

## Enjoying, not Regretting, Food –Naturally

Eating is a multi-generational, friendship and community-enhancing, often pleasurable and (obviously) an essential activity of life.

Eating also has its dark side when it leads to illness (anorexia or obesity).

Those who tend to fear gaining weight while at (or below) normal weight may have an eating disorder that can lead to anorexia, bulimia and even death.

Far more of us are already too heavy and thus can suffer anxiety, shame, low self-esteem –and thus eat to overcome these negative thoughts and feelings, creating a self-defeating pattern!

The following is a brief article on how one can greatly reduce food cravings, especially from that addictive white stuff called sugar, a cousin to cocaine.

Other approaches to losing *unhealthy* weight can be found at [www.shorewellness.ca/weight-problem-solutions](http://www.shorewellness.ca/weight-problem-solutions).

### **Sugar**

Sugar and similar sweeteners give our brain's reward centre a really lovely high. After the resulting energy lull or "crash" our brains often seek more sugar or sweets, leading to a vicious cycle that can include tiredness, poor moods, depression, poor sleep (and thus more sugar cravings the next day), and more. See more about the health-dangers of sugar [here](#).

How can foods, herbs and essential oils help us overcome this cycle and help us to lose unhealthy fat??

Don't try replacing sugar with artificial sweeteners: they often *increase* one's appetite for sweets and foods! They are often not good for us, too.

### **Foods**

Get tempting foods out of your vision by hiding them away or (better) getting rid of them.

Replace those junk and sweet foods with healthier alternatives.

Some non-sweetened ideas to try:

- Raw, roasted or boiled nuts. Yummy, nutritious, filling.
- Popcorn: try adding Himalayan salt, brewer's yeast, organic butter or coconut oil, and spices such as cinnamon, rosemary or oregano.
- Hot apple juice with a cinnamon stick (helps digestion, too)
- Soups, such as chicken, left-over turkey (with lots of vegetables!), squash, tomato with herbs and others warm the body and the soul
- Sweet potato baked dish with whole coconut milk, topped with chopped walnuts, unsweetened (and oiled) raw chocolate powder and cinnamon



## Essential oils

Caution: most essential oils available on the market are far from pure, despite what their labels say. If they are not edible then they are not pure. [Ask me](#) how to get the best oils for maximum benefits and your health.



The essential oil of dill is one of the best antidotes to sugar cravings. Dash a couple of drop on to your wrists, rub them together, and then bring your wrists up to your nose to breathe it in. It's amazing how well it works.

Dill also often suppresses one's general appetite.

Frankincense is an ancient source of appetite suppression. The Young Living™ blended oils of Purification™ and Peace and Calming™ can be inhaled to relax those hunger cravings. The latter is great for unhappy babies (applied to their heels) and sugar-loaded kids, too! Frankincense is also found in [Slique](#)™ tea and gum, two of several Young Living™ products to curb appetite.

You might also try grapefruit, cumin, real lavender (also helpful if you suffer high blood pressure), marjoram, nutmeg, orange and sandalwood. Eat the food (especially the fruit peel!); apply the oils to your temples, wrists, the middle of your feet and tummy area.

What if you've over-done it and now have an upset tummy? Avoid those antacids! Their use may lead to an enhanced appetite –you just stopped your stomach from having enough acid to properly absorb the food you just ate!

Pure, therapeutic grade peppermint oil can help you digest all that food. Place a drop in a bit of cool or warm (non-sweetened!) beverage, and slam it down! Cramps? Thyme, ginger, lavender, helichrysum or Di-Gize™ can be applied over your stomach area neat (alone) or with a warm compress, or applied on the middle bottom of your left foot.

Other herbs, oils and foods that can really help aid your digestion include: lemon, fennel seed, ginger, lemon balm, anise, German chamomile (can help with heart-burn, crying or colicky babies!), tarragon, warmed cinnamon sticks, and bitter herbs.

For some the ritual of brushing one's teeth can reduce or stop one's appetite –especially before dessert is served!



Food is good!

The best way to avoid eating too much is to chew and eat slowly. Take time between mouthfuls. Savour the tastes. Enjoy your company (even if it's only your own!). Be good to both your body and your soul.

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