

Food Cravings

HOW TO HANDLE FOOD CRAVINGS

WHAT YOU CRAVE	WHAT YOU NEED	EAT THIS INSTEAD
 CHOCOLATE	 MAGNESIUM	 NUTS, SEEDS, VEGETABLES, FRUITS
 SWEET & SUGARY FOODS	 CHROMIUM CARBON PHOSPHORUS SULPHUR TRYPTOPHAN	 BROCCOLI, GRAPES FRESH FRUITS NUTS & VEGGIES CABBAGE, CAULIFLOWER SWEET POTATOES, SPINACH
 BREADS, PASTA, ETC.	 NITROGEN	 DARK LEAFY GREENS (KALE, COLLARDS, ETC.), NUTS & SEEDS
 OILY FOODS	 CALCIUM	 BROCCOLI, ASPARAGUS, KALE, MUSTARD GREENS, BOK CHOY, FIGS, DATES, PLUMS
 SALTY FOODS	 CHLORIDE SILICON	 CELERY, TOMATOES, LETTUCE, SEAWEEDS CASHEWS, NUTS & SEEDS

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Cleaning your kidneys, skin, and liver naturally involves adopting a healthy lifestyle and incorporating certain practices:

1. **Hydration:** Drinking an adequate amount of water helps flush out toxins from your kidneys. Aim for at least 8-10 cups of water daily.
2. **Balanced Diet:** Consume foods rich in antioxidants, such as berries, leafy greens, and fruits, to support kidney and liver health. Reduce processed foods, sodium, and sugar intake.
3. **Herbal Teas:** Dandelion root, nettle leaf, and parsley teas are known for their detoxifying properties that can support kidney and liver function.
4. **Regular Exercise:** Engage in physical activities to improve circulation, which aids in detoxification and overall health.
5. **Limit Alcohol and Caffeine:** Excessive alcohol and caffeine consumption can burden the liver and kidneys. Moderation is key.
6. **Skin Care:** Keep your skin clean by gently washing it with mild, natural products. Exfoliate to remove dead skin cells and promote skin health.
7. **Detox Baths:** Epsom salt baths or using essential oils like lavender or rosemary can support skin detoxification.
8. **Liver-Friendly Foods:** Incorporate foods like garlic, turmeric, cruciferous vegetables (broccoli, cauliflower), and nuts that support liver health.

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