



# Common Food Cravings

Craving This...	Reason is....	Restore with this...
Cheese	Essential Fatty Acids deficiency	Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts
	Calcium deficiency	Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
Pasta, white bread, pastries	Chromium deficiency	Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
Bread and toast	Nitrogen deficiency	Foods containing proteins, i.e.. Green leafy veges, nuts, seeds, legumes, grains
Red meat	Iron deficiency	beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption
Popcorn	Stress hormone fluctuations	Meditation, breathing exercises, exercise, leafy greens, vitamin B and C
Crisps	Chloride deficiency	celery, olives, tomato, kelp, Himalayan sea salt
	Essential Fatty Acids deficiency	Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts

## Flavour

Burned Food	Carbon deficiency	Fresh fruits
Acid foods	Magnesium deficiency	raw cacao nibs/beans/powder, Whole grains, beans, nuts, seeds, greens, fruit
Salty Foods	Chloride deficiency	celery, olives, tomato, kelp, Himalayan sea salt
	Stress hormone fluctuations	Meditation, breathing exercises, exercise, leafy greens, vitamin B and C

## Sweets

Chocolate	Magnesium deficiency	raw cacao nibs/beans/powder, Whole grains, beans, nuts, seeds, greens, fruit
Soda, fizzy drinks	Calcium deficiency	Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens

General sweets	Hypoglycaemia (low blood sugar)	fruit, high fibre foods (beans, legumes), complex carbs (grains), chromium (cinnamon)
	Tryptophan deficiency	spirulina, pumpkin/sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins
	Chromium deficiency	Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato
	Sulphur deficiency	cruciferous vege (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion
	Phosphorus deficiency	whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils

## Stimulants

Coffee or black tea	Sulphur deficiency	cruciferous vege (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion
	Iron deficiency	beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption
	NaCl (salt) deficiency	Himalayan sea salt, Apple Cider vinegar, kombucha
	Phosphorous deficiency	whole grains, pinto beans, pumpkin seeds, brazil nuts, lentils
Alcohol, recreational drugs	Calcium deficiency	Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens
	Glutamine deficiency	Cabbage, beetroot, beans, spinach, parsley, vegetable juice
	Protein deficiency	Green leafy vegetable, nuts, seeds, legumes, grains, beans
	Potassium deficiency	citrus fruits, bitter green leafy veges, banana, tomato, pineapple, black olives, seaweeds
	Avenin deficiency	Oatmeal, granola
Tobacco	Silicon deficiency	horsetail herb, nuts, seeds, oats, millet, barley, onions, whole wheat, beetroot. Avoid refined starches

	Tyrosine deficiency	Fruits (esp. Avocado and banana), whole grains, oats, legumes, beans, nuts, seeds, Vitamin C, veges
--	---------------------	---

## Eating Habits

Lack of appetite	Chloride deficiency	celery, olives, tomato, kelp, Himalayan sea salt
	Thiamine (Vitamin B1) deficiency	whole grains, peanuts, seeds, beans, green and yellow vegetables
	Niacin (Vitamin B3) deficiency	Peanuts, sunflower seeds, wheat bran and wheat germ
	Manganese deficiency	walnuts, almonds, pecans, whole grains, green leafy veges, pineapple, blueberries
Often overeating	Tryptophan deficiency	spirulina, pumpkin/sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins
	Tyrosine deficiency	Fruits (esp. Avocado and banana), whole grains, oats, legumes, beans, nuts, seeds, Vitamin C, veges
	Silicon deficiency	horsetail herb, nuts, seeds, oats, millet, barley, onions, whole wheat, beetroot. Avoid refined starches
Often snacky	No balanced diet, missing nutrients	Detox for a full week, substitute junk food for healthy meals

## More Bizarre

Crunching on ice	Iron deficiency	beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption
Laundry starch	Iron deficiency	beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption
Cigarette butts	Iron deficiency	beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Vitamin C for iron absorption