



Maintaining a Healthy Appetite

Eliminating the Food Cravings that Damage Your Health

Nutritional deficiencies are one of the root causes of health problems. In the 1930s, a dentist by the name of Weston Price, toured the world studying the dental and physical health of indigenous people living on their traditional diets, versus the health of “civilized” people living on modern diets in the same geographical region. Over and over again, Dr. Price observed that the people living on the natural foods from the land had few dental problems (cavities, impacted wisdom teeth, etc.) and very little disease. Those living on modern diets were plagued with these problems.

Dr. Price collected samples of the foods these people were eating and had them shipped back to the states for nutritional analysis. He found that the diets of traditional people were more nutritionally “dense,” meaning that they were getting more minerals, vitamins and other trace nutrients when eating the same amount of calories.

Today’s agricultural methods, coupled with modern food refining and manufacturing technologies have made our food even less nutritionally dense than it was in the 1930s. One of the major problems with this is that we are driven to consume more calories than we really need, because to get the trace elements the body needs, we have to consume larger quantities of food. To make the situation even worse, modern food manufacturers actually study ways to make their foods more addictive, so that customers will be driven to consume more of their products. This contributes to many health problems, the most obvious one being obesity.

So, if you find yourself being driven to eat more food than your body needs, or have addictions to “junk foods,” you know you shouldn’t be eating, your problem isn’t a lack of willpower. It’s really a biochemical imbalance, brought on by nutritional deficiencies and addictive substances found in the foods you are consuming. So, if you are overweight or addicted to sugar, salt, greasy fried foods, chips, sodas, etc., you don’t need to emotionally “beat yourself up” over it.

When presented with a variety of natural foods, small children will naturally eat the foods which contain the nutrients their body is craving. Little children also stop eating when their appetite is satiated. However, as we grow older, we learn to “clean our plate” or otherwise ignore the subtle signals the body gives us as to what foods it needs and how much it needs to consume. This problem is compounded by the fact that we are eating processed foods which have been artificially flavored and colored to fool the body into thinking they contain the nutrients that we need.

So, the bottom line is that food cravings, overeating, binge eating, etc. are not the result of a lack of willpower or self-discipline. They are the result of biochemical imbalances in the body that result from eating foods that don’t provide the body with what it really needs to be healthy, and by learning to allow the head to override the stomach by not paying attention to the subtle clues the body is giving us about what it really needs.

So, to develop a healthy appetite, stop focusing on what you shouldn’t be eating and start focusing on what you should be eating. In other words, just start choosing to eat healthier, more nutritionally dense foods. Replace refined grains with whole grains. Substitute natural sweeteners (unprocessed sugar, honey, maple syrup, etc.) for simple sugars. Eat fruits and vegetables before eating other foods. The more whole, natural, unprocessed foods you eat, the more you expose your body to what it really wants and the more you will naturally desire healthy foods.

It also helps to take supplements that help to balance your blood sugar and supply the body with the trace elements it may be missing. If you crave sugar, you are probably hypoglycemic or otherwise suffer from blood sugar imbalances. Licorice root, HY-A and Super Algae can all be taken to stabilize blood sugar levels and reduce excessive cravings for sweets. AS with Gymnemia can also be helpful for controlling excessive hunger and the desire for sugar and simple carbohydrates.

If you find yourself craving fried foods and fats, you may be deficient in essential fatty acids. Try taking Flax Seed Oil or Omega-3 Essential Fatty Acids. CLA can also be helpful for reducing fat cravings and may even help with weight loss.

If you find that food cravings are associated with mood changes, that is, you eat to avoid feeling sad or depressed, 5-HTP Power or Mood Elevator may help. These combinations alter the chemical messengers that are out of balance and reduce your desire to “binge” to make yourself feel better.

The biggest deficiency most people suffer from is trace minerals. The trace mineral content of our foods has greatly diminished over the last 100 years. So, taking a mineral supplement like Colloidal Minerals, Mineral Chi Tonic or Herbal Trace Minerals can also help control appetite.

Starving the body is an ineffective way to lose weight because one is further depriving the body of the nutrients it needs. The best way to lose weight is to feed the body what it really needs so that food cravings are satisfied and appetite is regulated normally. For additional tips and suggestions on how to do this, contact your local herb specialist or nutritionist.

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P.O. Box 911239, St. George, UT 84791 (www.treelite.com)
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