



Hunger and Cravings

You shouldn't feel hungry, which means (hopefully) you won't be craving sweets or carbohydrate-type foods. However, we're all emotional beings and a lot of us know that we crave comfort foods when we're having a bad day or just feeling like we "want something". If you find that you're struggling with this, you can try a couple of things:-

1/ Chromium – a fabulous mineral that halts sugar cravings and helps to keep your blood sugar as level as possible. Most health shops have it and so do we if you need it. Take 1 tablet at B/fast and Dinner.

2/ If you're feeling really hungry, you might need to add more healthy fat (nuts, flax, avocado, olive oil etc) to your meals or you may need a more substantial snack mid morning or mid afternoon. Play around with this and monitor how you feel.

Low Energy

Low energy can be an issue if your body has been used to getting a hit of sugar and/or caffeine to keep your adrenals and brain firing throughout the day. If you're getting an energy slump (especially in the afternoons) it's likely that your adrenals are working hard to keep your energy levels up and your blood sugar balanced. Eventually this will even out. In the meantime you can try one or more of these things:-

- Have a break and a cup of green tea or herbal tea
- Go for a walk, have a stretch and a change of scenery
- Do some deep breathing to get your oxygen levels up
- If you can, have a rest (just 10-15 minutes can pep you up again)
- Try a Multi-vitamin or B-complex with lunch (this will usually help to increase energy and keep your blood sugar levels from dropping too low)
- Have a small handful of raw nuts

Muscle aches and pains

Magnesium is my "go-to" for anything muscle related. It also calms your nervous system and helps you sleep. You can use magnesium in a few different ways:-

- Take a good supplement – 2 tabs or a tspn of Magnesium powder before bed
- Have an Epsom salts bath
- Use a magnesium spray on tired or aching muscles

Emotional Eating / Meltdowns

If you're fighting with the "I want bad food" monster, here's a great self-healing technique.....

- Stop and be still for a moment
- Acknowledge that you are giving yourself a chance to choose something different right now
- Take a deep breath and put your hand on your heart
- And from your heart, ask "why am I doing this right now?"
- Let the answer come when it's ready.....it might be fear of something or someone, loneliness, feeling lost, abandoned, frustrated, angry, resentful, exhausted, feeling not good enough etc
- Let this be OK... with your hand on your heart, tell yourself "I am here" and "how I feel is OK"
- Don't try to judge it or fix it. Let it be and breathe deeply.
- Then you can ask yourself "what could I do **right now** that will get me back into a good space?" It might be a walk, some stretching, 5-10 minutes of rest, a glass of water, a guided meditation, talking to a friend, having a bath, putting on some essential oils, watching a funny show, reading your favourite novel.
- And then go do it.
- You can use this practice multiple times per day. And here's a little secret...the more you do it, the better you will become at self-care and self-love.

If you have do have a "blow-out" or a bad day

- Stop beating yourself up
- Your body is still detoxing and the supplements are doing their job
- Take a deep breath and remind yourself that you are doing just fine
- Post about how you're going in the group.....you will receive help and support

If You can't always find Organic Produce

- Remember that simply taking out things like dairy, gluten and sugar from your daily diet can make a huge difference
- Get organic as when you can
- Find a local farmer's market and stock up each weekend on farm fresh produce
- Choose Free Range meat if you can't find organic meat