



TRUCKER **SERVICE** **ASSOCIATION**

 — **LIVE HEALTHY
DRIVER HEALTH** — 

"THE SECRET MEANING OF CRAVINGS PT.3"

June 2022

KUHLEFIT
RENEW YOUR VITALITY



CRAVINGS MINI SERIES - PART 3

The last segment to this mini series will help you make significant progress, if not fully eliminate, these pesky cravings. Over the last three months, we've looked at cravings from numerous angles. We've gotten curious about the meaning to our cravings, taken a judgment-free perspective, and also allowed ourselves an opportunity to acknowledge that these cravings do exist. We've covered asking if these cravings are actually for food or if they're stemming from our mental and emotional states, but this month, we'll look at these cravings from a physical perspective and uncover additional ways that we can put an end to many of them.

BLOOD SUGAR ROLLERCOASTER

What I have noticed in years of coaching is that our food cravings can stem from poor food choices themselves. We eat unhealthy foods high in sugar, experience a rush of energy and a lift in emotions followed by a soon-to-be drop in energy, a feeling of jitters, or even light-headedness. What we just experienced is a blood sugar roller coaster without the thrill of an actual roller coaster. This happens when we eat highly processed foods, or poor macronutrient ratios, that create a rapid rise in our blood sugar levels. The body senses this as a threat and releases insulin to help store the sugar to get it out of the bloodstream to rebalance. The body often overcompensates, and our blood sugar levels get too low creating a blood sugar crash—which is an even more serious stressor to the body.

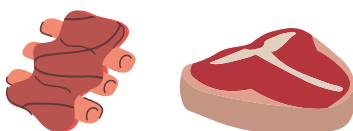
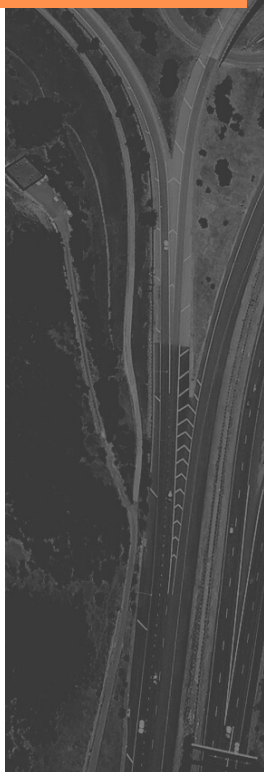


This causes us to abandon all logical decision-making around healthy foods and grab anything nearby that's high in sugar and easy to digest (typically unhealthy options) to quickly bring the blood sugar levels back up again. Eating these quick burning sugars once again causes us to get back on a blood sugar rollercoaster ride for round two (or three or four, etc). The easiest way off of this rollercoaster is to make sure we're eating adequate levels of protein and/or fat at each meal and staying away from meals that are only carbohydrate-based.



CHOOSING HEALTHY OPTIONS

Choosing healthy proteins and fats can help stabilize our blood sugar and aid in reducing rapid spikes or drops because they are slower for our metabolism to break down and digest. When eating any meal, shoot for quality meats and fats to minimize blood sugar spikes. Options such as chicken, beef, pork, avocados, nuts, seeds, and fish are great options that will allow a steadier blood sugar rise and drop that can help mitigate those nasty cravings for sugary treats. Don't take my word for it, try it out yourself! Your next meal, consider eating 50% from animal-based proteins and then 50% carbohydrates.



WHITE TABLE SALT

More times than I can count, I have gotten clients off of processed, refined white table salt and have seen cravings miraculously disappear!

White table salt is stripped of its potential 75+ minerals and trace minerals leaving simply sodium chloride in our table salt. Our bodies need these trace minerals from our diet because we cannot make them ourselves and these minerals are used in countless chemical reactions that allow our bodies to function.

What may happen when consuming sodium chloride, or white table salt, is that the body recognizes it has ingested salt thinking it should also be receiving the vital minerals that come with it. Those minerals are nowhere to be found because the processed salt has had it removed. The body sends the signal to continue to eat this salty food because it's sensed it hasn't gotten enough of the minerals it needs. The body goes back again to eat these salty foods, like potato chips, to get what the body needs to no avail—because it's not there. This craving can continue to happen until the entire bag of chips has been consumed.

Simply replacing white table salt with unrefined and unprocessed sea salt is a huge step in eliminating cravings, especially salty cravings! Try [Celtic Sea Salt](#) or [Redmond Real Salt](#) which both contain their natural trace minerals that the body is looking for and needs to function well.



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