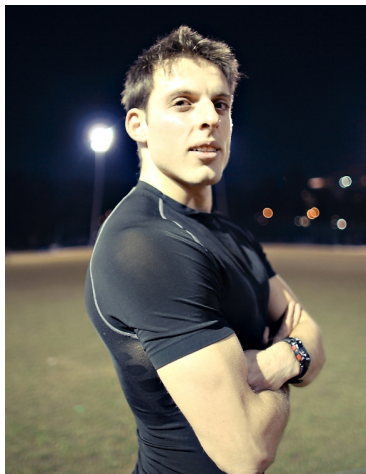


# Food Cravings Buster Pack

**By Ben Wilson**



**Section 1 – Breaking a Food Craving**

**Page 3**

To break a food craving you need to do a little preparation work. Once you have completed the ten step sheet you can use it whenever needed.

**Section 2 – Breaking out of a rut**

**Page 11**

Sometimes you just seem to be in an extended long period of eating badly and being lazy. Use this process to snap out of it and back into action

**Section 3 – Preventing food cravings before they happen**

**Page 14**

The key to long term success is how few cravings you are ever asked in the first place. This means that you must remove the cause of nutritional based cravings and create a way to both reduce emotions and handle them without food or drink.

## SECTION 1 - Breaking a Food Craving

The following exercise is designed to allow you to break a food craving. The methodology to do this involves both working on the symptom (the eating of the troubled food) and on the underlying cause (the reason you even contemplated eating it in the first place). Without the latter element being addressed you will always be fighting a battle using the last ditch food avoidance measures. The underlying causes of cravings and addictions are biochemical based (wrong fuel mix ratios, low blood sugar levels, thirst, neurotransmitters) and also emotional based. Therefore any solution must include a complete nutritional approach ideal for your body and also a behavioural approach which greatly reduces your emotional haze (Emotional Freedom Technique) and replaces the behavioural need for the removed food.

### Questions about your behaviours in relation to the food

#### 1) What are the current reasons you eat the food / uses of it?

For example, do you eat it because it tastes nice (adding pleasure), it is exciting (breaking boredom), because there is nothing else to eat (satisfy a craving), to feel better (suppress emotions), extra energy etc. The reasons you eat may vary depending on the time and circumstance.

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#### 2) What are the most common places, worst times and locations where your eating goes awry?

For example, do you eat chocolate straight after work each day, during first break. Do you find eating is worst on a Saturday morning than weekday morning? Do you eat at home, in work etc?

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#### 3) What would you need to not eat this food?

For example, to not have cravings to battle against, to not be dehydrated, to understand the negative effects of the food on my body, an accessible food substitute, something else to do instead of eating it.

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**4) Identify substitute foods to consume in the most likely times and locations of you worst eating**

For this be aware of food sensitivities as well as removing junk. You need to set the rules of the game. It is important however to distinguish between what you think is the worst food for your body, what your head wants to eat and what actually is the worst food to consume. Make sure any substitute foods can be traded like for like, e.g. you cannot cook a meal if you only have a 5 minute break at work. Use the food priority form on the page three

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**5) Identify substitute behaviours to provide the same emotional reasons you eat the food**

To meet the emotional needs that the food provided identify some substitute behaviours that fulfil the same need that eating did, e.g. something to do, to make you feel happier etc. Use the alternative behaviours list on the page four. Ensure the substitute behaviour is applicable at the time you need to use it, e.g. going to the theatre may be fun but that will not help you on your afternoon break.

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**6) Identify the negatives of eating your worst foods**

Try to think of all the motivators to not eat your worst foods. Often these motivators are not logical facts of nutrition but more issues that just spur you into action, e.g. not wanting to be like some people you know who eat food, being sick and tired of eating something, aligning with your values etc

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**7) Identify substitute behaviours to provide the same emotional reasons you eat the food**

Try to identify thoughts that really spur you into action. Avoid general statements like “feel better” which motivates no one and make it relevant to you

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Rank your most desirable foods in the left hand column and then rank which foods have the best and worst effect on your body. For this let the body tell you the answer and not your head.

No.	Most desired food list	Effect of foods on your body
1		<b>Very bad effect on body –</b>
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		<b>Bad or poor effect on body -</b>
19		
20		
21		
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**Alternative activities list.**

Use this form to identify non food or drink related behaviours you can use to fulfil the same reasons you may use food now. There are nine different sections to identify substitute activities. Write down your immediate thoughts and then read this list daily and add more ideas as they come to mind. It is common to find you have forgotten / stopped doing many activities you enjoy doing. Write everything that applies to you. It is important to read this list almost daily in the early stages as you will often forget all these tasks when you are actually in the mood state set out below. The nine sections are:

**Bored / Wanting excitement** – It is common to eat when bored. Think of the activities that you find exciting to do or interesting. This may be a selection of passive activities , e.g. reading, watching film etc or more active activities e.g. walking, sports etc. Aim to get a broad selection applicable in times you do eat for boredom.

**Down / Too much emotions** – Identify what activities you can do when you are feeling down. Try to think of a variety of tasks that can be applied to the different types of feeling 'down' you may experience. Emotional Freedom Technique (EFT) should always be a potential strategy to use when feeling down.

**Reminder to past / childhood** – Often we eat to remind us of the past. What non food or drink activities remind you of times from the past? This could range from looking at holiday photo albums to playing a board game you used to love when young. Using anchors is also a great way to remind you of the past.

**Just for fun** – What things do you enjoy doing simply for the sake of it? Often these tasks are specific to certain conditions, e.g. walking but only if sunny day. Try to forget other peoples influence, the outcome of doing this tasks e.g. does it make you better and identify things you do simply for the fun of it.

**Satisfying tasks** – what tasks do you do that when done make you feel satisfied. This may mean you do not hugely enjoy the activity at the time but at the end of it you feel good.

**Inspirational Enlightening** – What activities simply bring you to life? What things make you not only feel amazing but it is also in line with what you want to be doing.

**Thoughts that make you happy** – What subjects simply make you feel good thinking about them. This may be part from your past, individual people or certain interests. The use of anchors in this area is an effective way to bring back great thoughts quickly.

**Things to do with friends** – What non food or drink related activities can you do with friends? Understand that not all your friends would want to do all of the activities and try to think of why they are doing the activities in the first place, e.g. if they go to the pub to quash their emotions and socialise then suggesting sitting still in a cinema will not fulfil that requirement, shopping however may suit.

**Bigger things to do in life** – This refers to things you can do which excite you but are not really applicable for daily use. For example, you may love going to the theatre but when you are looking for excitement in your half hour lunch break it is not applicable. This area includes holidays etc.

<b>Bored / wanting excitement</b>	<b>Down / too much emotions</b>	<b>Reminders to the past / childhood</b>
Read book – Travel, Nutrition, Self help, Other Learn languages Plan travels Exercise	EFT – Fear of money - Death related Bath - Detox Music Plan future / solutions	Play Christmas music Play super Nintendo Look at photo album. Talk to school friends etc Use anchor
<b>Just for fun</b>	<b>Satisfying tasks</b>	<b>Inspirational / enlightening</b>
Read Tin Tin Play with cats Play music	Tidy house Sort room / boxes etc. Learning new skill	Athletics Track Touch rugby Writing book (pressure free)
<b>Thoughts which make you happy</b>	<b>Things to do with friends / social</b>	<b>Bigger good things to do in life</b>
Travelling Cats – Dogs – pets Sports – NFL, rugby,	Track / touch rugby / gym. Cinema / show Walk London / local	Go workshop / seminar Sports events Weekend away / Holiday

<b>Bored / wanting excitement</b>	<b>Down / too much emotions</b>	<b>Reminder to youth</b>
Just for fun activities – Anchors –	EFT – Anchors - Just for fun activities / reminder to youth –	Anchors -
Just for fun	Satisfying tasks	Inspirational / enlightening
Thoughts which make you happy	Things to do with friends / social	Bigger good things to do in life

### **Breaking a binge before it happens**

In the vast majority of times we eat emotionally or consume a food we would rather not eat we usually get a warning or two. The craving will build up to the moment. This may happen quickly but you still have an opportunity to intercept it. Print this page and carry it with you and try it when you have a food craving.

Please note if you keep non getting cravings to battle against then you have not addressed the causal reasons and this will forever be a stop gap measure. Return and examine your nutrition and emotional management plan.

Complete and print out the ten step summary on page 8.

- 1) **Remind yourself of your substitute foods and eat it** (Question 1 above)
- 2) **Drink some Water** (Consume a quarter to half pint maximum)
- 3) **Challenge it physically – Brush your teeth, work your stomach muscles and change posture**

Brushing your teeth after eating is an anchor most people have to say you have finished eating. Many people also find if they do a very quick and gentle exercise or two that targets their stomach muscles (or any area you do not want to get fatter) it reminds you of your goals. Finally, it is common place for people to adopt a certain posture when eating junk foods. Change this and it changes your emotional state.

- 4) **Remind yourself of the negatives of doing this behaviour**

Identify specific negative motives that will spur you into action (or out of action). This is as equally likely to be because you don't want to be like your friend who is always eating rubbish as it may be some nutritional facts etc. You should know / have at least 5-6 negative motivators that motivate you to not want to do this action

- 5) **Remind yourself of the benefits of achieving your goals and not doing the behaviour**

Remind yourself the benefits of both achieving your goal and the benefits of not doing the behaviours. Again focus on things that actually spur you on and not general statements which do not actually hold any motivational reasons to act this way.

- 6) **Remind yourself of how food does not help you emotionally.**

It is vital you understand that food never provides an emotional support. It is an illusion it helps you emotionally. As food never change s the situation nor dissolves any emotion any support you receive will simply be a convincing illusion. Even if it were true believing it to be so is very unhelpful for your mind -body. Try to think of other times when you have eaten food and felt no better afterwards or times when you didn't eat the food and felt fine afterwards.

- 7) **Acknowledge and accept that though you will not eat the food today it is not the last time you will ever eat, but simply not today.**

Many people are just about to leave the craving alone and then a voice says "if you do this now then surely you will always be able to do it and thus you probably will never eat this food ever again". This drives you to eat it for "one last time". This is unhelpful, instead tell yourself (and believe it) that you will probably eat this food at some point again in the future and you will just leave it for now.



**8) Perform EFT for 1- 2 minutes on eating this bit of food.**

Perform EFT for one to two minutes saying the following statement as you go through the tapping points (see my website for details on this)

“Even though I want to eat \_\_\_\_\_ to feel better even though it will make me fat, unhappy, depressed and have health problems I accept myself for loving this great food”

To see a video of how to do Emotional Freedom Technique (EFT) go to –

<http://www.one2onenutrition.co.uk/Newsletter-2008/Emotional-Freedom-Technique-EFT-Demo.htm>

**9) Perform EFT on any general levels of emotions you may be experiencing.**

If you have an excess of emotions then simply look to do some EFT on how you are feeling in general. Tap along to the EFT points while saying the following statement below. If any more specific statements jump into your mind feel free to insert them.

“Even though I feel all this emotion I accept myself for it and understand I am a good person doing my best and that it will pass soon”

**10) Do one of your substitute alternative behaviours.**

With your emotional need hopefully quashed and your nutritional need met by your substitute behaviour. Now perform an alternative behaviour from your list to meet the behavioural need of the food

If you find the craving has passed go back to whatever you were doing but congratulate yourself greatly on avoiding that food craving. If you ended up eating the food then do not beat yourself up. Look to learn from the incident. Whatever the outcome you need to return to your nutritional plan and review any reason this may be producing cravings. Likewise do the same with your current emotional management strategies.

**Breaking a food craving summary (Print, complete and use!!)**

**1) Remind yourself of your substitute foods and eat it** (Question 1 above)

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**2) Drink some Water** (Consume a quarter to half pint maximum)

**3) Challenge it physically – Brush your teeth, work your stomach muscles and change posture**

Teeth brushed – Y/N  
Exercise 1 –  
Exercise 2 –  
Posture change – Y/N

**4) Remind yourself of the negatives of doing this behaviour**

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**5) Remind yourself of the benefits of achieving your goals and not doing the behaviour**

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**6) Remind yourself of how food does not help you emotionally.**

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**7) Acknowledge and accept that though you will not eat the food today it is not the last time you will ever eat, but simply not today.**

**8) Perform EFT for 1- 2 minutes on eating this bit of food.**

“Even though I want to eat \_\_\_\_\_ to feel better even though it will make me fat, unhappy, depressed and have health problems I accept myself for loving this great food”

**9) Perform EFT on any general levels of emotions you may be experiencing.**

“Even though I feel all this emotion I accept myself for it and understand I am a good person doing my best and that it will pass soon”

**10) Do one of your substitute alternative behaviours.**

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## SECTION 2 - Breaking out of a rut (stopping a binge)

The reality of long term behaviours and results is that for some of the time (the majority) things are going well, for some of the time things are going exceptionally well and you feel almost untouchable while for a period of time the opposite is true and you feel you are in a rut.

Though ideally this would never happen it is more than likely that it will occur. Your long term success is how you respond to these moments and snap out of them rather than hoping they will never occur. Likely times you may develop into a rut include holidays periods (summer, Christmas etc), weekends away, hectic periods at work, emotional events etc. It is also common to see a natural decline in behaviours steadily over a period of a few weeks. This situation can also be treated using the process of breaking a rut.

Depending when you are reading this the response may be slightly different. If you are reading this during or very shortly after eating a binge of food then it is important to finish the binge and then use the energy you have (usually anger, or annoyance at yourself) to channel effective behaviours.

A point to note about side tracking and being off course is yes it is a natural part of life and everyone goes through it. However, if this repeatedly keeps happening then you may need to return to basics and look at the underlying reasons. This may return you to following the wrong plan (perhaps your body has changed), unhelpful beliefs have developed or you are under excessive emotions. In such cases you may need to return to the basic programme and not keep using this to paper over the cracks.

### Breaking out of a rut!

- **Stop any current binges** – If you are in a middle of a binge then take on board some water. Consume up to a litre over the next 3 hours. Eat your substitute food and ensure you consume some fat with this as well. Follow this by doing 10 minutes of EFT for craving foods. Reminds yourself that food gives you nothing emotionally and though you are stopping this binge you will have this food again but you choose not to have any for now. See breaking a food craving document for more on this

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With the immediate binge over now it is time to focus on getting out of the rut.

- 1) **Plan food and meals out** – Choice is an enemy of being in a rut. Remove the choice by planning out your meals for the next 3-5 days. Use the form on page 3. This does not need to be a meal plan of any grandeur. Simply select a protein, carb and fat source at each meal. Write it down on the form and put it somewhere you can see.
- 2) **Buy the food ready to eat** – If choice is the enemy of being in a rut then a lack of preparation is the weapons that cause the damage. Cook food you will eat over the next few days, or buy it ready to eat etc. Point being is that food should be there with you right now. If you take food to work then buy it ready to take (or make it etc)
- 3) **Support cravings** – to support any possible cravings that may come up in the next few days ensure you have purchased a supply of water that can be kept with you. For some sweet cravings you may also want to consider using 5-HTP. This can be bought from a local health food shop. It is also important to ensure all your meals have protein and a fat source.

- 4) **Do some exercise** – Get out and move your body. It does not matter what you do or how long or how hard. Simply do something. Try to choose something which takes your fancy or seems enjoyable. Tune into the thoughts that may seem to be putting you off and resolve, e.g. I can't face a 20 minute run – therefore do 5 minutes on a bike, I do not want to do level 15, therefore go for a walk or stretch etc
- 5) **Get tapping** – Almost every rut will have some negative emotions involved. A bout of EFT will do wonders for clearing the mind. Look to use EFT on any immediate pressing concerns, any present tense stresses that may be causing your health and fitness behaviours to go awry.
- 6) **Schedule in some Exercise and EFT time for next 3-5 days** - As well as your meal plan look to add in some exercise and EFT. Makes sure any time is equally spent between the two areas, e.g. do not focus on EFT solely at the expense of exercise or vice versa. Write this in your diary and / or food plan. Use the exercise and EFT guidelines as outlined in points 4 and 5.
- 7) **Follow your plan** – Follow your food, exercise and EFT plan over the next few days. Stick to it and ensure you have everything to do to stick to it without too much thinking. During this time re-motivate and organise.
- 8) **Re-motivate and organise** – It is always important to retake stock and re-evaluate why things are going wrong and what needs to change to return to the status quo. Throughout this process take a quizzical yet forgiving mood on your behaviours. It is not much help beating yourself up, ranking yourself as one of the most evil or pathetic people in the country or anything else your mind wants to make up.

Answer the following questions to see if it reveals anything you can implement, resolve etc:

- Why are you in a rut right now with your health and fitness behaviours?
- What has changed from the last time you were doing well with your behaviours?
- What particular situations are forcing your behaviours to go awry? How can you get around this?
- How many cravings are you facing each day / week? How many of these are biochemical cravings? e.g. nutritional, hydration, desire for eating within 2 hours of eating etc (Maybe your body has changed or your meals have from before)
- How much time have you spent reducing your emotions using EFT? Has the overall level of your emotions increased?

	Breakfast	Lunch	Dinner	Snack
Day 1				
	Exercise time -	EFT time -	Food cravings - ( ) (within 2 hours)	
Day 2				
	Exercise time -	EFT time -	Food cravings - ( ) (within 2 hours)	
Day 3				
	Exercise time -	EFT time -	Food cravings - ( ) (within 2 hours)	
Day 4				
	Exercise time -	EFT time -	Food cravings - ( ) (within 2 hours)	
Day 5				
	Exercise time -	EFT time -	Food cravings - ( ) (within 2 hours)	

### SECTION 3 – Preventing food cravings before they happen

To stop food cravings you must first satisfy the different types of hunger

#### **Hunger – The six types of hunger**

Most people think hunger is just hunger but this is not the case. There are in fact six types of hunger. It is vital you understand what these are otherwise you will find yourself addressing emotional issues when you should be addressing nutritional ones and vice versa.

In my experience the nutritional reasons account for way over 50% of most peoples' cravings and in some case 100%. This means that you are blaming yourself for being weak willed and a bad person when the truth is you simply are miscalculating what you should eat. In this case you are not a bad person but a victim of the ridiculous healthy living model which has been imprinted upon us through misguided expert after expert.

The six types of hunger do not need to happen independently of each other. They can combine. When this happens you will find you are grabbing for the first thing available. Let me explain more about each of the types of hunger:

#### Normal hunger –

Normal hunger is a natural and calm desire for food. The hunger builds gradually and evenly. It can usually be battled against fairly well until it rises to a high level. This natural feeling should be listened to. This hunger will always be present throughout your life. This hunger is countered by eating an ideal meal for your body and ensuring you eat regularly.

The goal of any programme to get into shape should be to create a situation where this is the only type of hunger you experience in your life. When this is the case you will feel calm, controlled and have an easy relationship with food.

#### Water hunger –

A thirst for water is almost indistinguishable from a normal hunger feeling. It usually grows gradually and evenly. It will be like normal hunger in that it is a fairly calm request on the body and you can easily manage it. However, if you keep eating instead of drinking water when you are water hungry you may find yourself continually eating and not understanding why.

It should be pointed out that a water hunger is not the same as feeling thirsty. When hydration levels drop significantly you will crave water. This is easy to spot. A water hunger is when you are slightly dehydrated but not enough to feel thirsty and hence you can confuse the signal as hunger.

This type of hunger is easily countered by drinking water regularly throughout the day. Ideally you would have some water every hour. Small quantities but regularly works best for the body. Look to consume around 200ml per hour (just under half a pint) of pure water.

#### Cell energy hunger –

A cell energy hunger is one of the most common causes of hunger and perhaps the biggest reason people wrongly blame their eating on emotions.

A cell energy hunger comes when you eat a meal with the incorrect ratio of Protein: Carbohydrates: fat for your body. When this happens you will get a hunger feeling, often in the form of a sugar craving, anywhere from 15 minutes up to 3 hours after eating.

The hunger will appear quickly and can become very strong. The feeling is uncomfortable and there is a real desire for food. It is not in your head! Resistance to this hunger is difficult. You should not beat yourself up for eating poor foods in this state but I would beat myself up for letting it happen in the first place.

The best way to counter this is to eat each meal with the correct ratio of Protein: carbohydrates: fat for your body. This can be found out through experimentation and using food reaction forms.

<http://www.one2onenutrition.co.uk/newsletter%20articles/Metabolic-typing-Ideal-fuel-mix.htm>

#### Blood sugar hunger –

This is perhaps the most powerful hunger of them all. When your blood sugar levels drop below a certain value your hormone system begins to kick in to regulate your metabolism. This puts an unwelcome stress on your body long term and in the short term produces some very strong food cravings and hunger. The onset is fast. When certain values are hit in your blood glucose levels you will be hungry and this will come with a massive sugar craving.

Resistance to blood sugar cravings is very difficult. It is not just a natural hunger, but it comes with the body in a biochemical panic as low blood sugar means the brain may not get enough fuel and this is of highest priority. Most people associate blood sugar with diabetes and hyperglycemia. However, a large percentage of the population suffer with the other end of the problem with their blood sugar dropping too low (hypoglycemia) or find their levels are just unstable and hence they are often fighting this hunger feeling.

Anyone suffering low blood sugar hunger should not be harsh on themselves for eating rubbish but should focus on how it got to the state of being low in the first place. Low blood sugar problems can be resolved in the short term by eating regularly and ensuring you are eating in accordance to your ideal ratio of protein to carbohydrates to fat. However, blood sugar metabolism is a sign of many different biochemical inputs, therefore, long term resolution comes from addressing your body's overall functioning and health.

#### Addictive substance hunger –

An addictive substance hunger is another cause of that hunger feeling. It is linked to your neurotransmitter balance. This hunger operates in the background as a sort of uneasy feeling. The hunger neither comes nor goes, it is just there affecting you. It is usually more a craving over a hunger feeling. This is almost always mistakenly viewed as an emotional hunger.

#### Emotional hunger –

True emotional hunger has nothing to do with nutritional cravings. An emotional craving has a very fast onset, often instantaneously. You see a picture of a chocolate bar in a magazine and all of a sudden you are craving it, you receive a phone call that makes you angry and immediately you are snacking on some biscuits. Maybe you speak to someone about money then immediately you are having a cake or perhaps you meet someone who reminds you of a person from your past and you descend into a night of drinking. The emotional cause of your poor eating may be obvious, e.g. just broke up with partner or much more subtle like some of the examples above.

### The interplay of the different hungers –

It is when you experience more than one hunger that most people crack and end up eating rubbish. The most common reason being an emotional hunger in combination with one of the other types. Physiologically the worst hungers come from a combination of cell energy hunger and low blood sugar. It is difficult to not eat poorly in this situation. Yet plenty of people go on day after day in this state. So no wonder they are eating rubbish foods.

It should be pointed out that hunger varies greatly between individuals. This is due to biochemical individuality. As a result you may find you are strongly affected by a cell and blood sugar hunger which means you are always eating. Other people may not experience these as much or at all and thus will wonder what your problem is, do not worry about what they think. They do not have an understanding of how these hungers feel and if they were to experience them they would behave similarly to you. If you are someone who is confused about why some people are always hungry then the best description would be to imagine really needing to go to the toilet while sitting in a room with six free cubicles. You can hold out for a while but it is only a matter of time before you cave in.

The key thing for results is to not allow situations where more than one hunger can hit you in combination. Ideally you would only ever experience a gentle normal hunger. The best way to counter the six hungers is to never let them affect you. This is done by prevention, through drinking water, eating regularly with the right amounts of protein: carbohydrates: fat and addressing any blood sugar, neurotransmitter or emotional issues as needed.

### Fear of hunger

The fear of hunger is often a cause in itself for desperation eating. Any one who has suffered with cell energy hunger and especially blood sugar hunger will often hold a great fear about becoming hungry. At the first sign of any hunger, which may be a natural and a normal hunger feeling they panic and eat ASAP with whatever is within grabbing distance. This same fear also holds when that person knows they cannot eat for a few hours. They over consume greatly to carry them through to the next meal.

As a society the view to hunger has also changed in recent years. Hunger has now become something that is feared across the board, something that is not allowed to happen. There seems to be a feeling that experiencing a slight bit of hunger and having to wait an hour for dinner could be likened to suffering starvation. It is now almost unacceptable to be hungry, if you feel a slight sensation then you immediately must eat.

In years gone by this was not the case. You would be told by your parents that dinner would be ready in an hour and you would have to grin and bear it. You were given a set amount of food to take to school or work and that was your lot. This day and age food is everywhere and mere slightest grumble of hunger has us running off to buy something. In general very few snacks will fulfil your body and they soon will create a cell energy hunger which will again have you running back to the food store to quench this ‘unacceptable feeling’. Despite having more food than any other society in history we have not used this food to remove our hunger. This is because our disastrous model of healthy nutrition creates as much hunger as it does satisfy it.

The truth is it is ok to experience a natural and normal hunger. Any other type of hunger you should resolve the underlying issue that created it, e.g. for water hunger, keep hydrated, emotional eating, resolve the emotions etc. However, a natural hunger is fine to live with for a few minutes to an hour. If you go too long then this does become a bad thing. It will veer towards a blood sugar hunger and this is something that definitely must be avoided.



The way to resolve your fear of hunger is to first begin to identify the different types of hunger that exist. This will allow you to become aware of which hungers you are experiencing and what you need to do to resolve this. When you are able to remove all the hungers but natural hunger, you will find that you can indeed sit with this feeling if you happen to get hungry an hour before dinner or similar. Do understand that at no point are you trying to avoid eating by battling through hunger. Any strong hunger is a cry from your body for something and for long term results you must give your body everything it needs. Trying to starve yourself thin is an awful and ineffective way to produce results and will never allow you to be in truly amazing shape.

Once you have controlled the biochemical influences on hunger then you are left with just emotional hunger and associated behaviours. This is a significant issue and it is one of the key areas that distinguishes people who are looking fantastic and their out of shape counterparts.

## **Handling Emotions**

When the nutritional hungers are accounted for you will only get knocked off track by your emotions. To address emotions you can either reduce the amount of emotion you are experiencing. This is best done using Emotional Freedom Technique (EFT), or find ways to handle emotion that does not involve behaviours that have a negative impact on your health and fitness! The best solution of course is to combine them both!

### Emotional freedom technique (EFT) –

Your emotional haze is a fuzzy collection of emotions made up from unresolved past event, evaluations of your current life, day to day stresses and future concerns. We have two ways to cope with it. One is to find methods to manage the emotions that do not involve food or drink and the other is to reduce the actual emotions felt.

EFT is the single most effective strategy for reducing negative emotions. It really comes into its own when it is used to resolve emotions from the past and in tackling future concerns and worries. The reasons EFT works is not truly understood but one thing is for sure, it works! It can produce remarkable results. If your strategy was to do just 10 minutes of EFT a day you would see massive changes in both your emotional well being and also your emotional eating.

Using EFT on any emotional issue will reduce the overall level of emotions you feel. It is this overall level that influences your emotional eating. Therefore, you can do EFT on any stressor or emotional event and it should help to reduce the desire to eat. Always have at the back of your mind how eating is pointless when it comes to handling emotions anyhow and you will soon see behavioural changes.

<http://www.one2onenutrition.co.uk/articles/Emotional-freedom-technique-EFT-the-mind-articles.htm>

## **Overview of positive strategies to control your emotional haze.**

The most effective way to reduce the emotional haze and be in amazing shape is to use activities that do not harm the body and not only distract your mind from the emotions but reduce the actual emotions you are experiencing. This is the way to achieve effortless results long term. I will run through the major possible methods at your disposal but the limit is only your imagination and finding out what does really inspire you.

### Hobbies –

These days it is becoming rarer and rarer to find people with hobbies. This is such a shame and is no surprise that it is yet another correlation with our increasing waist lines. Hobbies are awesome. They are something you enjoy, you choose to do and they usually fill you with inspiration, which aligns itself with the higher levels of happiness.

Hobbies come in all shapes and sizes but recently they have become replaced with mindless TV watching. When you are engaged in your hobby you have much better things to do than eat or worry about your problems in your life because you are concentrating on something and losing yourself in your passion.

There are no rights or wrong to hobbies, they are whatever you find inspires you and you really enjoy doing. It could be going to a dance class, riding horses, playing sports, playing a musical instrument, chess, fishing, gardening, languages, ice skating, drawing, painting, writing, sewing, knitting, walking, swimming, making models, acting, singing, yoga, meditation, pets and many more.

Everyone should have a few hobbies. A hobby should be something that inspires you but at the same time does not have too much emotional involvement in terms of your ego. Activities without ego appeal to inspiration. When you start confusing your hobby for something that determines your self worth (ego) then it becomes a little serious. You think, "I must make this picture I am painting good otherwise I will be a bad artist and then that means I am a bad person which means.....". all of a sudden your hobby is now contributing to your emotional haze. When doing your hobby you should just do it for the love of it. When this happens you will find yourself inspired and inspiration reduces the present tense emotional contribution to your haze.

If you can easily do your hobby then look to get into it as often as possible and especially when emotions have built up. The more often you do it the more you will dissipate the emotions felt. However, some hobbies cannot be just done ASAP as equipment is involved etc. This is why it is important to have more than one coping strategy. If your hobby cannot be done immediately then use other strategies or hobbies for situations where you would normally grab food. For example, you may be into sailing, this is not readily accessible mid week but maybe reading a book about sailing could be.

#### *Meditation, visualization, emotional and spiritual healing –*

These techniques are similar in their form as they involve spending a few minutes to quieten the mind and thus allowing you to relax. This is a good strategy and can be massively beneficially to your mindset.

However, I would be a little wary of relying on these as your strategy to resolve and reduce your emotional haze, manage it yes, but to reduce it they will often not be powerful enough alone. I have met too many very spiritual people who also meditate regularly who do not show the level of peace of mind that their efforts have put in. This is because it is a coping strategy rather than an emotional reduction technique. Hour for hour these strategies are not as effective as doing EFT.

Do not misquote me, these strategies are highly effective as a coping technique. They are a great way to manage your emotions so you do not need to eat junk food or drink etc. However, for effective long term results you need to reduce your emotional haze as well as increase your natural non food related coping ability. Therefore, meditation and related disciplines will almost always need to be accompanied by other techniques to reduce the emotional input into your haze.

#### *Reading the right books –*

Reading is a great method for coping with your excessive emotions. Look to find books that inspire you and try to avoid books that depress, bore or link to negative events from your past. The more inspirational the book, the greater it's effect on allowing you to handle any excess emotions without food.

If your emotional haze contribution is mainly from your present tense evaluation of life then it is very important for you to self help books that can aid in changing your view point of this. I would highly recommend you start by

reading books by Michael Neill. He has some of the very best and practical views on happiness, achievement and life. He is also very much without the fan fare that many self help 'gurus' bring.

If you are feeling stressed, open up your favourite book, or read one on self help and improving the problem areas of your life. Such positive action immediately reduces the emotions involved.

### Exercise –

Using exercise as a way to cope with your excess emotions is very powerful. It is a win-win situation. Doing it not only stops you eating junk food but it also accelerates you towards your goals. The key for making exercise a strategy for handling your emotional haze is that it needs to be enjoyable. For this to happen you must drop any resentment you have, which usually comes from the feeling you have to do it rather than want to do it and the feeling there is something better you should be doing with your time.

The key is finding exercise that you enjoy. This could be an exercise class, a running club, the gym or training alone outside. If you are the kind of person who does not have a clue what exercise is, then learning about how it works is a task that must be done on your journey to be in amazing shape. Until you know and feel comfortable doing exercise it can never become a consistent emotional management technique.

Find a way to make exercise enjoyable for you. I have not met many people who do not enjoy exercise when they are taught it correctly. The key is learning to enjoy it. Sadly, way too many people have negative associations of exercise from the past. These could be painful cross country runs, losing at school or remembering the resentment and lost feeling in previous gym attempts. When you get past these you will have a very powerful strategy for coping with emotions and also be greatly enhancing your body and look.

When you enjoy exercise you will find yourself naturally thinking, what a tough day, I am going to do some training, or I need to get to the gym this lunch time it has been a stressful morning. Training before likely events where your eating may go wrong usually makes you more resistant to negative behaviours. Please note if you use food as a reward still (why?...It is pointless) then you may find yourself eating more bad foods after an exercise session. This means you need to change your thought process and stop thinking you can eat rubbish food as a reward for exercising.

### Helping people –

When you help people it gives you a great feeling of satisfaction, fulfilment and inspiration. It is a powerful way to help yourself emotionally and great for the other person too. Helping others is a gift you give out. It could be in a small way or through a larger favour. The key for you to receive the great benefits of helping and giving is to do it unconditionally. All too often when you help someone it is in exchange for something at a later date. This takes away the inspiration you receive from it.

Look to give help to other people but for no other reason than to enjoy the experience of giving.

Ways to give and help people could include visiting a friend in need, helping a neighbour, volunteering a few hours a week for a good cause, helping your children with their projects, fundraising, doing sponsored events or simply paying someone a genuine compliment.

The more you help people unconditionally the better you feel and this will allow you to handle your emotional haze more easily. If you are feeling down then help someone, this may simply be paying a genuine compliment or something more time demanding but either way it will benefit you as much as it will them. This will often be enough to avoid grabbing food in a futile attempt to handle emotions.

Where helping people gets a bad name is when it is done under duress and is borne out of resentment. The type of helping I refer to here is helping someone out of your own choice and inspiration simply for the sake of helping them. It is different to being made to help your partners family move house because there will be a big argument if you do not.

Doing tasks that bring satisfaction or doing things that are fun –

Performing any task that produces great satisfaction is more worthwhile than using food and drink to try to curb your emotions. Often these things can be your hobbies but other times it can be regular household tasks. I love cleaning things up when the house is very messy. It brings a good sense of satisfaction. Infuriatingly for anyone who lives with me though is that I have very little interest in tidying anything before it gets into a state of disaster. This may apply to you, or maybe you have a room you have been meaning to sort out or to decorate. These are often the ideal tasks to drop back into doing when emotions are a little high.

When it comes to doing things that are fun, the list is almost endless. It could be going to the cinema, a concert, sports match, museum, theatre, day out to the zoo, the park or anything else that does not involve food or drink. These are similar to hobbies but the difference is, a hobby is something you do regularly. You may only go to the theatre once a year and the cinema occasionally. However, in combination these one off events produce many great things to do. If you are feeling a bit down or life is getting too much then go and do one of these different activities to clear the mind.

Listening to music

Music is one of the most soothing ways that you can ease away emotions. Playing your favourite songs, or music that reminds you of good times is a powerful way of eclipsing any negative emotions felt. If you want to, then dance and sing along as well. Music opens a pathway to freedom and happiness like no other method can.

It has a soothing effect and allows your mind to cope with emotions. It can used to calm and relax the mind, to cheer you up, to energise you. It just depends on which songs you are listening to. It can also be used to bring up emotions from the past which then can be tapped away using EFT. I feel everyone should have an extensive collection of music on their computer or in their record collection. An I pod should be a must have tool for anyone wanting to get into shape. When you are feeling down you can release and energise your spirit with your favourite songs.

Planning the future

A powerful and immediate path to inspiration is planning a future event. Inspiration and hope are both at the same level. When you are planning future events, be this a holiday, new house, wedding, career, business, a hobby, children or one of many thousands of other possibilities it fills you with hope, excitement and inspiration. This is a powerful way to feel good. Instead of eating food and feeling miserable, open up your planning book (a book where you write thoughts about the future) and begin to detail possible future actions you would like to do. Before you know it you will be full of warmth and feel renewed enthusiasm.

Other possibilities – TV, films, spending time with your partner, friends.

There are other ways to behave outside the ones above when you are feeling too an excess of emotions and have the desire to eat drink. Other fine strategies are watching TV or films. In this area you must be careful it does not descend into mindless and de-motivational watching TV for the sake of it. Sex is another great way to spend time with your partner and is yet another method which is better than eating junk food.

Simply spending time with your friends or your partner is another great way to choose to use your time. Ensure that any time spent with someone does not have a behavioural anchor that says you should both eat junk food when together. If it does, then break that anchor so you can just spend time without ruining your body.

### **Conclusion**

If you resolve the biochemical reasons for the cravings. Then reduce your overall levels of emotion while simultaneously developing alternative behaviour patterns you will banish food cravings for ever!