



BACK TO BALANCE
NATURAL HEALING CENTER

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COMMON CAUSES OF CRAVINGS

WATER Lack of water can send the message that you are thirsty and on the verge of dehydration. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. Excess water can also cause cravings, so be sure that your water intake is well balanced.

EMOTIONAL NEEDS Being dissatisfied with a relationship or having an unbalanced exercise routine (too much, too little, or the wrong kind), being bored, stressed, uninspired by a job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of primary food.

OUR PAST Often times, cravings come from foods that we have recently eaten, foods eaten by our ancestors, or foods from our childhood. A clever way to satisfy these cravings is to eat a healthier version of one's ancestral or childhood foods.

SEASONAL Often the body craves foods that balance the elements of the season. In the spring, people crave detoxifying foods like leafy greens or citrus foods. In the summer, people crave cooling foods like fruit, raw foods, and ice cream, and in the fall people crave grounding foods like squash, onions, and nuts. During winter, many crave hot and heat-producing foods like meat, oil, and fat. Cravings can also be associated with the holidays, for foods like turkey, eggnog, or sweets.

LACK OF NUTRIENTS If the body has inadequate nutrients, it will produce odd cravings. For example, inadequate mineral levels produce salt cravings, and overall inadequate nutrition produces cravings for non-nutritional forms of energy, like caffeine.

HORMONAL When women experience menstruation, pregnancy, or menopause, fluctuating testosterone and estrogen levels may cause unique cravings.