



TRUCKER **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY
DRIVER HEALTH** 

"THE SECRET MEANING OF CRAVINGS PT.2"

May 2022

KUHLEFIT
RENEW YOUR VITALITY



CRAVINGS - PART 2

Last month we dove into cravings. I want to dust off this rock even more and look at it through yet another lens. These cravings are so prevalent and can lead to unhealthy habits, poor health, and even lead to serious health concerns such as high blood pressure, diabetes, and obesity. This means it's important to take a very close and comprehensive look. Without getting too "woo-woo," the human body is made up of multiple "bodies."


We have our "emotional body" that is in charge of all of our emotions, our "mental body" that encompasses all of our thoughts, and our "physical body" that is what you can see.



Paul Chek, an amazing mentor of mine, once taught me:

The PHYSICAL body feeds off of FOOD; 

The MENTAL body feeds off of THOUGHTS; 

The EMOTIONAL body feeds off of EMOTIONS. 

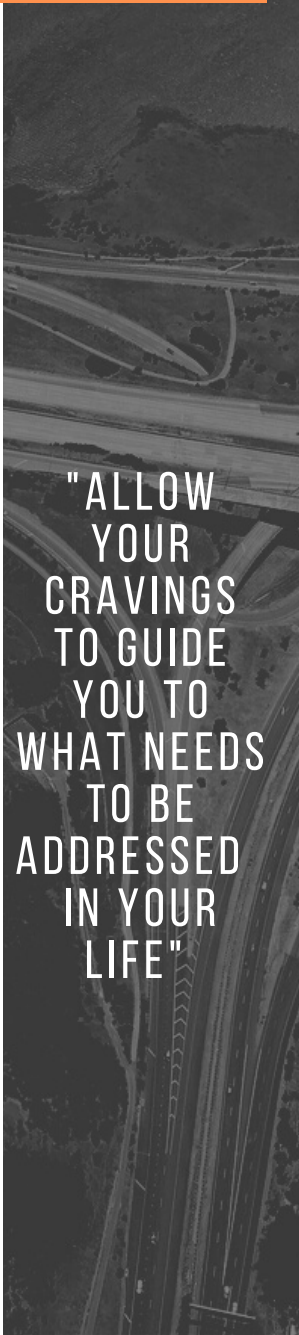
"SO WHAT ARE YOU SAYING, NICK?"

Many individuals struggle with cravings because they're not truly addressing the main culprit of said craving they're experiencing - which could have absolutely nothing to do with food!

Examples:

Do you ever notice when you are bored, you instantly become hungry? What's happening is the MENTAL body is needing stimuli and, without proper recognition, we ultimately try to fill that void with PHYSICAL food. We are neglecting the MENTAL body and trying to use the PHYSICAL body's nourishment, food, to fill a void that can only be filled by MENTAL nourishment.

It's all-too-common for individuals to become stressed out because of specific situations that elicit emotional responses. Maybe it's a break-up, loss of a job, or even a minor disagreement. Often, this said individual doesn't acknowledge that it's an emotional response that needs to be addressed and tries to fill that "void" with food - which does not work.

An aerial, grayscale photograph of a complex highway interchange with multiple overpasses and ramps, serving as a background for the text on the right side of the page.

"ALLOW
YOUR
CRAVINGS
TO GUIDE
YOU TO
WHAT NEEDS
TO BE
ADDRESSED
IN YOUR
LIFE"

ASK YOURSELF...

Next time your cravings come on, ask yourself, *"Is this craving an emotional, mental, or physical need that needs to be fulfilled?"*

If it's a mental or emotional need, be open, confident and vulnerable enough to express said thought or emotion. Please, allow that emotion to flow freely rather than trying to suppress or ignore it. Do you need more mental stimulus? Are you bored and need to be more active? Do you need to express an emotion and FEEL the pain, the loss, the discomfort, the anguish, the sorrow, or even the joy?

All too often we've been told growing up to not share our feelings or show weakness, especially for males. Women tend to be told that they need to be perfect and that they have to do everything themselves.

These can create mental and emotional blockage that will not be healed through physical food.

Am I taking on too much in my life right now? Am I saying "yes" to situations and events when I should be saying "no?" Do I need to ask for help?

These questions presented above are by no means an exhaustive list or gender specific. Please take a few moments and explore what could be going on at a deeper level before indulging in said craving. It will lead to healthier eating, promoting energy and improved moods, all while reducing stress and over eating. Allow the cravings to guide you to what needs to be addressed in your life!

The background of the entire page is a faded image of a white Volvo truck parked on a road. In the lower-left foreground, a man with short brown hair, wearing a grey suit jacket over a light blue shirt, stands with his arms crossed and a smile. The text 'TRUCKER SERVICE ASSOCIATION' is overlaid at the top in large, bold, black letters, with three stylized arrow icons (orange, black, and white) to the left of each word.

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH

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