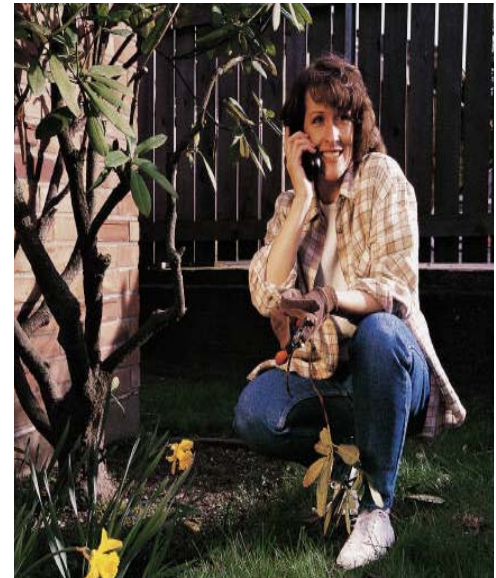


cravings

Four o'clock in the afternoon is a notorious craving time. As the workday comes to an end, many of us scramble down the corridor to the vending machine. So just what exactly are these cravings and can we do something about them?

Cravings can be caused by numerous factors, including stress, psychological and physical dependencies, mineral deficiencies and blood sugar irregularities.



The first step to alleviate the cravings is to avoid the 'trigger' foods that can cause the cravings such as highly processed foods; for example sweet biscuits and chocolate.

Cravings can also be due to blood sugar levels dropping. When blood sugar levels drop your brain sends signals to your body indicating that you need sugar and that you need it fast, hence the craving. This can often leave you feeling irritable and tired. The Quick Loss Program is designed to stabilise blood sugar levels and reduce the risk of this occurring.

To avoid cravings

- Follow your individually designed Quick Loss Program.
- Drink at least two litres of filtered water per day.
- Learn to determine whether your cravings are due to the fact that you are bored or upset. If this is so, practice self-discipline and focus your attention on something else for 10 to 15 minutes. Going for a walk or playing with your pet is always a good idea as well as calling a friend or doing some gardening.

Reference:

<http://www.womanslife.co.za/Default.asp?action=articlr&ContentID=838>

Julia Ross; The diet Cure , 2000

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