

# Causes of Common Food Cravings:

- **Acid or sour**- Body is full of toxins
- **Alcohol**- Imbalanced brain chemicals or mineral deficiencies
- **Baked goods**- yeast, wheat allergy, emotional, lack of love
- **Beef**- Body low in phosphorus
- **Beverages**- [Phosphorus](#) deficiency
- **Bones**- Calcium deficiency See [Ionic Minerals](#) Handout
- **Bread**- [yeast infection](#) or wheat allergy
- **Caffeine**- Adrenal exhaustion (needs [glandulars](#))
- **Carbohydrates**- Yeast or eating triggered by specific emotions or brain hormone imbalances
- **Cheese**- Yeast infection, sulfite allergy (orange cheeses)
- **Chemicals** (gasoline fumes, chlorine or petrochemicals)- allergy
- **Chalk or Plaster**- [Calcium deficiency](#)
- **Chocolate**- Cocoa allergy, lack of love, craving more phenylethylalanine (the love hormone), hormonal imbalances
- **Cold weather or prior to rain storms**- Mold allergies
- **Cravings, same time every day**- decreased serotonin
- **Cravings, about the same time each day**-Cortisone cyclic rhythm changes.
- **Cravings, winter months**- Possible mold allergies
- **Cravings, night**- Allergy withdrawal signs or decreased adrenal function
- **Dirt or Clay**- Mineral or trace mineral deficiency
- **Fatigue/Insomnia, cravings with**- Low energy, adrenal exhaustion
- **Feces- Cow poop, Horse poop**- Enzyme deficiency or trace minerals
- **Feces- Dog poop** (as a dog) Improper potty training by humans
- **Fish and Shrimp craving**- [Iodine deficiency](#), hypothyroidism
- **Ice Cubes**- [Iron](#) or [B6 deficiency](#)
- **Ice Cream**- Calcium deficiency, yeast
- **Licorice**- Salt and/or water deficiency (Licorice increases retention of water therefore leading to [High Blood Pressure](#))
- **Midnight snacks**- try eating frozen foods like melon/grapefruit
- **Milk**- Low calcium, diminished parathyroid function, poss. yeast
- **Nutritional supplements, cravings with**- wrong type of supplements
- **Orange Juice**- Allergic addiction to same
- **Pepper, Black**- Chromium or chromium picolinate deficiency
- **Peanut Butter**- Possible mold/mildew allergies
- **PMS, cravings from**- Decreased progesterone, Trace mineral or vitamin deficiencies.
- **Pregnancy, cravings during**- [Zinc deficiency](#)
- **Salt**- [Sodium deficiency](#) or decreased sensitivity to salt
- **Smoking, cravings with**- Nicotine is suppressing insulin levels
- **Soda Pop**- Phosphorus, Calcium, Magnesium imbalances.
- **Sugar**- Corn allergy, Yeast infection
- **Water**- Diabetes, Addison's disease
- **Water- Craving at night**- Salt deficiency (Try [Celtic Sea Salt](#)-it has way more minerals in it than any salt including the "sea salt" you see in the health food store!)

Reference: [No More Cravings](#) by Douglas Hunt, MD. c.1987

Source: [http://naturalhealthtechniques.com/diet\\_nutritionfood\\_cravings.htm](http://naturalhealthtechniques.com/diet_nutritionfood_cravings.htm)