

Food Cravings

by Colleen Huber, NMD

If you crave this...	What you really need is...	Healthy foods that have it...
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium Carbon Phosphorus Sulfur Tryptophan	Broccoli, grapes, cheese, dried beans, calves liver, chicken Fresh fruits Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains Cranberries, horseradish, cruciferous vegetables, kale, cabbage Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, Toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily Snacks, Fatty Foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or Tea	Phosphorus Phosphorus Sodium Chloride (salt) Iron	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables Sea salt, apple cider vinegar (on salad) Meat, fish and poultry, seaweed, greens, black cherries
Alcohol, Recreational Drugs	Protein Avenin Calcium Glutamine Potassium	Meat, poultry, seafood, dairy, nuts Granola, oatmeal Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame Supplement glutamine powder for withdrawal, raw cabbage juice Sun-dried black olives, potato peel broth, seaweed, bitter greens
Chewing Ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned Food	Carbon	Fresh Fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. You need 8 to 10 glasses per day.

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Preference for Solids Rather than Liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. You need 8 to 10 glasses per day.
Cool Drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-Menstrual Cravings General Overeating	Zinc Silicon Tryptophan Tyrosine	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables Nuts, seeds; avoid refined starches Cheese, liver, lamb, raisins, sweet potato, spinach Vitamin C supplements or orange, green, red fruits and vegetables
Lack of Appetite	Vitamin B1 Vitamin B3 Manganese Chloride	Nuts, seeds, beans, liver and other organ meats Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes Walnuts, almonds, pecans, pineapple, blueberries Raw goat milk, unrefined sea salt
Tobacco	Silicon Tyrosine	Nuts, seeds; avoid refined starches Vitamin C supplements or orange, green and red fruits and vegetables



About the Author:

Dr. Huber NMD, is a Naturopathic Medical Doctor and Primary Care Physician currently practicing in Tempe, Arizona. Dr. Huber focuses on herbal medicine, nutrition, intravenous therapies, environmental medicine and acupuncture. She received her Naturopathic Medical degree from Southwest College of Naturopathic Medicine.

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