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
- **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