

FOOD CRAVINGS

Craving this: **Reason is:**

Restore with this:

COMMON FOOD

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	Do a one week detox , 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

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“Tanya Alekseeva is a Wellness Coach who specialises in Raw Food Nutrition and Detoxification options.

Tanya works with a variety of clients ranging from corporate organisations through to individuals and schools, to educate and ensure they achieve their most desired wellbeing and ultimate health objectives.

She is the founder of Better Raw and Corporate Crème in London, travelling nationally and internationally to provide seminars, workshops, detox programs and one-to-one coaching. Tanya is also an author of various books available on <http://www.betterraw.com/>“

x Tanya Alekseeva