

Embrace Food Cravings

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Craving food has had such a bad reputation; and being someone who feels that food is not the enemy, I want to discuss some ideas that perhaps can put cravings into perspective.

Eating is not just about digestion; we experience a full gamut of senses that help us to experience cravings as well as put the cravings to rest.

When we think of food, we often conjure up emotions. Thinking of a plate of cold liver may give you a different “feeling” than thinking of a hearty stew on a cold day or a fresh batch of chocolate chip cookies.

We tie food and memories together. If I say “Turkey and stuffing” many of us in the United States may think about a holiday dinner and gathering. There are memory triggers then, with food also, that can be pleasant or, unpleasant.

If we have an allergy or sensitivity to a food, we often are turned off of that food even emotionally; it isn't good for us body OR mind.

Depending on the people in your life, or your lifestyle, you may think of preparing food or even purchasing food a chore or embrace and treasure it.

When we prepare meals, we engage not only in sight but in scent and touch; it is a highly personal experience if we really think about it. When someone prepares food for you, it can be incredibly romantic; it is all about the intention in which we prepare or accept the food.

When the food is cooking, you have an added bonus of additional scents mixing with a sense of anticipation.

Eating unto itself, is incredibly pleasurable, and only in over-indulging is it a negative. Eating should be a pleasure; the pleasure helps to ensure that we are craving enough variety and amount of food to nourish our cells. When our bodies are working overtime with an illness, we often lose our “taste” for food. From a head cold to a stomach bug, we may lose five to ten pounds and need to eat soft, easy to digest meals to regain our strength. What if this was the case all the time? Would we get enough food and nourishment if there were not a pleasure factor in eating?

So, next time you have a craving, don't beat yourself up over it. Decide if you are hungry and craving the wrong foods (high in sugar or processed) and how to change that craving into a revolution of nourishment, and embrace without guilt, the experience of eating well.

It's all about changing your “Fattitude”..losing your F in your attitude, and soon your entire lifestyle will follow suit.

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