

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

"FOOD CRAVINGS, MOOD,
HEADACHES, AND HIGH
BLOOD PRESSURE"

April 2021

KUHLEFIT
RENEW YOUR VITALITY



AWARENESS IS KEY



Paying attention to the signs your body is giving you.

Turn on the television or radio and you will inevitably be bombarded with ads, marketing, over the counter drugs and supplements to help alleviate a range of symptoms. These symptoms are typically described as genetic or “normal” and appear to have few solutions (e.g., over the counter drugs, a special pill, or a new protein shake). You have likely heard of the magical blue pill that’s supposed to keep males hard and strong, ready for that intimate moment whenever it may strike.

I’m not arguing whether these “solutions” are good or bad, nor am I a doctor. However, I can say that many, if not all of these symptoms are treatable with the right steps. This month I will cover major symptoms from high blood pressure to sugar cravings and headaches and present clear and direct holistic solutions to managing, if not curing the concerns. This guidance provides direction and clarity on making drastic changes with simple approaches that are free of medications, special shakes, or anything over the counter

FOOD CRAVINGS



Food cravings can stem from a variety of reasons. Most people experience cravings within 1-2 hours after eating meals, later at night, and when boredom hits. The reason for the cravings will dictate the solution. If food cravings are stemming from boredom, then the simple fix is to get busy doing something. It can be as simple as going for a walk, reading a book, or listening to an intriguing podcast that will grab your attention. Truckers have multiple options available to them; turn on a favorite song, listen to an audiobook on Audible, or start that podcast you've been meaning to listen to.

Another potential rationale for food cravings stems from hydration. Many individuals cannot interpret the difference between hunger and thirst and generally fall into the category of being "hungry." Next time you find yourself hungry after eating, try including 1-2 glasses of spring water and give yourself 10-20 minutes before reaching for more food.

FOOD CRAVINGS



If cravings start 1-2 hours after a meal, there's a great chance that those cravings are food induced, meaning they came about because of the previous meal and what was likely lacking in terms of food quality. Choosing whole foods, organic in nature, and little, if any processing will be best to help mitigate these cravings. Another possible rationale for food cravings is related to blood sugar. If an individual has a bag of candy, there's a great chance their blood sugar will rise quickly. What typically follows is a steep drop in blood sugar which is highly stressful on the body (and can even be deadly).

This is what is known as hypoglycemia or low blood sugar. When this occurs, the body needs anything that will help raise the blood sugar back up to a healthy level and the average individual will likely steer towards more sugary treats. This creates a yo-yo effect of high and low blood sugar levels or hyper/hypo glycemia which perpetuates cravings, adds significant stress to the individual and creates hormone imbalance leading to weight gain. The easiest way to combat this is whenever you have a meal, make sure to include healthy protein and/or fats within that meal.

HEADACHES



Headaches are another symptom that is directly related to hydration levels within the body. When headaches occur, it is likely a result of dehydration. Hydration required to combat these headaches comes strictly from water. Yes, many other drinks include water (soda pop, teas, energy drinks) but with that water, these drinks also contain diuretics, or ingredients that actually dehydrate individuals. Caffeine is one of them.

Have you ever noticed that when you have coffee, the intestines and kidney are stimulated and you may need to use the bathroom shortly after? You may even rely on caffeine to help with some of these bathroom needs. Truckers may be apprehensive about including more water into the diet due to having to stop for more restroom breaks. However, if they're replacing their caffeine with water. Those extra breaks won't be needed. If this sounds familiar then it's a good sign water should be your best friend and be consumed daily. Half your body weight in ounces per day is a great goal for daily water intake.

HEADACHES



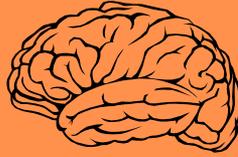
Another common reason for headaches is technology and access to screens. The blue light found in phones, tablets, etc. is a stressor on the eyes and creates alertness within the body. This stress can produce eye strain or even headaches from viewing screens too frequently or have the lighting too bright. Eliminate this stress by dimming your phone or computer at night. Using “night mode” on your phone or even downloading [justgetflux.com](https://www.justgetflux.com) onto your computer will reduce the amount of blue light being projected from the screen which can significantly reduce headaches and eye strain.

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MOOD



In my clinical work, I have seen a tremendous reduction in irritability, anger, depression and anxiety through the selection of healthier foods alone. Our mind and guts are connected via the vagus nerve and in constant communication with one another.

It's impossible for these two "brains" not to talk to one another every single day. Think about the first time you went on a date with a very attractive individual. You were likely thinking about it all day and maybe even multiple days leading up to the date. There may have been nervousness, jitters, or even butterflies from the anticipation leading up to the date. These "butterflies" have literally stemmed from the thought alone. Another example would be if you've ever eaten anything of poor quality and then noticed how your mood is. If you're like me, I'm much more short, annoyed and not fun to be around. The brain and gut are in constant communication.

MOOD



In the simplest terms possible, improving food choices will improve mood, happiness, and overall relationships. Choosing the right foods just isn't for looking good, it's for feeling great and having a great outlook on life too. Start with whole foods and ideally include them at every meal. If need be, go back to the previous months and look at quick healthy options that can be utilized while on the road. All of these will provide better quality nutrition than virtually anything on the road at a truck stop.

CLICK ME!



SNACKS

MEALS

BLOOD PRESSURE



Blood pressure can also be reduced with relative ease. The simplest step is hydration. Begin each morning with 12-16 ounces of filtered or spring water and stay away from diuretics (e.g., coffee, soda, energy drinks). Hydration alone can have a direct impact on blood pressure and help to lower it. This is yet another reason why hydration is vital for all aspects of health!

Salt has a bad reputation and can be touted as horrible for blood pressure. Many studies based this idea on processed table salt, not high quality sea salt. Table salt and extra sodium can be found in nearly every processed item in the store and should be reduced. Sea salt is a vital nutrient for the body and can supply up to 84 unique minerals. Table salt provides none. According to Dr. Batmanghelidj's book, "Your body's many cries for water" if you add a tiny pinch of high quality sea salt to a couple of glasses of water per day there can be an improvement in mood, hydration, and energy. Keep in mind that if you taste the salt, you've added WAY too much.

BLOOD PRESSURE



Breathing has another impact on blood pressure. Poor breathing mechanics can lead to increased stress levels and the increase in stress can cause an increase in blood pressure. Add some breathing strategies into your daily driving routine to slowly decrease blood pressure... Start with box breathing. Inhale for 4 seconds. Hold for 4 seconds. Exhale for 4 seconds and then hold again for 4 seconds. If you find 4 seconds is too long, start with 2 or 3 seconds and slowly build up. This breathing exercise can be done virtually anywhere you feel the need to manage stress.

CLICK ME!



BREATHING
TECHNIQUES

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