually let you enjoy it... put that ranch in there!

It's about giving your body what it really needs so it stops tapping you on the shoulder to go grab that bag of chips or that tub of ice cream.

And it's pretty much impossible for the brain to ignore you when you feed it what it needs

And this sets us up perfectly for part two of the formula:

## **STEP 2: MAGNESIUM**

Did you know that chocolate is high in magnesium?

If your emotional (over)eating is of the chocolate variety, when you get those got-to-have-some-right-now triggers, there's a good chance it's your body actually telling you that you're low on magnesium!

The trick is to simply add magnesium into your daily ritual. The cool thing is that it's good for so much more than simply relieving chocolate or sugary cravings.

Pretty much every metabolic reaction in your body depletes your magnesium supplies, so supplementing with magnesium could very well take care of a lot of those cravings and become your body's new best friend.

Then it's time for ...

### STEP 3: FEED YOUR FEELINGS!

With any drug, there's the high we get and those pleasure hormones like dopamine and serotonin that come with it.

But when it turns into addiction, our mammal brain is no longer just seeking the high itself, but the comfort and predictability and safety of being able to get that drug.

And this leads us to crave a hormone called oxytocin. It's the safety hormone. It's also nicknamed the love hormone.

But you know what else produces a crap load of oxytocin?

Eye contact, touch, intimacy, or the feeling of acceptance connection and care from another human. Your brain isn't calling out for sugar. Your brain simply wants the oxytocin!

So where are you feeding loneliness or boredom or your desire to simply feel connected... with food?

The biggest breakthrough with my sugar addiction came from the decision that I was going to start actually feeding my feelings – – not eating my feelings

And no B.S. and no exaggeration this same three step formula became the basis of me personally recovering from my addictive relationship to food and my struggles with emotional (over)eating

# Eat, Play, Love, & Live Pillars To Food Freedom

(The What, The Why, The How)

- ★ **WHAT:** What are you eating? Is it real? Does your body recognize it, and it is able to process it? Does it make you feel good? Does it [serve you/nourish you/feed you]? No foods are 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHAT you are feeding yourself.
- ★ **WHY:** Why are you eating? Is it because you require food and you are truly hungry? Or is it because you desire it, fancy it, or are craving it? Neither one is 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of WHY you are feeding yourself.
- ★ **HOW:** How are you eating? Are you feeling guilt, shame, blame, or comparison before, during, or after you eat (and in turn being bathed in stress hormones)? Is how you are eating stressing you out or costing you lots of time and energy? How you are feeling before, during, or after you eat isn't 'good' or 'bad', 'right' or 'wrong'. You simply want to be mindful of HOW you are feeding yourself.

# Eat, Play, Love, & Live Permission Slips To Eat!

## I Give Myself Permission To EAT!

- ★ I give myself permission to be mindful and intentional about what I eat, why I eat, and how I eat.
- ★ I give myself permission to ditch the dieting, the restricting, the weighing and measuring
- ★ I give myself permission to STOP taking food personally -- to ditch any shame, blame, guilt or comparison that comes alongside it.
- ★ I give myself permission to lay down the weapons of control, punishment, or persuasion around food.
- ★ I give myself permission to stop reacting, and start responding to food.
- ★ I give myself permission to enjoy food for pleasure, connection, culture, and a tickling of the senses.
- ★ I give myself permission to learn how to eat with permission, freedom, choice, and pleasure