



## Amanda's Top 22 Tips for When a Craving Hits

1. Take five long, slow, deep breaths.
2. Get a hug from a friend or loved one.
3. When a craving hits, have a glass of water and then wait ten minutes.
4. Add a healthier version of what you crave into your life. For example, if you crave sweets, try eating more fruit or sweet root vegetables like carrots or beets.
5. What is out of balance in your life? Is there something you need to express, something being repressed? What happened in your life just before you had this craving?
6. When you eat the food you are craving, enjoy it, taste it, savor it; notice its effects. Then you can be aware and freer to decide if you really want it next time.
7. Destroy the food; throw it away or put in the garbage disposal.
8. Go outdoors and walk around the block.
9. Exercise! Move your body, dance, yoga, run, walk, feel your body.
10. Love your body. Use affirmations like "I love myself," "I am lovable," "I approve of myself" and "I am light."
11. Write in a journal or notebook. Ask yourself these questions: "What am I really hungry for?", "Will this food satisfy me?" and "What is really bothering me?"
12. Hold a clear vision in your mind and heart of what you truly desire for yourself. For example, if you want a certain body shape imagine your body that way or get a picture of a body you would like to resemble.
13. Surround yourself with support and love.
14. Play some music that you love! Dance and laugh!
15. Take a hot bath with lavender essential oil and Epsom salts.
16. Give yourself a hot towel scrub.
17. Take a nap or lie down and relax.
18. Read an inspiring book.
19. Pet your cat or dog. Or hug a teddy bear.
20. Understand that cravings are your body's way of communicating with you. There is nothing wrong with you. Listen and learn from your cravings.
21. Write out daily intentions. For example, "I intend to eat healthfully today" or "I intend to avoid sugar and processed foods today."
22. Have faith! Don't give up. Trust the process and know that you have the power to heal yourself.