

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

MAY 2021

YOUR BODY'S MESSAGE FOR CRAVINGS

The body is a biocomputer. Your heart never misses a beat and your lungs never miss a breath. Your body is constantly processing information and making internal adjustments to maintain homeostasis. When we experience a craving, it may be a message from your body that something is out of balance. By acknowledging the craving, exploring its origin with nonjudgmental curiosity, and proceeding from a place of empowerment, we can begin to navigate our craving with mindfulness. In exploring the origin of your cravings, you may want to ask yourself the following questions:

Is this craving occurring alongside a particular emotion or physical feeling?

Making this distinction can be an empowering feeling. It allows you to pinpoint and treat the actual cause, not the symptom. Although there are many physical and emotional feelings that may lead you to crave particular foods, fatigue and stress are most common. When people are tired, they not only eat more but are also more likely to make poor dietary choices. The more stressed people are, the more they tend to look for comfort in food – and this can particularly include calorie-dense or highly palatable foods.

Is this craving tied to a habit?

Sometimes people may gravitate towards a particular food out of routine. For example, due to a drop in blood sugar, you may start craving snacks during this time of day simply out of habit. Rather than going on autopilot, take a moment to tune in to your body. A brief moment of mindfulness may be enough to help you distinguish between craving something out of habit versus craving due to actual hunger or a desire to mindfully and intentionally enjoy a particular food.

Listen to what your body is telling you and enjoy exploring the deeper message that may exist in some of your cravings. Rather than feeling controlled by cravings, the empowered approach allows you to be a curious investigator seeking out the best choice for you at the time.

BLOGS OF THE MONTH

INTUITIVE WELLNESS

<https://www.wellnesswithsandy.com/post/intuitive-wellness>

CAUSES OF CRAVINGS

<https://www.wellnesswithsandy.com/post/causes-of-cravings>

DID YOU KNOW?

There are a lot of different strains of magnesium available, but not all of them perform the same functions in our body. Did you know that Magnesium L-Threonate has been clinically tested and shown to permeate the blood-brain barrier to support healthy brain function? With a more robust cognitive function, this can enhance our learning abilities, promote long-term & short term memory, and support a healthier response to stress,

Feel free to check out my Instagram page and my website for more information and updates!

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