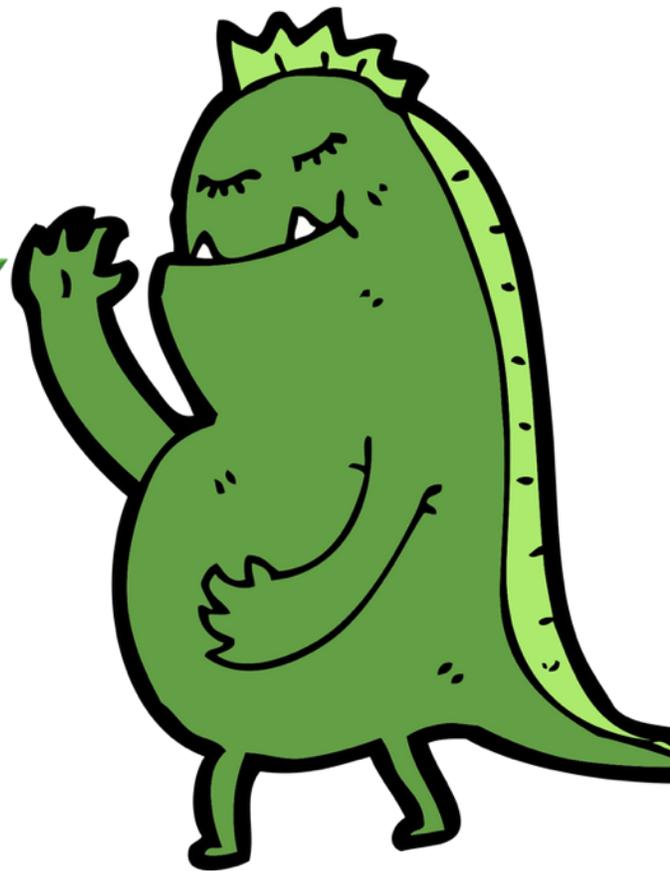




LESSON 4 BEATING CRAVINGS & BELLY BLOATING





We have all had cravings and belly bloating at one point or another, and sometimes they can be challenging to overcome. You are what you eat. Your body is a temple, and you should treat it with healthy foods. When you treat your body right, it will treat you right.

What is a craving? What is real hunger? What causes the belly to bloat? A craving is a sensation for food. Is a desire to chew, eat, masticate, or a need to fill some type of a void. Cravings can be physical or they can be emotional. Most cravings aren't real. They are emotional and last about 10 minutes. I've heard before that cravings are merely a detox, your mind releasing them.

Sadly, in our society, many foods have been chemically compromised to make us addicted to them! Things like breads, pastas, oils, fats, meat, and dairy...THOSE foods are addicting and foods that I like to call calorie empty foods. They are high in calorie and low in nutrients. So when you eat them, your body naturally wants to eat more of them because it's not getting what it needs from these foods. When you get away from unhealthy foods, you stop craving them. Why? Because your body cannot crave something that it doesn't have in it. Once you start eating more fullyraw foods and your body detoxes, you will crave less "bad" foods and you will start to desire GOOD foods like fruits and veggies! Let the cravings PASS. So here are a few ways to help you deal with cravings that will also eliminate belly bloating:



1) EAT FRUIT! Satisfy your need for carbohydrates! When you are satisfied, you won't crave anything else. I know it may feel like your eating a LOT when you first go raw, but keep in mind these foods are high in water content but lower in calories. I'm giving you permission to eat more! I want to be very clear that I am telling you to EAT MORE RAW FOODS... not deprive yourself when you have a craving. You simply need to eat the RIGHT foods for you! Wouldn't you rather eat raw food than stuff yourself with junk food that will leave you regretful later??

2) When you can, mono-meal because it helps to improve digestion and elimination and helps you to identify when you are full.

3) Eliminate addicting foods that cause belly bloating! Starches, fats, salts, artificial sweeteners, meat, dairy and sodas/carbonated drinks. Replace these with FullyRaw foods/juicy fruits such as: melons, apples, pears, oranges, grapes, cucumbers, mangoes, tomatoes, or leafy greens such as kale, romaine, spinach, arugula, veggies of your choice. Processed "foods" are all artificial or highly processed and very difficult for the body to digest, which creates gas in the digestive track and causes that belly bloat!

4) Speaking of how you will feel later.... THINK ABOUT HOW YOU FEEL AFTER YOU EAT JUNK FOOD. Thinking about eating something is different than acting upon it! When I first went raw, I would get cravings, and I would think about HOW I would feel after eating it. It was an instant turn off for me.



5) Exercise: it takes away your appetite, and it can distract you. It gets you focused on a positive way to get lean and in shape rather than sitting at home thinking about food. Get outside, get fresh air, and spend time in nature. It's very healing.

6) Learn your true signs of hunger and BE STRONG! I know that when I am hungry, I feel true hunger in the back of my throat, and my whole mouth with start to salivate. My body will let me know it needs fuel! My stomach will most likely be flat and empty. I leave about 5-7 hours between my meals, and I don't snack. I know when I am hungry, and I will then eat until my heart's content. I eat enough to get me to the next meal. Learn your true signs of hunger and be STRONG enough to respect and honor them!

7) Drink a LOT of water to stay hydrated; however be sure to always drink water 30 minutes before your meals. I recommend a BIG glass of at least 32 ounces when you first wake up. If you eat during or after meals, this dilutes your digestive juices which equals less efficient digestion.

8) GO RELAX. Get a massage! When you are relaxed and more at peace, you are emotionally and physically in a better place. You won't have that desire to nervously munch and your muscles won't be as tense or bloated because you are relaxed.

9) SELF AFFIRMATION, BODY-LOVE, AND THERAPY. Work on yourself. Get to the root of the problem. If you are very emotional at this part of your life, you may be emotionally eating and not eating because you are physically hungry. It may take a bit of work to really hone in and focus on the issues or struggles before you, but I have faith in your, I am here for you, and I know that you can get through this!

10) Eat earlier! Late night munching is dangerous if you aren't eating FULLYRAW. When you eat earlier, you can spend the rest of your night relaxing and doing other things.

Your body is a temple! Show it love by RESPECTING it and honoring it with GOOD FOOD. I have faith that you can, now you have to have that faith too! :)

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